

A MYSTICAL VALLEY
PRESERVED IN THE
MAJESTIC WESTERN GHATS
FOR MILLIONS OF YEARS
WELCOMES YOU BACK
FOR HEALING



he valley that we're referring to is in the misty, mystical, mysterious Western Ghats of South India. A place filled with different kinds of unique herbs and healing medicinal plants that can be found nowhere else! They're older than the Himalayas, and can make you feel younger and rejuvenated than ever! UNESCO has declared the Western Ghats as one among the 8 top biodiversity hotspots in the world. Over 700 medicinal plants whose potencies are used in modern medicine, tens and thousands of flowering plants and incredible range of flora and fauna make the Western Ghats as important as the Amazon.

The place is also blessed with rains for 9 months a year and the region is listed as the second wettest in the subcontinent.

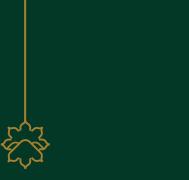
Beneath this healing heights awaits a valley Tigris Valley, and together they hold the secret
of transforming you, for Tigris Valley is a superbly
created, one of a kind sanctuary for rejuvenation
that brings into play the magical herbs and healing
flora surrounding it, and offers an environment lush
with the promise of wellness.











THE VALLEY OF LIFE - TIGRIS VALLEY

Set amidst the foothills of the Wester Ghats,
Tigris Valley offers a bespoke array of luxe rejuvenation and wellness solutions that work with the
exalted plants surrounding Tigris, and a holistic
range of healing methods. They can gently take you
from a state of weariness and stress to a state where
your mind is filled with bliss while you recover,
heal, and turn back the clock through our wonderful treatments that

11

make every cell strum with a new vitality.

Every space inside Tigris Valley is bathed by the herb laden breezes from the mountains above. The green gold of the lush hills fills you with inexplicable joy. Almost like the whole of nature has come together to transform you!

11

V









TIGRIS VALLEY BEATIFULLY EQUIPPED TO HEAL

Lobby



Designer Rooms



Therapy Room



Wellness



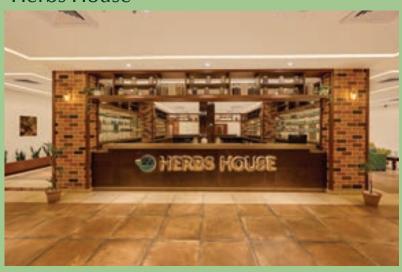
Swimming Pool & Jacuzzi



ALive Day Clinic



Herbs House





TO BE NURTURED BY NATURE, AND A PERSONALISED TRAINING PROGRAM

Tigris Valley is in the lap of nature and offers holistic therapies to bring out the deepest sense of well-being in you. The expert rejuvenation team at Tigris will put together solutions that reach into your innermost self, and draw out the energy, beauty and health held within.

After a detailed discussion with you and after

taking in your fitness goals, your wellness needs and rejuvenation mission, we'll set you on a path that's just yours to travel.

Personal trainers, expert masseurs and dietary plans will ensure the positive effects of the programs, last long into your days.











PRESERVING THE PRISTINE NATURE IN ACRES AND ACRES OF BEAUTY

In Tigris Valley, nature is carefully nurtured by being completely carbon neutral. Tigris Valley offers the most luxurious spa experience, replete with wellness and mind enhancing routines. Well maintained garden, a beautiful water body and environmentally friendly atmosphere fill the senses with bliss.







