

Ibiza Calm

FIND RENEWAL & WHOLENESS

Our treatment programmes

BESPOKE ONE TO ONE TREATMENTS

The 4 options presented allow you to choose between different levels of intensity of treatment, as well as different degrees of flexibility around your stay with us - depending on your own needs. All programmes include an optional family component programme, as well as exit and aftercare planning.

Our therapeutic timetable incorporates many different treatment activities and clinical interventions. It includes individual counselling, group

therapy, educational workshops, art therapy, yoga and fitness sessions, as well as mutual support meetings off site. We have a full medical team with an excellent psychiatrist who visits twice a week and nurses onsite every night. The property is calm, beautiful and inspiring and all our staff are committed to recovery; treating you with care and respect at all times.

We are also proud of our nutritional programme and our chef.

Essential Care Programme

This includes a standard room in the main house. The programme activities are compulsory within the capacities and abilities of each client.

Clients are recommended a stay of 4 weeks.

1 one-to-one session a week.

The price is 6,000 euros per week.



Individual Care Programme

This includes an individual deluxe ensuite room in either the upper or lower house. The morning programme activities are compulsory, but the afternoon activities are optional. Some tailor-made activities can be offered once a week, like a massage, beautician or personal training session.

3 one-to-one sessions a week.

The price is 9,000 euros per week.

Full Bespoke Care Programme

This includes an individual deluxe ensuite room in either the upper or lower house. All timetable activities are available as optional, plus extra sessions or therapies as required.

Only counselling sessions are compulsory. Tailor made activities can be offered, like a massage, beautician or personal training sessions.

5 one-to-one sessions a week.

The price is 12,000 euros per week.





Premium Care Programme

This offers all the treatments, services and facilities of the Full Bespoke Care Programme but also includes exclusive use of the upper house - with the 2nd superior ensuite bedroom available for family visits and the family component programme.

POA euros per week.

Deposit. Once you have made a decision to come to Ibiza Calm, you will be required to make a non refundable deposit (equivalent to one week stay). This will guarantee your place on the date requested or if you are on the waiting list, the next available space.

Payment policy. The full payment will need to be received before arrival and can be made by bank transfer or card payment. Payment by bank transfer needs to be paid 3 working days before arrival.

Non-Refund policy. Once you have arrived at Ibiza Calm there is a non-refundable payment if you decide to

discharge early or are discharged. However you will be able to return to complete your treatment within a six month period in consultation with the clinical team.

If you have any questions about this policy, please call the admissions team.

Medical health insurance policy. Ibiza Calm strongly advises to arrange a European Health Insurance Card and Travel Insurance for the period of your treatment. Ibiza Calm is not liable for any expenses for medical emergencies or pre-existing medical conditions.

Ibiza Calm

Timetable 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
9.00	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading
10.00	Group Therapy	Group Therapy	Group Therapy	Equine Therapy	Group Therapy	Reflection Group	Meeting NA 10.30-11.45
11.15	Break	Break	Break		Break	Break	
11.45	Workshop/ Assignment	Workshop/ Assignment	Workshop/ Assignment		Workshop/ Assignment	Workshop/ Assignment	
12.45	Break	Break	Break	Break	Break	Break	Break
13.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14.00	Art Therapy	Gender group	Counselling	Workshop/ Assignment	Workshop/ Assignment	Excursion/ Leisure	Leisure
15.00	Break	Break	Break	Break	Break		
15.15	Counselling / time to work on assignments	Counselling / time to work on assignments	Time to work on assignments	Counselling / time to work on assignments	Counselling / time to work on assignments		
16.10							
16.15	Community Meeting	Fitness 16.15- 17.15	Yoga 16.15- 17.15	Fitness 16.15- 17.15	Yoga 16.15- 17.15		
17.00				Nutrisionist Workshop 5:30			
18.00	Break	Break	Break		Break	Break	
18.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20.00	Mindfulness	Goal Setting 19.30	Music Workshop 19.15	Leisure	Speaker Meeting 19.30	Check in 19.30	Check in 19.30
21.00	Leisure	Leisure	Leisure		Leisure	Leisure	Leisure
23.00							
24.00	Lights out	Lights out	Lights out	Lights out	Lights out		