



THE BALANCE

RehabClinic



WELCOME TO THE BALANCE



THE BALANCE LUXURYREHAB

is a modern residential treatment center and a mental institution, unlike traditional rehab centers. It is created to be a safe haven where you can find recovery, peace, rest, and happiness.

Are you at a point where you know your life has to change? Are you searching for more peace, fulfillment, and a sense of purpose?

At THE BALANCE Luxury Rehab, we understand the intricacy of the human mind.



„TREATING THE
COMPLEXITY OF
UNDERLYING
ISSUES FROM 360°“

TREATMENT PROGRAM

Our holistic rehabilitation and top-rated recovery treatment programs support a wide range of emotional, physical, and psychological issues covering alcohol addiction/alcoholism, drug addiction such as cocaine, marijuana, xanax, medication, and providing world-class detox treatment program.

We specialize in treating substance abuse, behavioral dependencies and provide mental disorder treatment like anxiety treatment, depression treatment, panic disorder treatment, eating disorders treatment, trauma & complex PTSD treatment (post-traumatic stress disorder), dual diagnosis treatment, burnout & mood treatment, and other mental health & psychiatric treatment.

ADDICTION

- // Alcohol Addiction
- // Drug Addiction
- // Prescription Drug Addiction
- // Alcohol & Drug Detox
- // Behavioral Health

MENTAL HEALTH

- // Depression
- // Trauma & PTSD
- // Anxiety Disorder
- // Stress & Burnout
- // Eating Disorder



„ONE CLIENT A TIME
INTENSIVE, PROVEN
AND 100% TAILORED
WITH 24/7 SUPPORT“

UNIQUE METHOD

As a holistic treatment center, we focus on integrative and person-centered and tailored rehabilitation approaches and include both alternative and traditional models to help you become the best version of yourself.

We believe that human life is a reflection of our inner world. We view the body as a reflection of the mind, and vice versa. Living under the toils of stress, unhappiness, and negativity can have a severe impact on physical health.

We aim to challenge any negative beliefs and thought patterns that might hurdle your daily life or jeopardize your well-being and happiness.

We encourage you to see all experiences, good or bad, as an opportunity for growth and physical strength.

On top of, our biochemical restoration treatment of the brain and body is a unique Swiss innovation for severe body & brain imbalance caused by an



BIOCHEMICAL RESTORATION

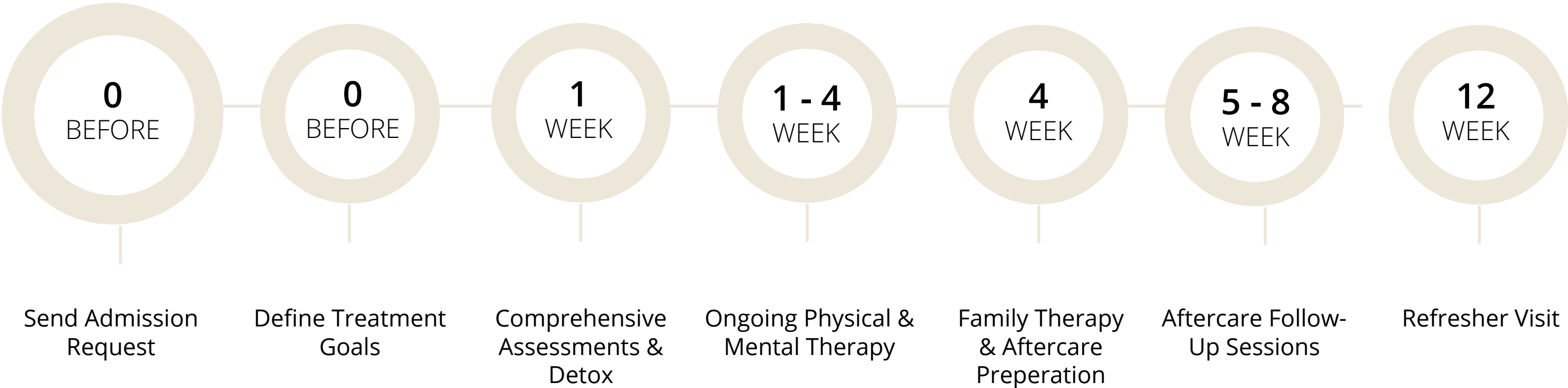
Your treatment begins with a comprehensive mind and body medical checkup followed by an extensive assessment and diagnosis of your presenting issues. Based on your individual lab results, our medical and nutrition experts combine general and alternative medicine to create a tailor-made micronutrient to rebalance your body & mind biochemistry, restore your microbiome, thus improving your physical & emotional wellbeing.