NATURE'S SPLENDOUR SO CLOSE BY

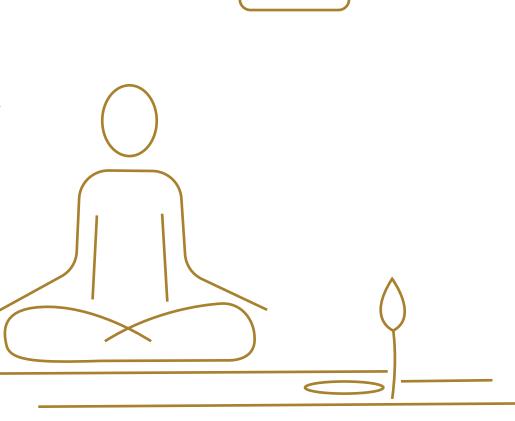
A short journey from Tigris Valley takes you to the much famed mountain-pass, a stunning 14 kms pass hidden in the lush Western Ghats, and the







Acres of green spaces are dotted by pristine water bodies, aquamarine swimming pools, hush gardens and a wonderful herbarium. Places for quiet solitary meditations are offset by vibrant activities to raise the inner energy. Ultra luxurious amenities and a staff that's focused on you makes a trip to Tigris Valley a one of a kind experience.





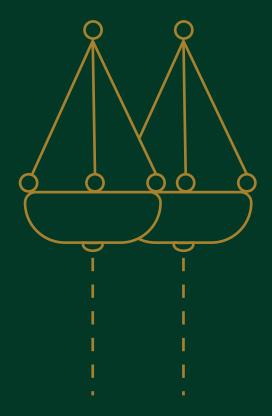




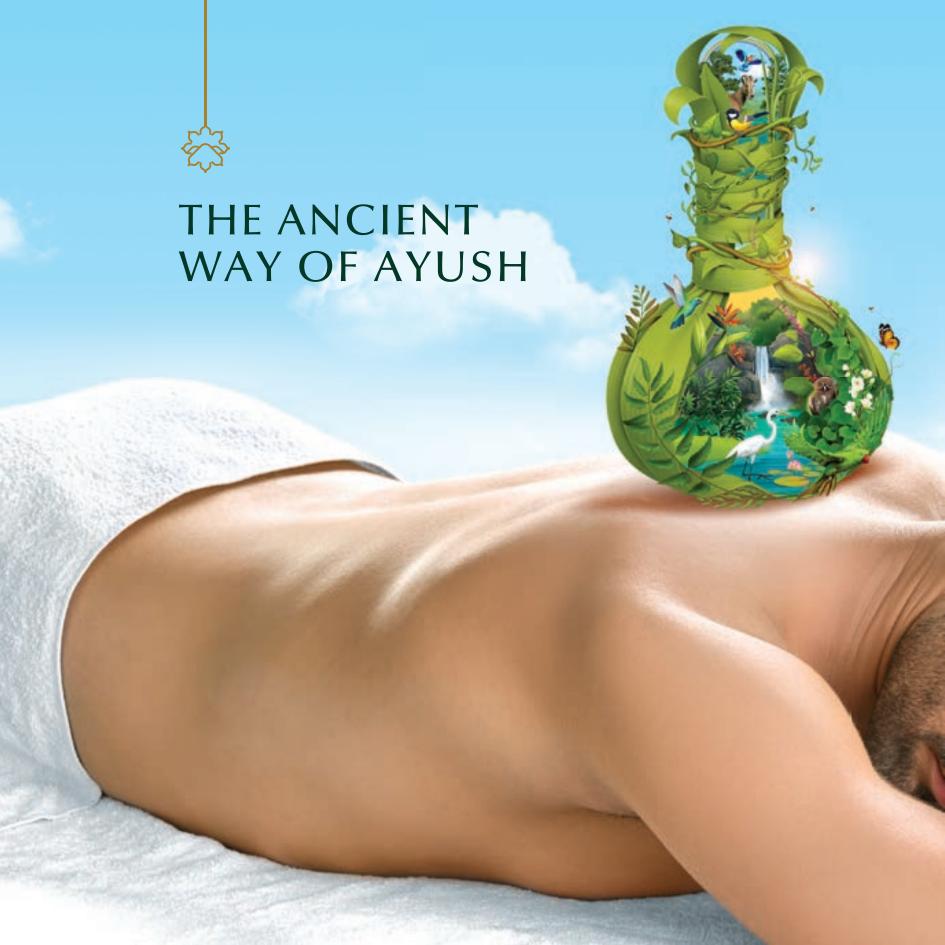


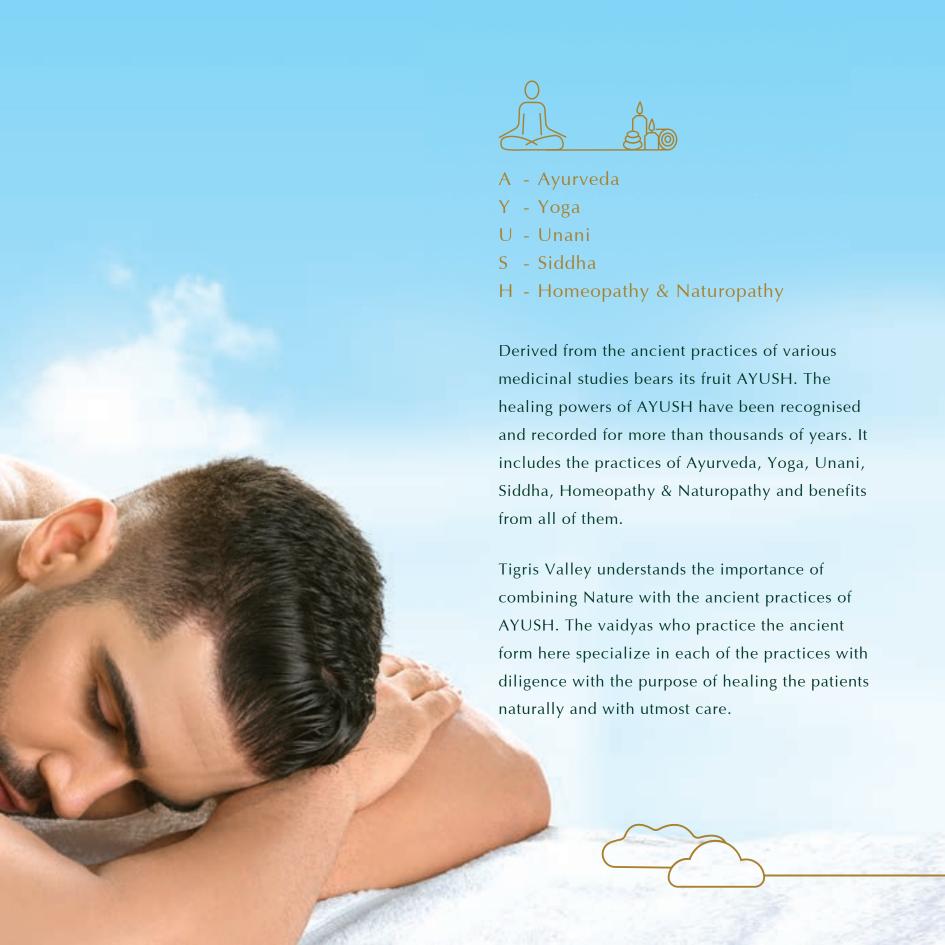
EXPLORE THE HEALING AND TRANSFORMATIVE SOLUTIONS AT TIGRIS VALLEY

Nature-based and natural treatments for lifestyle illnesses, obesity, knee and joint health. Special focus on eye and oral care. Rehabilitation and transformative packages to bring back the spirit and vitality of youth. And, de-stress packages to help you discover and fall in love with the inner you. A dedicated team of health professionals will guide you towards the program best suited for you and will hand hold you through your journey towards wellness.











AYURVEDA



Ayurveda or what is called "the science of life" in Sanskrit originated from India as early as 2nd century B.C. Tigris Valley practices Ayurveda health and wellness through diet, exercise and lifestyle changes. We believe that wellness comes from a

delicate balance of all three- body, mind and soul. What differentiates Ayurveda from all other practices is that it focuses on curing the root of the problem rather than the symptoms of the problem.

