

# Ibiza Calm

FIND RENEWAL & WHOLENESS

## Our treatment programmes

### BESPOKE ONE-TO-ONE TREATMENTS

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

Our therapeutic timetable incorporates a variety of treatment activities and clinical interventions. It includes individual counselling, group therapy, educational workshops, art therapy, yoga, and fitness

sessions, as well as off-site mutual support meetings. We offer transcranial magnetic stimulation therapy and have a TMS machine on-site.

We have a full medical team, with an excellent psychiatrist who visits twice a week and nurses on-site every night. The property is beautiful, calm, and inspiring; and the whole team are committed to recovery, always treating you with care and respect. We have an exceptional nutritional programme, and a superb chef.



## Individual Care Programme

This includes an individual deluxe ensuite room. The morning programme activities are compulsory, and some of the afternoon sessions may be optional. Three individual counselling sessions each week. One tailor-made activity can be offered each week, such as personal training, a massage, or beauty treatment. **The price is 10,000 euros per week.**

## Full Bespoke Care Programme

This includes an individual deluxe ensuite room. All timetable activities are optional, and extra therapies can be arranged as required.

After a thorough assessment by our clinical and therapeutic team, a tailor-made programme will be developed to meet any individual client needs. This will include five compulsory individual counselling sessions each week.

In addition to the therapeutic programme, three tailor-made activities can be offered each week, such as personal training, a massage, or beauty treatment.

**The price is 15,000 euros per week.**



## “La Casita” Bespoke Programme

This programme includes all the treatment services, and facilities, of the Full Bespoke Care Programme. In addition, clients have exclusive access to “The Casita”.

A standalone 2-bedroom house, separate from the main property, with its own kitchen, living-room, front and back terraces. Ideal for complete privacy; or for anyone requiring additional staff or security.

If you want to learn more about this option, please get in touch with our admissions department for more details.

**POA euros per week.**

# Ibiza Calm

## Time table 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
9:00 AM	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading	Breakfast & Reading
10:00 AM	Group Therapy	Group Therapy	Equine Therapy	Group Therapy	Group Therapy	Intention Settings	Optional NA Meeting 9:45 AM
11:15 AM	Break	Break		Break	Break	Break	
11:45 AM	Workshop/ Assignment	Workshop/ Assignment		Workshop/ Assignment	Workshop/ Assignment	Workshop	
12:45 AM	Break	Break	Break	Break	Break	Break	Break
1.00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2.00 PM	Art Therapy	Workshop/ Assignment	Counselling or time to work on assignment	Workshop/ Assignment	Workshop/ Assignment	Excursion/ Leisure	Leisure
3.00 PM	Break	Break	Break	Break	Break		
3:15 PM	Counselling or time to work on assignments	Counselling or time to work on assignments	Counselling or time to work on assignments	Counselling or time to work on assignments	Counselling or time to work on assignments		
4:15 PM	Community Meeting 4:15	Fitness 4:15 - 5:15	Yoga 4:15 - 5:15	Fitness 4:15 - 5:15	Yoga 4:15 - 5:15		Yoga 4:15 - 5:15
5:00 PM	Psychiatrist Consultation from 5	Break	Psychiatrist Consultation from 5	Break	Break	Break	Break
6:00 PM	Break	Optional NA Meeting 5:35 PM	Break	Dinner 6:30	Optional AA Meeting 5:35 PM	Dinner 6:30	Dinner 6:30
6:30 PM	Dinner 6:30		Dinner 6:30				
7:30 PM	Live Meeting 7:30 PM	Dinner 8:15 PM	Music Therapy 7:30 PM	Speaker Meeting 7:30 PM	Dinner 8:15 PM	Check in 7:30 PM	Check in 7:30 PM
9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM	Mindfulness 9:00 PM
9:15 PM	Leisure	Leisure	Leisure	Leisure	Leisure	Leisure	Leisure
12:00 AM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

# Ibiza Calm Policies

## **Payment Policy.**

When you decide to come for treatment at Ibiza Calm, a one-week deposit is required to secure your booking. This is to secure your place, as we often run at full capacity. The full balance is then required three working days before your arrival. All monies are to be paid before your admission. If your admission is immediate, full payment is required on the day. This can be paid either by credit card or bank transfer.

Please note there is a strict no refund policy. Ensure that you can commit to your stay before booking as there are limited spaces.

If, during your stay you need to leave treatment for any unforeseen reason, you may return to complete your treatment for the time paid. This will be at the discretion of the clinical manager. If you self-discharge, there is no refunds on monies paid.

If you are discharged for any behavioural reasons, there is a no refund policy. The clinical managers decision is final.

## **Medical health insurance policy.**

Ibiza Calm strongly advises that you arrange a UK Global Health Insurance or European Health Insurance Card, and travel insurance cover, for the period of your treatment. Ibiza Calm is not liable for any expenses incurred for medical emergencies or pre-existing medical conditions.