



La Casita

LUXURY BESPOKE CARE

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Located in the grounds of our 13-hectare private estate, surrounded by Mediterranean styled gardens, on the beautiful Balearic Island of Ibiza. “La Casita” is an ideal environment to begin your journey of recovery. We provide exclusive, bespoke care programmes, for the treatment of all addiction dependencies, burnout, and mental health conditions.

Our secluded 2-bedroom Casita has its own entrance and grounds; with an assigned expert personal care team, including medical staff on hand 24 hours a day. It is perfect for clients who are looking for complete peace and total anonymity, in stunning surroundings.

What we do

We offer a full physical and psychiatric evaluation with our expert team of residential doctors, psychiatrists, and psychotherapists. Working with you to develop a bespoke programme of care that will treat all physical and emotional dependence. Together we will explore all underlying emotional issues, including any trauma, to ensure the best possible treatments for your specific needs.

All programmes are tailor-made, specifically for you, and prices are available on application. We accept all major international health insurance policies (such as Bupa global and Cigna international), please talk to our admissions manager for more information.



How we do it

We offer a solution, through a secure, safe healing space, away from outside distractions in which you can address your difficulties and focus on building a foundation for a stronger, healthier, and more fulfilled life. Recuperate and restore your physical body, reset thinking patterns, and refuel your drive, motivation, and passion.



We expertly deliver a variety of proven treatment methodologies, including cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR). Addiction, psychodynamic and person-centred therapies, and, if selected, group psychotherapy and educational lectures. Transcranial magnetic stimulation therapy (TMS) is available onsite. TMS is a highly successful option for clients suffering with treatment-resistant depression, obsessive compulsive disorder and more.

What we treat

- Alcoholism
- Drug addiction
- Prescription medicine dependency
- Gambling addiction
- Detoxification
- Medication review
- Behavioural and process addiction
- Depression
- Bipolar disorder
- General anxiety disorder
- Obsessive-compulsive disorder
- Codependency
- Eating disorders
- Burnout
- Exhaustion
- Executive stress



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La Casita is the optimum environment for our exclusive medical detoxification programme. A supportive and nurturing withdrawal treatment regime, designed for those individuals physically dependent on a substance, such as alcohol, or prescription medication.

Within the first few days of your stay, we will conduct a full health screening, including bloodwork, a nutritionist for your dietary needs and a personal fitness programme.

All treatments and therapies can be provided discreetly, and confidentially, within La Casita's private accommodation, terrace, and garden. Alternatively, should you wish to venture out onto the rest of the estate, you are welcome to join other residents and use any of the facilities and enjoy the beautiful grounds.



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24h Admissions Line
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