



THE BALANCE
LUXURY REHAB CENTER



WELCOME TO THE BALANCE LUXURY REHAB CENTER





THE BALANCE LUXURY REHAB

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 disorders 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

HEALTH RETREAT

- // Sleep Disorder
- // Chronic Pain
- // Weight Loss & Obesity
- // Anti Aging & Longevity
- // Immune System

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 unhealthy lifestyle and substance abuse.



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

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 micronutrientsto 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.



LASTING APPROACH





WHERE YOU STAY

A 5-star luxury, private and discrete residence with premier hospitality to feel at home.

ACCOMMODATION

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.



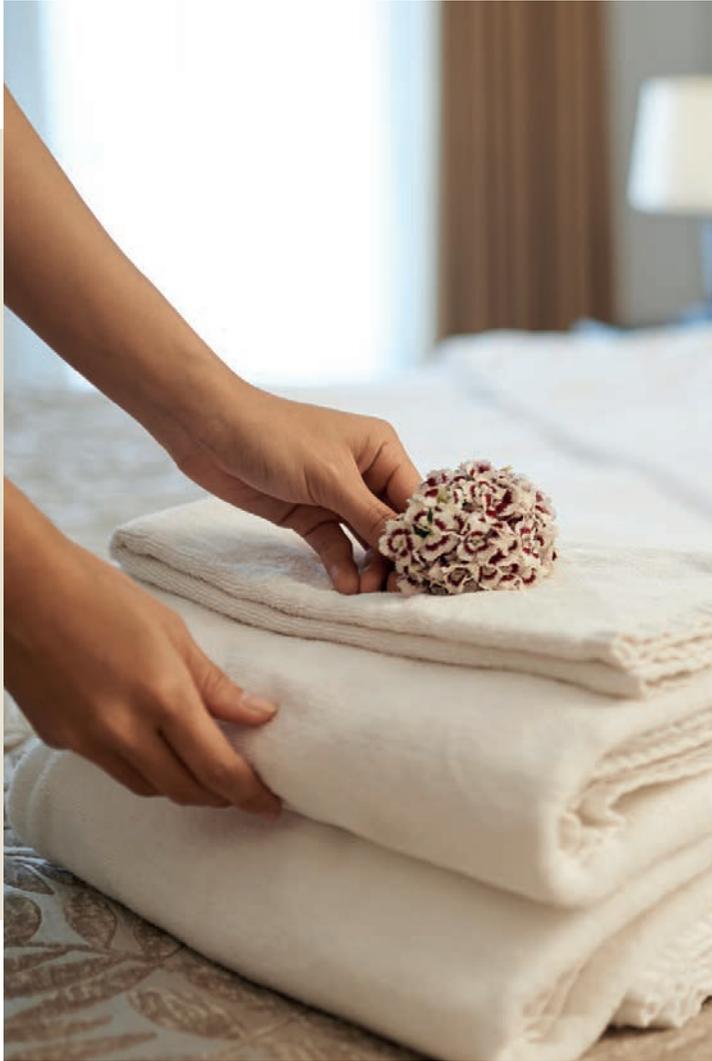




TEAM

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.





HOSPITALITY

The exclusive hospitality in our luxurious residences will be provided by your private butler, chef, limousine and driver as well as many other services ensuring complete comfort.



PRIVATE CHEF

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.





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.



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.

PREMIER 4 WEEKS RESIDENTIAL PROGRAM

- > Mind and body medical check-up
- > Assessment and diagnosis
- > Individual mental treatment sessions provided by psychiatrists, psychologists, and psychotherapists (including CBT, Schema Therapy, Systemic therapy, mindfulness, and more)
- > Weekly technology-based treatments such as Neurofeedback, tDCS, and Safe & Sound Protocol (SSP).
- > Bespoke timetable adjusted to weekly needs
- > Trauma and other stress disorders healing
- > 24/7 live-in case manager
- > 24h medical supervision
- > Couples and family treatment sessions
- > Specific biochemical laboratory testing to determine an individual's biochemical imbalance
- > Prescribe an individualized and compounded vitamin, mineral, and nutrient protocol
- > Various complementary therapies (equine-assisted therapy, brain training, acupuncture, massages, personal training, and more)
- > Exclusive hospitality and luxurious private residence
- > Private chef and personalized diet plan addressing weight and health problems with freshly prepared meals
- > 2 weeks of aftercare follow-up sessions

VIP 4 WEEK RESIDENTIAL

- > **Comprehensive** mind and body medical check-up
- > **Extensive** assessment and diagnosis
- > Individual mental treatment sessions provided by psychiatrists, psychologists, and psychotherapists (including CBT, Schema Therapy, >
> Systemic therapy, mindfulness, and more)
- > Weekly technology-based treatments such as Neurofeedback, tDCS, and Safe & Sound Protocol (SSP).
- > **Intensive** and bespoke timetable adjusted to weekly needs
- > Trauma and other stress disorders healing
- > 24/7 Live-in case manager
- > 24h Medical supervision
- > Couples and family treatment sessions
- > Specific biochemical laboratory testing to determine an individual's biochemical imbalance
- > Prescribe an individualized and compounded vitamin, mineral, and nutrient protocol **including 3-month supplements**
- > Various complementary therapies (equine-assisted therapy, brain training, acupuncture, massages, personal training, and more)
- > Exclusive hospitality and luxurious private residence
- > Private chef and personalized diet plan addressing weight and health problems with freshly prepared meals
- > **Non-related health assessments and checks**
- > **A second-person treatment included**
- > **Personal companion room and dining included**
- > **24/7 Nurse available**
- > **Personal Limousine and Driver**
- > **Leisure activities included**
- > **Outdoor dining included**
- > **Private Butler**
- > **4 weeks of aftercare follow-up sessions**

DETOX RESIDENTIAL PROGRAM

For those who wish for a pure detox and are short on time, we offer also a 2-week program to detoxify from any substances:

PEMIER 2 WEEK DETOX

- > Mind and body medical check-up
- > Assessment and diagnosis
- > Individual mental treatment sessions provided by psychiatrists, psychologists, and psychotherapists (including CBT, Schema Therapy, Systemic therapy, mindfulness, and more)
- > Bespoke timetable adjusted to weekly needs
- > 24/7 live-in case manager
- > 24h medical supervision
- > Various complementary therapies (equine-assisted therapy, brain training, acupuncture, massages, personal training, and more)
- > Exclusive hospitality and luxurious private residence
- > Private chef and personalized diet plan addressing weight and health problems with freshly prepared meals
- > One week of aftercare follow-up sessions

VIP 2 WEEK DETOX

- > **Comprehensive** mind and body medical check-up
- > **Extensive** assessment and diagnosis
- > Individual mental treatment sessions provided by psychiatrists, psychologists, and psychotherapists (including CBT, Schema Therapy, Systemic therapy, mindfulness, and more)
- > **Intensive** and bespoke timetable adjusted to weekly needs
- > 24/7 Live-in case manager
- > 24h Medical supervision
- > Various complementary therapies (equine-assisted therapy, brain training, acupuncture, massages, personal training, and more)
- > Exclusive hospitality and luxurious private residence
- < Private chef and personalized diet plan addressing weight and health problems with freshly prepared meals
- > **Non-related health assessments and checks**
- > **A second-person treatment included**
- > **Personal companion room and dining included**
- > **24/7 Nurse available**
- > **Personal Limousine and Driver**
- > **Leisure activities included**
- > **Outdoor dining included**
- > **Private Butler**
- > **Two weeks of aftercare follow-up sessions**

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



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