



CALICUT, KERALA



A fully integrated wellness hub - Nestled in the breathtaking foothills of Wayanad, surrounded by the UNESCO-listed Western Ghats, Tigris Valley Wellness Retreat invites you to embark on a transformative journey to well-being. Here, we blend ancient healing traditions with modern medical expertise, creating a haven for rejuvenation and wholistic health.

At Tigris Valley, we understand that everyone has a different journey to wellness - so, our tailor made journey is driven through the fundamentals of unique Functional and Integrative Medicine combining multiple schools of medicine.

- Accommodation – Relax in nature-friendly accommodations that harmonize with Kerala’s stunning landscapes.
- Wholistic Wellness Redefined – The wellness programs are tailored made to meet every individuals wellness needs by combining Allopathy, Ayurveda, Homeopathy, Chinese Medicine, and other carefully chosen schools of medicine. Over and above all, we have been recognized as South Asia's No. 1 Premium Wellness Retreat, Tigris Valley has been honored with the prestigious 2023 UNESCO-ICCN Global Award, recognizing our exemplary integration of diverse healing modalities. Our commitment to excellence also earned us the esteemed "Swadesh Samman" National Award in 2022, celebrating our dedication to high-quality AYUSH-based wellness.
- Functional Medicine - Experience the world’s first fully integrated wellness hub that unites Functional medicine with Ayurveda, Allopathy, Unani, Siddha, Homeopathy, and Chinese Medicine, addressing health “wholistically”.
- Gut Health Programs - Restore your digestive balance with targeted nutrition and therapies that improve overall well-being.

- Detoxification Treatments - Cleanse your body naturally, eliminating toxins and restoring optimal organ function for renewed energy.
- Harmonal Imbalance - Customized treatments that address fatigue, weight management, and mood swings for complete harmony.
- Immune Support Therapies - Strengthen your natural defenses with holistic therapies designed to boost immunity.
- Chronic Disease Management - Ongoing support to help you manage chronic conditions such as diabetes and arthritis, ensuring a better quality of life.
- Mind-Body Integration - Immerse yourself in stretching and meditation practices that reduce stress and enhance mental clarity, nurturing your emotional well-being.
- Nutritional Focus - Our expert nutritionists create personalized meal plans that nourish your body with the essential nutrients it needs.

TIGRIS VALLEY – THE HEALTHY WELLNESS WORLD

Rooms	41	Restaurants & Facilities	
Room Category	No. of units	Restaurants	Cuisine
Classic Rooms	27	Afsona Wellness Restaurant	Multi-cuisine
Deluxe Rooms	12	Ruhe	Coffee shop
Royal Suite	1		
Presidential Suite	1		

Facilities: - Indoor Private Pools, Fitness Centre, Yoga & Meditation Hall, Health Spas with Therapeutic Treatments, Multi-Cuisine, micro nutrient balanced dining, Mindfulness training

Escape to Tigris Valley with **TATTVA!**

Access

- About 1 hour 10 mins drive from Kozhikode (Calicut) Airport

Important – No Smoking and No Alcohol policy

To plan your getaway, write to us at – mili@tattva-ts.com

For more information visit – www.tattva-ts.com / <https://tigrisvalley.com>