YOGA



Closely related to Ayurveda, Yoga follows many similarities such as the origin and focus on the mind, body and soul. What differentiates the two is the aim and approach. While Ayurveda focuses on the rejuvenation of the body, Yoga aims to focus

more on the cleansing and purification of the mind and consciousness. Tigress Valley helps patients undergo the cleansing and purification process of Yoga through careful diligence and helps them reap its rewards.





UNANI



What originated in Greece made its way all the way into Arabian & Islamic medicine. The medicinal practice is still very relevant and widely used in the Middle East for treating all kinds of human body diseases. Tigris Valley understands the benefits derived and specializes in the studies and practices of Unani medicine.

NATUROPATHY



What if your body is all you need to heal yourself? That's what naturopathy does.

Tigris Valley practices the use of natural remedies from nature to help the body heal

itself. The practice focuses on the body's own vital ability to heal itself through diet, exercise and other lifestyle choices.

SIDDHA



The medicinal practice of Siddha is one of the oldest practices that originated from South India. We have studied Siddha and

it's medicinal herbs to conjure medicines that revitalize and rejuvenate dysfunctional organs that causes distress.

HOMEOPATHY



The 200 year old practice of Homeopathy is well known for its simple yet effective treatment. It involves administering daily minute doses of medication over a period

of time. Tigris Valley diagnoses the ailments of the body and recommends medication through Homeopathy that will help the body to cure itself.



TREATMENTS WE OFFER

At Tigris Valley, we offer the perfect mix of nurture and nature. It is only here you can enjoy the magical healing powers of nature's finest along with the ancient yet powerful traditional treatments of AYUSH.

- Diabetes Reversal
- ⇔ Weight Loss
- 😚 Osteoarthritis, Joint pain, Fibromyalgia Program
- ⇔ Spinal Issues
- ☆ Cardiac Wellness
- 🛱 Rehabilitation Stroke, Cancer, Post-Surgical
- 🕸 Skin Diseases Psoriasis, Eczema, Alopecia, Leucoderma, Pimples





ALive Clinic is our very own outpatient sector and clinical research unit where therapeutic techniques of Unani, Ayurveda, other Indian-AYUSH and traditional Chinese medicine are utilized and customized to improve the quality of living of our patients.



ALIVE DOCTORS

Come meet our renowned and expert ALive Doctors who are each specialized in the AYUSH practices. They will be available throughout the day for consultation in our ALive Clinic.

TEAM OF DOCTORS

Dr. O.K.M. ABDURAHIMAN Clinical Director Arthritis - Lifestyle Consultant

Dr. A.P. SHAHUL HAMEED Senior Consultant Skin & Cosmetology

Dr. U.K. MUHAMMED SHAREEF Senior Consultant Wellness & Respiratory Rehabilitation

Dr. U. MUJEEB
Senior Consultant
Ortho & Rheumatic Care

Dr. SAFWAN MALAYIL
Deputy Medical Superintendent
General-Gastro Consultant

Dr. SOORAJ SANKAR Senior Consultant (Ayurveda)

Dr. ATHIRA ROSE KURIAN Medical Officer (Ayurveda)

Dr. HANNA HUBAIBA Medical Officer (Unani)

Dr. SARA P.
Medical Officer
Mental Wellness & Rehabilitation

Dr. GAFOOR
Visiting Consultant
Traditional Chinese Medicine

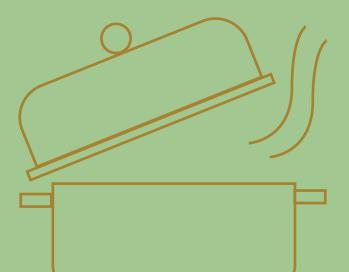






THE CUISINE

The cuisine has been curated by a team of expert chefs, guided by our nutritionist. They have created an eclectic food experience as unforgettable as the landscape, and geared towards fulfilling your wellness goals.



VISION

To be the best healing sanctuary for people from all over the world.









