

TIGRIS
VALLEY
WELLNESS RETREAT

Markaz Knowledge City, Calicut, Kerala, India
Mob: +91 9856 040 040 | reservation@tigrisvalley.com
www.tigrisvalley.com

Weight Management Package: A Holistic Approach to Sustainable Wellness

The **Weight Management Program** at Tigris Valley is a comprehensive and personalized journey designed to support individuals in achieving their weight goals while embracing a sustainable and healthy lifestyle. Leveraging a blend of Ayurveda, Unani, Functional Medicine, and Nature Therapy, this program focuses on restoring balance, improving metabolism, and building habits that last a lifetime.

Nestled amidst the serene beauty of Wayanad's lush greenery, Tigris Valley offers the ideal environment for self-discovery, rejuvenation, and transformation.

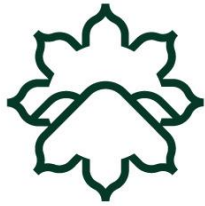
What Are the Benefits?

- **Personalized Weight Loss or Gain:** Achieve optimal body weight through a tailored plan based on your unique needs and health conditions.
- **Improved Metabolism:** Rebalance your body's natural processes for efficient energy use and weight management.
- **Stress Reduction:** Enhance mental clarity and emotional balance with therapies that address underlying stressors impacting weight.
- **Long-Lasting Lifestyle Changes:** Learn sustainable habits, from mindful eating to fitness routines, for long-term results.
- **Improved Overall Health:** Experience enhanced energy levels, better digestion, and reduced inflammation.
- **Nature's Healing Touch:** Reconnect with yourself in a tranquil, pollution-free environment that amplifies the impact of your wellness journey.

Why Choose Tigris Valley?

- **Holistic Expertise:** A unique combination of Ayurveda, Unani, Functional Medicine, and Nature Therapy ensures a multifaceted approach to weight management.
Customized Care: Every element, from diet plans to fitness routines, is tailored to your body type, health history, and goals.





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- **State-of-the-Art Facilities:** Access modern fitness centers, therapy rooms, and natural healing environments.
 - **Serene Mountain Retreat:** Escape the noise of daily life and immerse yourself in the calming beauty of Wayanad.
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Who Should Join?

- Individuals seeking to lose or gain weight in a healthy, sustainable way.
 - Those with metabolic conditions, including PCOS, thyroid imbalances, or insulin resistance.
 - Individuals facing stress or emotional eating challenges.
 - Anyone looking to build long-term healthy habits in a supportive environment.
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Therapies & Treatments

- **Ayurvedic Therapies:** Medicated massages, detoxifying treatments, and specialized therapies like Takmeed (Podi Kizhi) and Udhvartanam for body toning and toxin elimination.
- **Unani Medicine:** Herbal formulations to support metabolism, digestion, and hormonal balance.
- **Functional Medicine:** IV nutrient therapy and metabolic boosters tailored to individual needs.
- **Nature-Based Healing:** Guided nature walks, outdoor fitness sessions, and forest bathing to rejuvenate the mind and body.

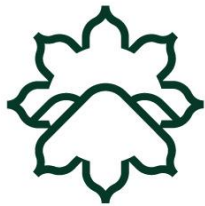
Fitness & Physical Activities

- Personalized coaching sessions in our modern gym.
- Physiotherapy sessions to improve mobility and physical well-being.
- Yoga classes to enhance flexibility, strength, and mindfulness.
- Aerobic and low-impact exercises designed for safe weight management.

Customized Nutrition

- Individualized meal plans crafted by expert nutritionists.
- Emphasis on wholesome, locally sourced ingredients.
- Diets designed to address metabolic disorders, emotional eating, and specific weight goals.





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Mental Wellness

- Stress-relief therapies, including meditation and mindfulness practices.
- Emotional counseling to address eating habits and self-image challenges.

Additional Amenities

- A wide range of therapeutic massages, including Aroma Massage, Deep Tissue Massage, and Foot Reflexology.
- Access to relaxation facilities like steam baths, Jacuzzis, and herbal saunas.
- Complimentary yoga and fitness classes during your stay.
- Recreational activities in Wayanad, including guided excursions to scenic locations.

Flexible Program Duration

- **7 Days:** Perfect for a quick reset or kickstart.
- **14 Days:** Ideal for significant progress and habit building.
- **21 Days:** Comprehensive transformation with sustained results.

How Are We Different?

Tigris Valley	Traditional Weight Loss Centers
Holistic care with Ayurveda, Unani, Functional Medicine, and Nature Therapy.	Focused only on calorie restriction and gym based programs.
Personalization at every step.	Generic one-size-fits-all approaches.
Root cause analysis to address underlying health issues.	Limited to superficial weight loss techniques.
Serene mountain retreat to rejuvenate mind and body.	Urban centers lacking natural tranquility.

Next Steps

To embark on your journey towards a healthier, more balanced you, schedule your **initial consultation call** with our experts today. Together, we'll craft the perfect program to help you achieve your weight goals.