Our program comprises of individual treatment sessions, including CBT, Schema therapy, Systemic therapy, Mindfulness, Neurofeedback and more.



„YOUR TREATMENT
BEGINS WITH A
COMPREHENSIVE
MIND AND BODY
MEDICAL CHECKUP.“

LASTING APPROACH



EXAMPLES OF SCHEDULES

Every program is bespoke. First, our world class doctors assess every vital and design your Balance schedule specifically for your needs. At the end of each week the Balance team analyses your progress to fine tune your recovery. Below is a real schedule from a week in the life of The Balance Luxury Recovery.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	Wake
9:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM	Neurological Assessment	Yoga	Personal Training	Yoga	Personal Training	Yoga	Personal Training
10:30 AM	Psychological Assessment	Session with Therapist	Mindfulness-based stress reduction (MBSR)	Session with Therapist	Mindfulness-based stress reduction (MBSR)	Equine Therapy	Trip to the Beach
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 PM							
3:00 PM	Health & Nutritional Assessment	Somatic Experiencing	Gestalt & EMDR	Somatic Experiencing	Session with Therapist	Learn something new (to be defined)	Individual time alone
4:00 PM		Session with Counsellor		Session with Counsellor			
5:00 PM		Neurofeedback	Reflexology	Neurofeedback		Session with Counsellor	
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	Reflexology	Massage	Acupuncture	Meditation	Massage	Bodywork	
8:00 PM	Down Time	Down Time	Down Time	Down Time	Down Time	Down Time	Down Time

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime
8:00 AM	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime
9:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	9:30-(120 min)-Equine therapy with Tamara (At Felanitx illes balears-36 min away from Finca 2)	Breakfast	Breakfast
10:00 AM	Yoga with Jil	10:15-(60 min)-PT with Steve at the gym	Yoga with Jil	10:15-(60 min)-PT with Steve at the gym	Equine therapy with Tamara (At Felanitx illes balears-36 min away from Finca 2)		Stand up Paddle with Steve
11:00 AM		PT with Steve at the gym		PT with Steve at the gym	Equine therapy with Tamara (At Felanitx illes balears-36 min away from Finca 2)	Somatic work with Petro	Stand up Paddle with Steve
12:00 PM	12:30-(90 min)-SSP with Eva		12:30-(90 min)-SSP with Eva	(90 min)-Psychotherapy with Gita	Equine therapy with Tamara (At Felanitx illes balears-36 min away from Finca 2)-12:10	12:30-(60 min)-Chi Kung with Antonio	Stand up Paddle with Steve
1:00 PM	SSP with Eva	Relapse prevention with Enrique	SSP with Eva	Psychotherapy with Gita		Chi Kung with Antonio	
2:00 PM	Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
3:00 PM		Lunch					Downtime
4:00 PM		(90 min)-Psychotherapy with Gita	Mindfulness with Estela				Downtime
5:00 PM		Psychotherapy with Gita	Medical check-up with Dr.Felix		Relapse prevention with Enrique		Downtime
6:00 PM	Massage with Michelle				6:45-(60 min)-Massage with Jhonatan		Downtime
7:00 PM	Psychiatric check-in with Dr.Sarah	Chi-Kung with Antonio	7:30-(60min)-Water gymnastic with Elke	Acupuncture with Jhonatan	Massage with Jhonatan	Craneo Sacral with Mariana	Downtime
8:00 PM	Dinner	Dinner	Water gymnastic with Elke	Dinner	Dinner	Dinner	Dinner
9:00 PM	Downtime	Downtime	Dinner	Downtime	Downtime	Downtime	Downtime



