



IBIZA CALM

find renewal & wholeness
2026



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, including a psychiatrist, doctor, nurses, and licensed therapists, with 24/7 cover. 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 programme includes a private deluxe en suite bedroom and a structured therapeutic timetable designed to provide consistency, routine and comprehensive support throughout your stay.

The programme includes:

- Two one-to-one therapy sessions each week with your dedicated therapist.
- One personalised breathwork session each week with one of our recovery specialists.
- One additional personalised treatment each week, such as personal training, massage or a beauty treatment.
- Access to our regular programme of therapeutic groups, wellbeing activities and holistic therapies.



Price: €10,000 per week.



Price: €15,000 per week.

Full Bespoke Care Programme

This programme includes a private deluxe en suite bedroom, in the main house, and an individualised therapeutic timetable designed entirely around your personal needs and recovery goals. Following a comprehensive assessment by our clinical and therapeutic team, a full bespoke programme of care is developed to provide the highest level of personalised support.

The programme includes:

- Four one-to-one therapy sessions each week with your dedicated therapist.
- One personalised breathwork session each week with one of our recovery specialists.
- Five additional personalised treatments each week, selected to complement your individual treatment plan.
- Flexible access to our therapeutic groups, wellbeing activities and holistic therapies, with participation based entirely on your individual needs and preferences.
- Personalised requests through our Treasure Chest, allowing us to further tailor your stay wherever possible.

“La Casita” Bespoke Programme

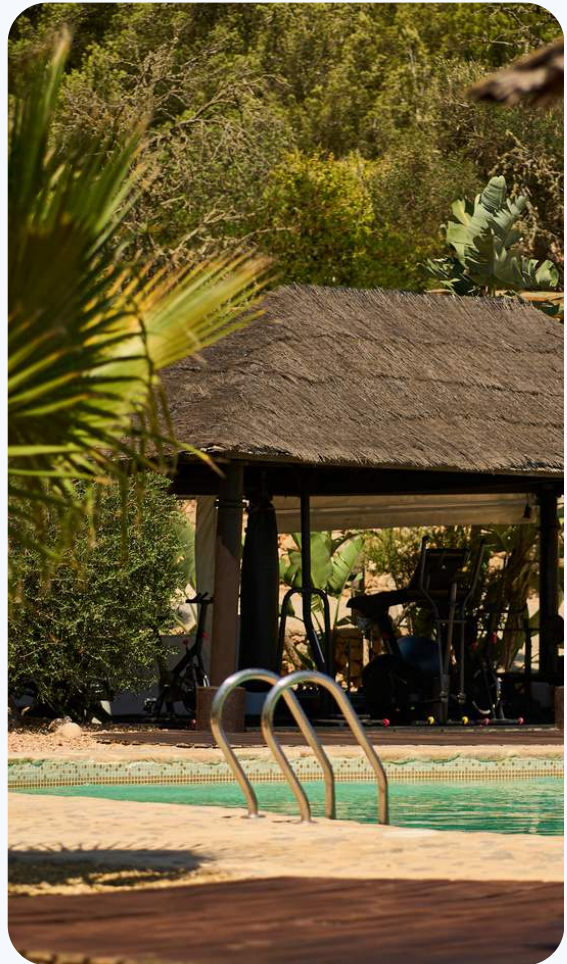
This programme combines the highest level of personalised clinical care with exceptional privacy, comfort and flexibility. Every aspect of your stay is tailored to your individual needs, allowing for a truly bespoke treatment experience.

Clients have exclusive use of **La Casita**, a private two-bedroom residence set apart from the main house, complete with its own kitchen, living area, and front and rear terraces. It provides an ideal setting for those seeking complete privacy or requiring additional support, accompanying family members, personal staff or security.

The programme includes:

- Five one-to-one therapy sessions each week with your dedicated therapist.
- Seven personalised therapeutic treatments each week, tailored to your individual needs and recovery goals.
- A fully individualised therapeutic timetable designed around your preferences and clinical requirements.
- Direct access to our team via text message for personalised requests and support throughout your stay, ensuring your individual needs are responded to promptly and discreetly.

If you would like to learn more about the La Casita Bespoke Programme, please contact our Admissions Team, who will be happy to discuss your individual requirements.



Price: POA.



IBIZA CALM TIMETABLE 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
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
9:45 AM							Optional NA Meeting
10:00 AM	Group Therapy	Group Therapy	Equine Therapy	Group Therapy	Group Therapy	Intention Settings	
11:15 AM	Break	Break		Break	Break	Break	
11:45 AM	Workshop/ Assignment	Workshop/ Assignment		Workshop/ Assignment	Workshop/ Assignment	Workshop	
12:45 PM	Break	Break	Break	Break	Break	Break	Break
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM	Community meeting						
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 assignment	Counselling or time to work on assignment	Counselling or time to work on assignment	Counselling or time to work on assignment	Counselling or time to work on assignment		
4:15 PM		Fitness	Yoga	Fitness	Yoga		Yoga
5:00 PM	Psychiatrist Consultation	Break	Psychiatrist Consultation	Break	Break	Break	Break
5:30 PM	Break	Optional NA Meeting	Break		Optional AA Meeting		
6:00 PM			Break				
6:30 PM	Dinner			Dinner	Dinner		Dinner
7:30 PM	Live Meeting		Speaker Meeting	Music Time		Check in	Check in
8:15PM		Dinner				Dinner	8:00PM Free time
9:00 PM	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
9:15 PM	Leisure	Leisure	Leisure	Leisure	Leisure	Leisure	Leisure
11:00 PM	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