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**CULINARY WELLNESS
SOLUTIONS**

Credentials Deck



ALMA Culinary Wellness Solutions

We are the first global B2B consultancy dedicated exclusively to the intersection of *culinary excellence* and *wellness*. With Italian heritage and an international reach, we offer strategic, premium end-to-end solutions for brands, institutions, and destinations seeking to integrate wellness into their culinary identity, operations, and guest experiences.

Our Roots

Curated and backed by ALMA The School of Italian Culinary Arts, we bring the highest standards of culinary mastery, operational precision, and world-class expert teams—elevating our clients as leaders in culinary and wellness innovation.



ALMA

THE SCHOOL OF ITALIAN CULINARY ARTS



Shaping the Future of Culinary Wellness



ALMA Culinary Wellness Solutions exists to set the benchmark for excellence where wellness and culinary artistry converge, empowering businesses to lead with confidence where wellness and culinary excellence meet.

Our Values

Trusted Partnership

We work closely with businesses to provide strategic insight and expert guidance at the intersection of wellness and gastronomy.

Professionalism & Agility

Highest standards combined with adaptability, cultural sensitivity, and responsiveness to a global clientele.

Continuous Innovation

Exploring new ideas, methodologies, and approaches to pioneer wellness-driven culinary solutions that anticipate market needs.

Italian Heritage

Embodying quality, tradition, and exclusivity, shaping a distinct Italian approach to premium wellness.

Our Ambition

We aspire to be the leading voice in wellness gastronomy, driving innovation, and shaping the evolution of the industry. Through our global team of renowned experts spanning nutrition, functional medicine, culinary innovation, and integrative health, we deliver transformative solutions that redefine how wellness is designed, experienced, and celebrated.



Services



	<p>1</p> <p>EVENTS & ACTIVATIONS</p>	<p>2</p> <p>WELLNESS F&B CONCEPT DEVELOPMENT</p>	<p>3</p> <p>WELLNESS PROGRAM INTEGRATION</p>	<p>4</p> <p>BUSINESS STRATEGY & DEVELOPMENT</p>	
	<ul style="list-style-type: none"> • Planning and executing wellness culinary events and activations. 	<ul style="list-style-type: none"> • Innovative wellness cuisine concepts and that balance nutrition, guest appeal, and operational feasibility. • Advisory for plant-based, longevity, and functional nutrition offerings. 	<ul style="list-style-type: none"> • Aligning F&B with wellness programs. • Experiences like detox meal plans and vitality-focused culinary journeys. 	<ul style="list-style-type: none"> • Business modeling, positioning, and revenue optimization for wellness F&B operations. 	
	<p>5</p> <p>CULINARY TRAINING & EDUCATION</p>	<p>6</p> <p>OPERATIONAL CONSULTING</p>	<p>7</p> <p>MENU ENGINEERING & NUTRITIONAL STRATEGY</p>		
	<ul style="list-style-type: none"> • Wellness-focused cooking techniques, nutrition principles and presentation. 	<ul style="list-style-type: none"> • Kitchen design, equipment selection, and supplier sourcing for wellness cuisine. • Systems for consistency, efficiency, and guest satisfaction. 	<ul style="list-style-type: none"> • Recipes and nutritional frameworks tailored to specific wellness goals. • Standardized documentation & cost optimization. 		

Our Unique Approach (USP)



		
<p>End-to-End Solutions From concept development to implementation, training, and ongoing support, we guide every stage to ensure seamless delivery and measurable impact.</p>	<p>Deep Wellness Expertise Our team combines culinary artistry with evidence-based wellness, nutrition science, and integrative health, enabling solutions that are both innovative and effective.</p>	<p>Operational Excellence Leveraging our affiliation with ALMA, we can draw on world-class resources—including expert faculty, advanced facilities, and operational best practices—to deliver solutions with precision and scale.</p>
		
<p>Tailored & Practical Every solution is customized to client needs, balancing visionary concepts with operational realities for maximum effectiveness.</p>	<p>Innovation at the Core We continuously explore new methodologies, ingredients, and culinary techniques to keep our clients at the forefront of wellness gastronomy.</p>	

Building a Network of Clients in Multiple Industries



- 1. Luxury & Lifestyle Hospitality**
Luxury hotels, boutique resorts, and branded residences seeking to integrate wellness-driven culinary experiences.
- 2. Destination Spas & Wellness Retreats**
Dedicated wellness destinations, medi-spas, and retreat centers focusing on nutrition, longevity, and personalized wellbeing programs.
- 3. Hospitality Groups & Developers**
Hotel management companies, mixed-use developers, and investors building or repositioning hospitality assets with a wellness or F&B focus.
- 4. Sports, Performance & Elite Institutions**
Designing nutrition and cuisine concepts for athletes, teams, and organizations optimizing for peak performance and wellbeing.
- 5. Health, Longevity & Integrative Clinics**
Developing nutrition and culinary frameworks that support medical-grade longevity and functional wellness programs.
- 6. Corporate Wellness & Lifestyle Brands**
Helping companies and wellness-focused consumer brands bring holistic nutrition to employees, guests, and clients.
- 7. Travel, Private & Luxury Experiences**
Enhancing wellness dining for airlines, cruise lines, private jets, yachts, and exclusive member clubs worldwide.

The Team

14 Culinary Experts

F&B Business Team

- Business & Project Management
- Social Wellness / Storytelling

Nutrition Team

- Nutrition Science Specialist
- Sports Nutrition Specialist

R&D Team

- Plant-based Chef
- Fermentation Chef
- Gluten-Free Baking Chef
- Culinary Sustainability Expert
- Plant-based Pastry Chef

Lead Culinary Wellness Team

- Wellness & Performance Chef
- Wellness Culinary Arts Chef
- Performance Chef

Integrative Medicine Team

- Functional Medicine Doctor
- Ayurvedic Doctor



Victoria Sardain

A global wellness expert and graduate from EHL Switzerland, she combined her expertise in hospitality and wellness to found multiple wellness-based hospitality businesses, including a wellness events business and an independent consulting business serving industry leaders such as Clinique La Prairie and the St. Regis.

She is now the founder and CEO of Teiah Hospitality and co-founder of ALMA Culinary Wellness Solutions.



Filippo Tawil

Wellness Chef Consultant with 10+ years of experience in creating unique healthy menus and F&B concepts. He developed the groundbreaking Detox and Weight Loss menus for Clinique La Prairie in Switzerland as well as the Wellness Menus for Layan Life by Anantara in Phuket, Ayurvedic Resort King's Mansion in Goa and for Shangri-La New Delhi. He trained chefs in various AMAN resorts in wellness cuisine.

He is also a Chef teacher for the ALMA school in Italy in the course "Health and Performance" and now is the co-founder of ALMA Culinary Wellness Solutions.



Naturalness



Nutrition



Sports



Events

ALMA

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Contact us

culinarywellness@alma-cws.com

Victoria Sardain
+41 79 532 78 34

Filippo Tawil
+41 79 739 70 55