ACCOMMODATIONS

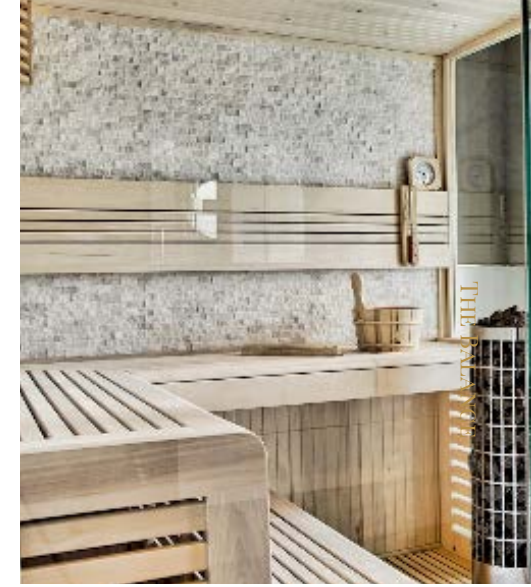
Our calm and peaceful residences will serve as a private and tranquil environment in which you can let go of your past and future concerns, and start working on yourself now.

During your visit to THE BALANCE inpatient rehabilitation center, you will stay in one of our private and confidential luxury inpatient rehab facilities. We aim to make you feel completely at ease by surrounding you with the soothing scenery of nature and green life.

A personal in-house counselor/case manager, a private chef for your daily meals throughout the day, complementary therapists, and many more take care of you, 24/7. We live up to our status as the world's best luxury rehab center meaning that we never hesitate to go above and beyond to ensure that none of your needs are left unsatisfied.

**CLICK FOR
MORE**





OUR EXPERTS

Our qualified team of physicians and psychiatrists and our high-end facilities are here to provide you with a unique and exceptional experience. Our center offers you more than just treatment, we offer the guidance to rediscover your soul and achieve your best self.



Dr. med. univ. Sarah Boss

Clinical Director,
Psychiatrist, Psychotherapist,
Addiction and Functional
Medicine.



Dipl.Psych Gita Chauduri

Psychologist &
Psychotherapist



Enrique Torres

Addiction Therapist



Marta De la Cruz

Clinical Psychologist



Dr. med. Indhira Ghyssaert

Family Physician, Nutritionist,
Integrative Medicine



Dr. med. Felix Kink

General Physician



Anna-Lena Middeldorf

Master's in Nutrition



Patric Söderblom

Dr of Naprapathy,
Acupuncturist,
Sportsmedicine Therapist



Petró Kohut

Rolfing & Somatic Trauma
Therapist



Leonardo Ferreira Lopez

Case Manager

PRIVATE CHEFS

Our highly trained chefs will personalize your diet plan closely with your clinical team, addressing any weight or health problems. All food served at the balance is 100% organic where possible, ensuring maximum nutritional benefits during your stay.



The chefs work closely with the nutrition team to create the best dietary plan for your stay.





LEISURE ACTIVITIES

We have curated a list of Mallorca's most beautiful locations and leisure activities for you to choose from during your stay. Visit pristine beaches with azure waters, cycle through gorgeous rural settings, experience equine therapy or join a mindfulness hike through the stunning Tramuntana mountain range. Ask us for any extra wishes you may have and we will do our best to organise it for you. All the island has to offer and more.