MISSION

To offer complete rejuvenation of mind, body and spirit, in synergy with the healing nature around. To bring the best international practices into every offering. To offer a transformative journey through sensitive, natural and holistic ways. To be a 100% carbon negative place, where the very air one breathes is pure and energizing.

KOZHIKODE Kozhikode is a serene,

2

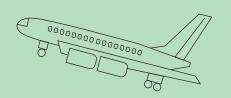
KOZHIKODE AIRPORT

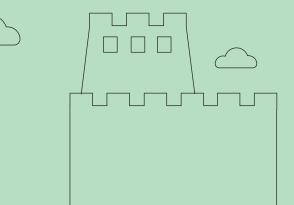
Calicut airport operates both domestic and international services.
Anyone can reach Tigris Valley via Kozhikode bypass within one-one and half hour.





Kannur airport is the newest airport of Kerala which operates domestic and international services.







Wayanad Churam the 14 kms pass in the heights of the Western Ghats is a natural wonder.

5

THUSHARAGIRI WATERFALLS

_

Thusharagiri Waterfalls with the goodness of mountain herbs and healing plants infused in its waters.



THAMARASSERY TOWN

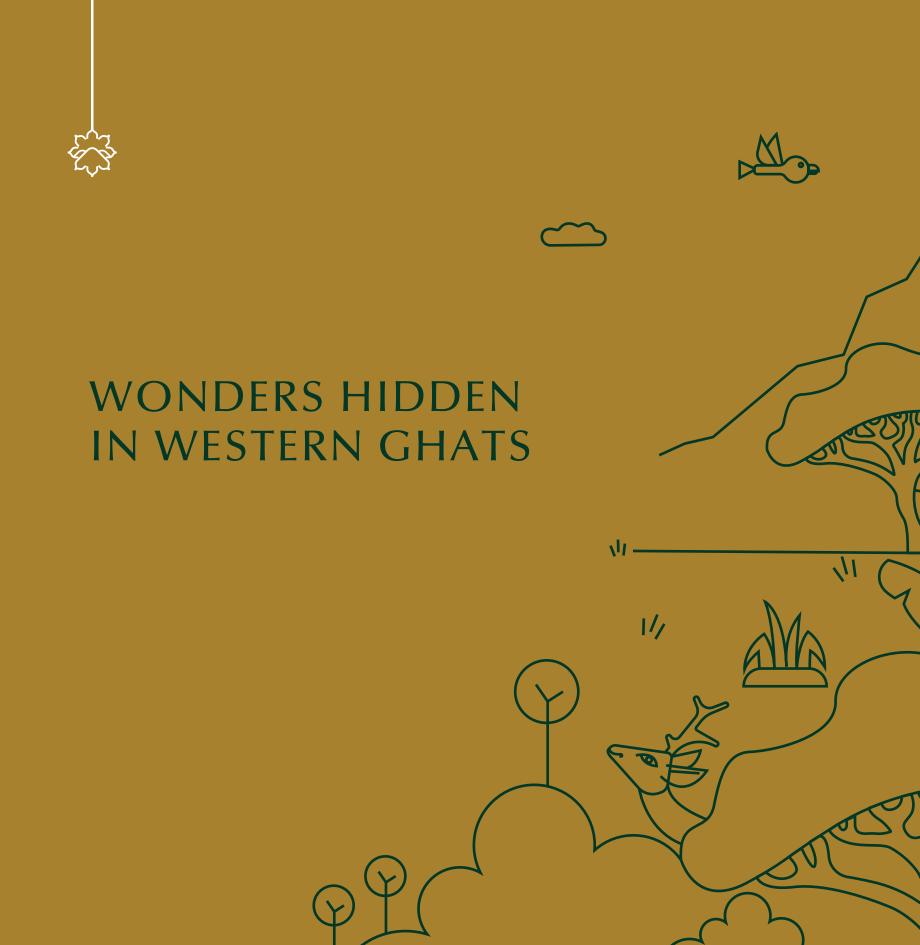
Thamarassery is the gateway city of Wayanad district from Kozhikode.
Thamarassery is the starting point of the 14 km stretch mountain-pass.



