

# Journeys at tulåh



# Longevity Medicine

## About this journey:

Longevity medicine at tulâh is devoted to not merely adding more years to life but infusing more vitality within them; keeping you feeling and functioning younger, for longer. We examine how your core systems age (metabolism, cardiovascular and respiratory health, cognitive function, sleep health, and organ resilience) to design a journey that extends your healthspan: the years to be lived in vibrant health.

## Approach

**Diagnostics:** Healthspan assessments evaluate biological age, inflammation, cardiorespiratory fitness, strength, mobility and metabolic efficiency to personalize your longevity blueprint.

**Personalised Nutrition:** Targeted nutrients, antioxidants and intermittent fasting support cellular renewal, activating key longevity pathways for sustained vitality.

**Rasayana & Circadian Restoration:** Ayurvedic therapies and circadian realignment restore Ojas—the vital essence that sustains immunity, vitality and radiance. Through rhythmic, hands-on treatments with medicated oils and herbal remedies, the body reclaims its natural balance and deep capacity for rest and rejuvenation.

**Traditional Chinese Medicine:** Acupuncture and meridian-based therapies harmonize Qi and organ vitality, complementing cellular therapies to enhance resilience, circulation and sustained energy.

**Hormetic Conditioning & Performance:** Breathwork, cold exposure and hyperbaric oxygen therapy build cellular resilience and improve oxygen efficiency. Strength training, mobility work, and cardiovascular conditioning enhance VO<sub>2</sub> max, grip strength and muscle mass—key markers of longevity and overall vitality.

**Rest & Renewal:** Deep recovery protocols and sleep optimization support mitochondrial repair, hormonal balance and cognitive longevity. By enhancing parasympathetic activation and circadian rhythm stability, rest becomes a catalyst for cellular regeneration and long-term vitality.

## Outcome

Your body's regenerative rhythm is recalibrated toward vitality and renewal. Energy steadies, sleep deepens and strength returns. You leave with a Longevity Snapshot & Plan, your key metrics, three impact interventions and a 90-day roadmap to sustain progress beyond tulåh.

### This journey serves those who:

- proactively seek to slow down their biological and functional ageing
- notice early signs of decline: slower recovery, reduced strength, sleep fragmentation, or brain fog
- carry risk factors for age-related disease (cardiometabolic, cognitive, bone) or inherit a strong family history
- experience post-menopause or midlife transition, seeking a structured path to resilient ageing
- are interested in evidence-based care, a quantified baseline and strategic plan for the months ahead

Inclusions	Wellness			Clinical	
	7 Nights	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard			Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>7x</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x	6x	8x
Clinical Nutritionist	2x	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)				Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>14x</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	2x	3x	5x	7x	10x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	7x	11x	12x	18x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	5x	9x	14x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

\*\*\* - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On