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MORE

SPA DAY



STAND UP PADDLE



CHARMING TOWNS IN TRAMUNTANA



VIDEOS



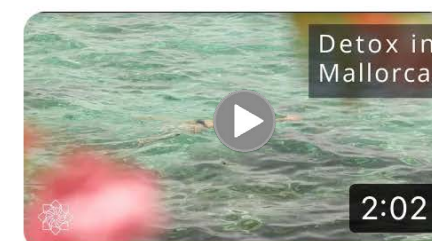
Meet the founder and CEO of THE BALANCE luxury rehab centre Abdullah Boulad. Seeking a health and lifestyle change for himself and his family, Abdullah created an exclusive luxury rehab centre after his many years experience in the field. Bringing together the best practitioners, technologies and luxurious residences he has created with his team a truly unique luxury rehabilitation experience unlike any other.



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TESTIMONIALS



Abdullah is one of the main reasons why I chose to come to The Balance. His knowledge and empathy are very unique.

- William, Oslo

In The Balance concept each of the team members play a very important role. They work in perfect harmony to create the whole package. It is like a full circle where everybody works towards a common goal.

- Liam, UK

Just GO. Bring yourself, and the program is already tailored for you to work on any areas of your personal journey.

- Emma, Luxembourg

It is amazing how The Balance helped me to get off the sleeping pills, which I taught would never be possible.

- Saamir, Saudi Arabian

My life became a much happier one. Thanks to the Team at the Balance.

-Tom, UK

I had the chance to start again. Before the Balance I didn't know what to do and how to help myself.

- David, Germany

Finding the right centre was hard. I wanted somewhere that would allow me to overcome my issues in private, where I felt the practitioners would be 100% focused on my goals. I am glad I found this at The Balance, their unique approach to rehabilitation has changed my life.

- Jack, Belgium

OUR PHILOSOPHY



At THE BALANCE Luxury Rehab, we understand the process of healing & recovery at the highest standard and are aware that the job does not end in our residential facility. It is normal to feel calm and collected during meditation and under the guidance of our experts, but easily angered by our own family.

We can help you to address your personal and family life through a deep exploration of the needs of the individuals and the family members. We will help you learn new skills that will rebuild and repair your relationship with your family and friends.

We offer intensive family sessions and help each visitor relearn how to listen and respond without judgment, opening up new avenues for communication.

**Abdullah Boulad,
Managing Director**



INTENSE RESIDENTIAL PROGRAM

For all treatments, we recommend 4 weeks of intensive residential program; to do all medical and psychological testing and implement effective treatment. Week one focuses on tests and detox; weeks 2 and 3 where the intensive treatment happens and has been adjusted as we go; week 4 prepares for the time after and implements the aftercare program.

ALL PROGRAMS INCLUDE

- » Comprehensive full-body medical check-up
- » Extensive psychiatric and psychological assessment and diagnosis
- » Nutritional assessment and coaching
- » Individual mental treatment sessions are provided by psychiatrists, psychotherapists, and psychologists.
- » Trauma and other stress disorders healing: somatic experiencing, EMDR, rolfing, ...
- » Sleep disturbance analysis and treatment
- » Various complementary and holistic therapies: massages, yoga, personal training, equine therapy, acupuncture, art therapy, music therapy, ...

PREMIER

- A semi-private shared villa with one other client, with a personal manager, chef, tailored individual timetable.
Length: 4-8 weeks
Cost: from EUR 34'800 per week

- » Individual and shared treatment sessions
- » Shared private luxury villa with one other client and exclusive hospitality
- » Tailored timetable adjusted to daily and weekly needs
- » 24/7 live-in personal manager
- » Private nutritional chef
- » Personalized diet plan addressing weight and health problems

EXECUTIVE

- One client only in a private villa with a personal manager, chef, tailored individual timetable.
Length: 4-8 weeks
Cost: from EUR 49'500 per week