KOZHIKODE RAILWAY STATION

Kozhikode railway station is situated at the heart of the city. Being one of the important railway stations in Kerala, all the trains have stops here.

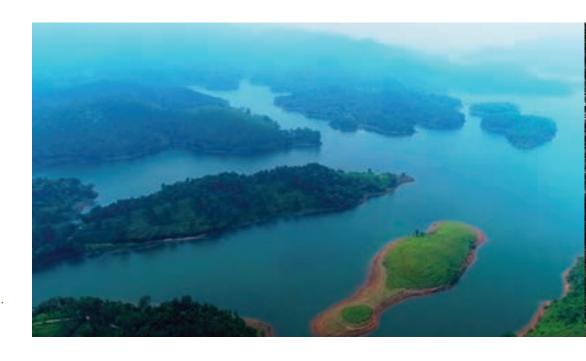






BANASURA SAGAR DAM

Banasura Sagar dam 45 km- Banasura Sagar is the largest earthen dam in India. It lies in Wayanad district. It is one of the popular tourist destinations with the famous trekking spot, Banasura Hill nearby.



2

CHEMBRA PEAK

Chembra peak 47 km – Chembra Peak is situated 2100 meter above sea level and is flanked by hills, tea plantations and lush green valleys.







EDAKKAL CAVES

Edakkal caves 54 km- Edakkal caves are two natural caves which lie 1200 meter above sea-level.





WILDLIFE

Find wildlife that is varied and unique to this region of the Western Ghats, in all their magnificence, just outside the Tigris Valley Retreat.



POOKODE LAKE

Pookode lake 17 km- Pookode is a natural freshwater lake that lies 770 meters above sea level.





SOOCHIPPARA WATERFALL

Soochippara waterfall 48 km- Soochipara Falls, also known as Sentinel Rock Waterfalls is a three-tiered waterfall in Vellarimala, Wayanad.

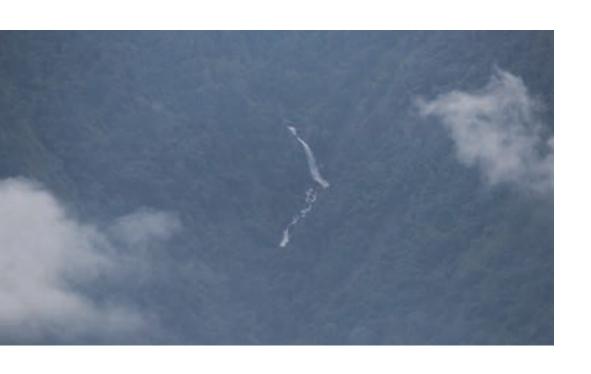






KURUVA ISLAND

Kuruva island 63 km - Kuruva Island comprise of a group of islands in the middle of Kabini River. Spreading over 950 acres of land, Kuruva Island is blessed with rich flora and fauna.



8

MEENMUTTY WATERFALLS

Meenmutty waterfalls 43 km - Meenmutty Waterfalls is magnificent falls located near Banasura Sagar Dam.





OUR DNA HAS ALWAYS BEEN GREEN!

Man is part of nature and every time he is apart from it, he wears down! Today science stands testimony to what we've always felt. Man and forest go hand in hand for over 97% of human existence. They are one in spirit and this attachment to deep nature is coded in our DNA. Consider our circadian rhythm where our bodies function according to nature's rhythm! We're so inherently in need of nature that if we don't connect to it somehow, man can actually suffer from 'nature deficit disorder' and this can mess up the psychological pattern of the brain. Thankfully, scientific study after study has shown that

just a few days in the lap of Nature can activate the 'default mode network' in our minds for us to achieve a balanced emotional state.

At Tigris Valley even that whiff of air comes straight down the slopes of the Western Ghats, filled with potent herbs with curative properties, medical plants and rare flora. All you have to do is breathe to heal.

