



# 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

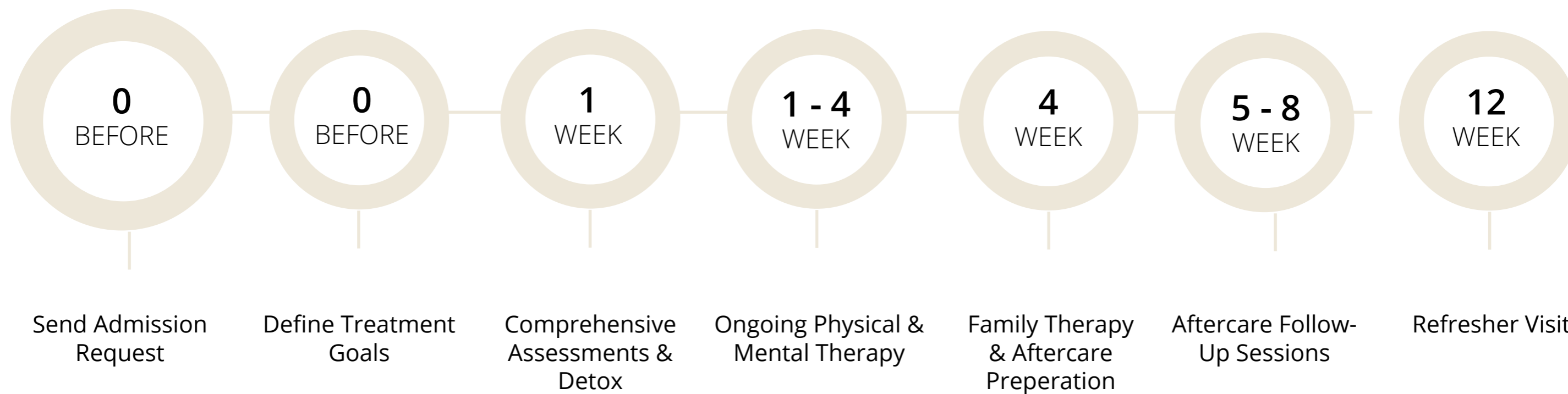
Your treatment begins with a comprehensive mind and body medical checkup followed by an extensive assessment and diagnosis of your presenting issues. Based on your individual lab results, our medical and nutrition experts combine general and alternative medicine to create a tailor-made micronutrientsto 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.

„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.

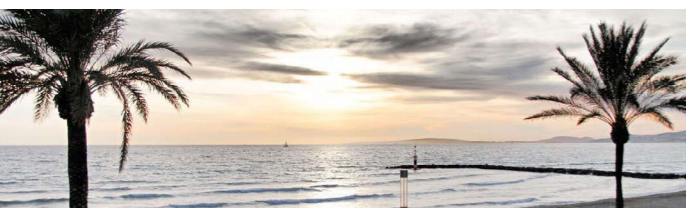
During your visit to THE BALANCE inpatient rehabilitation center, you will stay in one of our private and confidential luxury inpatient rehab facilities. We aim to make you feel completely at ease by surrounding you with the soothing scenery of nature and green life.

A personal in-house counselor/casemanager, 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](#)







THE BALANCE



# 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 Ghysaert**

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.

CLICK FOR  
MORE

## CHARMING TOWNS IN TRAMUNTANA

## SPA DAY



## STAND UP PADDLE





# 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.



**Philosophy of a Luxury Rehab | Treated in...**  
THE BALANCE Luxury...  
134 views • 5 months ago



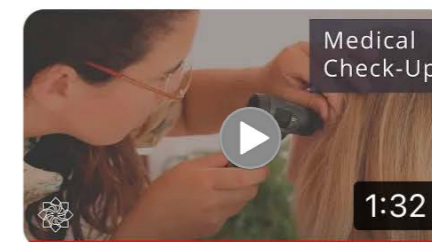
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# TESTIMONIALS



**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 thought 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.



**SIGNATURE**

EUR 88'000 per week

**All our 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, ...
- » Various complementary and holistic therapies: massages, yoga, personal training, equine therapy, acupuncture, art therapy, music therapy, ...

**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

**EXECUTIVE**

EUR 54'000 per week

**All our 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, ...
- » Various complementary and holistic therapies: massages, yoga, personal training, equine therapy, acupuncture, art therapy, music therapy, ...

**Exclusive for 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



**PREMIER**

EUR 32'000 per week

**All our 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, ...
- » Various complementary and holistic therapies: massages, yoga, personal training, equine therapy, acupuncture, art therapy, music therapy, ...

**Exclusive for Premier**

- » Luxury suite in a shared residence with 2-4 clients
- » Shared 24/7 live-in personal manager
- » Shared complementary and holistic therapies

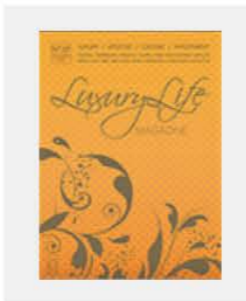
# À LA CARTE

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**



# 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?

Call

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+44 7441 427577

Email

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Schedule a Consultation

[Click here](#)

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