- » Individual ONE CLIENT AT A TIME treatment
- » Private luxury villa and exclusive hospitality
- » Tailored timetable adjusted to daily and weekly needs
- » 24/7 live-in personal manager
- » Private nutritional chef
- » Personalized diet plan addressing weight and health problems

SIGNATURE

- One client only in a private villa with a personal manager, chef, tailored individual timetable, biochemical restoration with IV therapy, technology-based treatments, family program, leisure and outdoor activities, and 2 months of aftercare included.
Length: 4-8 weeks
Cost: EUR 85'000 per week

Same as Executive

- » Individual ONE CLIENT AT A TIME treatment
- » Private luxury villa and exclusive hospitality
- » Tailored timetable adjusted to daily and weekly needs
- » 24/7 live-in personal manager
- » Private nutritional chef
- » Personalized diet plan addressing weight and health problems

Exclusive for Signature

- » Biochemical Restoration treatment to rebalance your microbiome and body and brain chemistry.
- » Individualized and compounded vitamin, mineral, and nutrient protocol and tailored mixed medical drips.
- » Neurofeedback to train and manage electrochemical processes of the brain.
- » Transcranial Direct Current Stimulation (tDCS) to electrically stimulate and activate brain cells.
- » Safe & Sound Protocol (SSP) based on polyvagal therapy supporting trauma and PTSD healing.
- » Extensive health checks: MRI scans, neurological evaluation, body mass, genetic testing, ...
- » Couples and family visits and treatment sessions
- » Personal limousine and driver
- » Personal maid
- » Leisure activities included
- » Outdoor dining included
- » 2 months of aftercare support included

NEW PROGRAMS 2024

THERAPEUTIC COMMUNITY

- + A mental health-focused program in a group-based setting. Private luxury suite in a shared residence with multiple other clients and with the majority of sessions in a group.

Length: 6-12 weeks

Cost: from EUR 17'000 per week

Availability: on request

INTEGRATIVE HOLISTIC HEALTH

- + Exclusive wellness programs with focus on integrative holistic health for rejuvenation, longevity, performance and wellbeing. A shared or private villa with a personal manager, chef, and a tailored individual timetable.

Length: 2-4 weeks

Cost: from EUR 24'800 per week

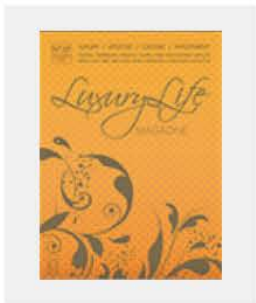
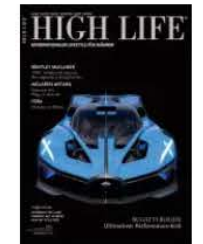
À LA CARTE

Do you want to come together as a couple, family, or with your entourage? Or maybe you are looking for a program you want to come together as a couple, family, or with your entourage? Or maybe you are looking for a program at home or any other kind of setting, intensity, or budget? Please contact us for our individual recommendations and price offer.




**Read more about our
Program & Cost/Prices**

**CLICK FOR
MORE**

ACCREDITATIONS & MEDIA



KEY FACTS

-  ONLY ONE CLIENT AT A TIME
-  PRIVACY & DISCRETION
-  COMPREHENSIVE CHECK-UP
-  TAILORED PROGRAM TREATING ROOT CAUSES
-  BIOCHEMICAL RESTORATION
-  HOLISTIC APPROACH
-  LATEST TECHNOLOGY-BASED THERAPIES
-  24/7 LIVE-IN COUNSELOR
-  PRIVATE LUXURY FACILITY
-  PERSONAL CHEF & DIET PLAN



A successful and proven concept
focusing on underlying causes.

YOUR CLIENT RELATIONSTEAM



Jil Moore



Cynthia Nakhle

Do you have questions?

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Email

info@thebalance.rehab

Schedule a Consultation

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