

tujuh



The integration of modern medicine



with traditional wisdom.



# Welcome to Tulåh

True healing is an art. It takes time, patience and courage.  
It's an ongoing journey of resilience, self-love and self-discovery  
And the reward? A life of abundant health and vitality.

As the world's first clinical, luxury wellness retreat, we offer the perfect balance of ancient Ayurvedic treatments, modern medicine and data-driven technology to guide you on your journey towards transformative health.

Our experts put you on a restorative path, effectively managing chronic illnesses and ailments whilst allowing you to detox, de-stress and re-align  
– so you can find yourself once again.

We get one chance in this world  
– let's make it exceptional.



# Our Ethos

Balance is not something you find. It's something you create. Tulah, named after the Sanskrit word for balance, is your sanctuary to experience complete equilibrium. Where a seamless blend of luxury, nature, tradition, heritage and innovation work together to realign your mind, body and soul.

SPA  
At tuláh



# Wellness

When it comes to wellness, we're constantly exploring the nexus between modern science and ancient, cultural wisdom. Seamlessly fusing the East with the West, we're able to craft unique approaches to wellness offering a deep sense of healing, both clinical, and naturally.



# Nature

Mother Nature - our greatest healer. She's at the core of everything we do, and everything we believe in. A muse for our architectural style, farm-to-table cuisine, advanced wellness practices and how we embrace a more sustainable, circular approach to our planet.



# Community

True healing is a collective journey, not a solitary one.

With a community of like-minded doctors, therapists, and instructors, we create an environment that nurtures a profound sense of belonging and connection, guiding guests on a transformative, restorative path to healing.



# Integration

Wellness is the complete integration of body, mind, and spirit – the realisation that everything we do has a direct effect on our state of happiness. This is why we merge integrative modern medicine with traditional therapies, offering the most transformative, holistic approach to health.

**We Restore**

Through fitness regimes and medical treatments

**We Rebalance**

Through detox, stress reduction and weight management

**We Rejuvenate**

Through effective anti-ageing and longevity practices



# Clinical

We're pioneers in the world of transformative healthcare. With years of research and an exceptional team of healthcare professionals, we're able to cure lifestyle diseases through our cutting-edge procedures, whilst providing a haven for treatment, recovery and rest.



# Holistic

We're pioneers in the world of transformative healthcare.  
With years of research and We're not just a spa. We're a whole new way to live.  
Redefining traditions, we offer a signature blend of modern and ancient wisdom, infusing our space with sound healing, Tibetan healing, Chinese medicine, Watsu therapy, and Ayurvedic practices for a complete wellbeing experience. An exceptional team of healthcare professionals, we're able to cure lifestyle diseases through our cutting-edge procedures, whilst providing a haven for treatment, recovery and rest.



# Stay

Nestled amidst a vast thirty-acre sanctuary, lies thirty-five luxurious rooms, each a haven of tranquility. Flooded with natural light and enriched with earthy elements and calming hues, every room invites your heart and soul to engage in a transformative journey of healing.



# Discover

At Tulåh, we use food as medicine and we elevate the art of dining by harnessing food's healing essence, curating a diverse array of exquisite restaurants tailored to cater to every palate with a refined touch of sophistication.

You may indulge in our all-day dining experience, where every meal is crafted to embrace the vibrant flavors ensuring a delightful culinary adventure or satiate your craving at our fine-dining restaurant that explores cuisines from the around the world. You may also explore our farm-to-table approach where fresh, nutrient-rich ingredients, alongside handpicked herbs and spices from our organic garden, infuse potent medicinal properties into every dish.

It's a culinary journey where taste meets wellness, celebrating the nourishing power of nature.



# Restore

Within stillness, truth emerges, guiding us towards healing.

This is why we created our dedicated yoga and meditation studio.

Enhanced with the soothing sounds of the Sonorium, this space is the perfect sanctuary for restoration and balance. Paired with our state-of-the-art fitness centre and revitalising Ayurvedic suites, we'll ensure you leave refreshed and renewed.



# Tulåh Journey

Crafting an impactful healing journey requires thoughtful intention at every turn. This is why our recommendations are bespoke and meticulously tailored to meet your unique desires and wellness needs. We are with you along every step of your transformation, ensuring a continuum of guidance and support for your well-being.



# Sustainability

True balance extends beyond ourselves, it involves a harmonious connection with our planet. Paying homage to Mother Earth, we've implemented sustainable practices, organic farming, and green energy throughout our sanctuary with a deep commitment to supporting our local community.





