

Journeys at tulåh



Oncology Recovery

About this journey:

Oncology Recovery at tulåh supports the body and mind in rebuilding strength, calm and confidence after cancer treatment. Surgery, chemotherapy and radiation can leave lasting imprints including mitochondrial fatigue, inflammation, and immune suppression that slow the body's natural rhythm of repair. This journey is designed to help you regain energy, stability, and trust in your body again. Guided by physicians and supported by ancient healing traditions, each step focuses on restoring vitality, soothing side effects and gently reawakening your capacity to thrive.

Approach

Diagnostics: A physician-led review of medical history, energy metabolism, immune markers, and treatment-related side effects provides a precise foundation for a safe, personalised recovery plan.

Personalised Nutrition: Nutrient-dense, anti-inflammatory meals, rich in antioxidants, phytonutrients and easily digestible proteins support DNA repair, detoxification and digestive comfort, while minimizing recurrence-linked inflammation.

Ayurvedic Rejuvenation: Gentle restorative therapies strengthen Ojas (vital essence), support detoxification and calm inflammation through nourishing oils, herbs and rituals that replenish tissue integrity and soothe the nervous system.

Functional Medicine Restoration: Cellular protocols target mitochondrial repair, antioxidant support, gut restoration and hormonal balance to rebuild immune function and sustainable energy.

Therapeutic Movement & Lymphatic Care: Oncology-informed physiotherapy, lymphatic drainage and gentle mobility practices improve circulation, reduce swelling and rebuild stamina, strength and balance.

Mind–Body–Energy: Acupuncture, cupping and breath-centered practices harmonize Qi, enhance circulation and regulate the nervous system. By aligning energy flow with cellular and emotional repair, these therapies restore vitality, stability and deep calm.

Psychology & Vedanta: Therapeutic dialogue and guided reflection help process emotional impact, release fear and rebuild trust in the body. Drawing from Vedanta's principles of awareness and detachment, guests explore life beyond illness, cultivating peace, meaning and inner strength throughout recovery.

Outcome

Energy returns, strength rebuilds and inner calm is restored. Inflammation eases, sleep deepens, appetite, mood, and vitality gradually harmonise. You leave with a structured recovery plan, combining nutrition, movement, breathwork and continued coordination with your oncology team, to sustain healing, confidence and quality of life long after you leave tulåh.

This journey serves those who:

- have completed oncology treatment, or are between cycles and cleared by an oncologist to travel
- live with fatigue, deconditioning, pain, or limited range after surgery, chemotherapy, or radiation
- live with lymphedema, neuropathy, sleep disturbance, or digestive discomfort
- seek safe movement, nutrition, and recovery practices under medical guidance

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

*- 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