

Journeys at tulåh



Metabolic Detox Reset

About this journey:

When the body's metabolism slows, energy production becomes less efficient and toxins accumulate, leading to fatigue, inflammation, and digestive imbalance. Over time, this can influence hormonal rhythm, immunity, and cellular repair. The Metabolic Detox Reset is designed to reignite the body's natural metabolic rhythm, cleansing and nourishing at every level to restore energy, clarity and physiological balance.

Approach

Diagnostics: Comprehensive metabolic and inflammatory profiling personalizes each stage of your reset, revealing the root causes that influence energy, digestion and vitality.

Personalised Nutrition: A precision-based approach integrating genome, microbiome and Ayurvedic Dosha analysis, designed to support natural liver and gut detoxification.

Detoxification & Cleansing: Personalized protocols developed around Panchakarma-inspired therapies, therapeutic fasting, cryotherapy, lymphatic drainage, meridian therapy and acupuncture, cupping, sauna, and steam promote purification, circulation and cellular renewal while harmonizing the body's energetic and metabolic flow.

Mobility & Strength: Mindful movement and breathwork enhance oxygen utilization, mitochondrial repair and digestive balance.

Mind & Emotional Rebalancing: Through Vedanta-inspired introspection, meditation, and gentle psychological dialogue, guests explore the emotional roots of nourishment and stress. This process releases patterns that hinder renewal and cultivates mindful awareness, restoring inner clarity and balance.

Rest & Regeneration: Hyperbaric oxygen therapy (HBOT), deep rest, and circadian-aligned routines restore cellular rhythm, sleep quality and nervous system balance.

Outcome

Under the guidance of tulāh's multidisciplinary team, the body reawakens to its natural rhythm, digestion strengthens, energy stabilizes, and inflammation subsides. As purification deepens, the mind quiets, awareness heightens, and vitality flows effortlessly. You leave lighter, clearer and renewed, aligned with your body's innate intelligence and the stillness within.

This journey serves those who:

- are afflicted with metabolic conditions such as pre-diabetes, type 2 diabetes, fatty liver, or metabolic syndrome
- find their energy diminished, metabolism sluggish, or weight accumulating without clear cause
- find their digestion compromised through bloating, poor function, or toxin overload from stress, diet, medication, or environment
- are affected by brain fog, disrupted sleep or weakened immunity.
- suffer from sustained lifestyle strain, travel, or disrupted rhythm and need restoration.
- desire safe, physician-guided detox that restores energy, clarity, and balance

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

*- 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