THE BALANCE

OUR WIDER GROUP

Programs, care and fees.

Private treatment and personalized healthspan.

THE BALANCE / COGNIFUL / SENSES

MALLORCA / ZURICH

English / October 2026

Private care.
Entirely individual.

Executive and Signature combine fully individual residential treatment with different levels of continuing care. Both are available in Private and Semi-Private settings.

Choose your setting.

Private

A residence reserved for you, with a dedicated chef and personal manager. Your treatment, activities, and daily schedule are individual.

Semi-Private

Only the residence, chef, and personal manager are shared. All clinical, bodywork, and holistic sessions, excursions, and activities remain individual.

Weekly program fees

Amounts are in EUR for Mallorca, CHF for Zurich and GBP for London.

Program	Private	Semi-Private	After your stay
Executive	90’000	60’000	3 months of aftercare
Signature	120’000	90’000	12 months of aftercare and ongoing support

Per client, per residential week. Included aftercare follows your stay and forms part of the selected program fee. Residential weekly fees apply to the weeks you stay with us.

Mallorca and Zurich: typically 4-8 weeks, individually reviewed. London offers private residential mental health treatment with individual therapy and daily support.

Current fees



Care throughout your stay. Support beyond it.

A coordinated team shapes your care around your needs. All clinical treatment, bodywork, holistic sessions, excursions, and activities are individual in both residential settings.

Included in both programs

- Comprehensive assessment and a coordinated, individual treatment plan.
- Individual clinical sessions, bodywork, holistic care, excursions, and activities.
- Your residence, chef-prepared meals, and personal management.
- Family involvement with your consent, and preparation for your return home.
- A personal schedule, progress reviews, and coordination with your existing clinicians.

Signature additions

- Additional reserved one-on-one therapy and coaching time.
- Expanded family and partner work, with your consent.
- Selected external specialist consultations and medical checks when clinically indicated.
- Selected private boat activities, external dining experiences, and VIP airport service.
- A named continuity lead, with 12 months of aftercare and ongoing support.

WITHIN SIGNATURE'S FIRST YEAR

Scheduled remote support during the first two weeks at home, clinical reviews at months 3, 6, 9, and 12, and planned check-ins and home-team coordination. All included support falls within the first 12 months after your stay.



COGNIFUL / MALLORCA

Individual care.
Shared experience.

Clinical and bodywork sessions are individual. The residence, chef, personal manager, other holistic sessions, excursions, and activities are shared within a carefully selected community.

COGNIFUL

EUR 40’000

per client, per residential week

A personal treatment schedule within a shared residential setting.

A private suite, individual clinical and bodywork sessions, chef-prepared meals, and day-to-day personal support.

Shared holistic sessions and activities, with planning for your transition home.

COGNIFUL Plus

EUR 50’000

per client, per residential week

The COGNIFUL residential program, with additional individual work and continuity.

- Additional individual sessions.
- Family preparation and transition coordination.
- Three months of structured aftercare.

For adults whose needs are suited to individual care within a shared residential setting. Usually 4-12 weeks; duration is reviewed individually.

Program details online



Your retreat.
Your chosen company.

Preventive health and restoration for medically stable adults. One- or two-week stays, on your own or with family and friends.

Personal Retreat

70’000

per week, villa and one program participant

A private villa and an individual health program for you. Personal assessment, private consultations, and tailored priorities for sleep, nutrition, movement, and restoration, with a practical plan to continue at home.

Family & Friends Retreat

From 70’000

per week, villa and first program participant

Bring your chosen family or friends. Every enrolled participant receives a personal assessment, private consultations, and an individual health program, alongside time to enjoy the stay together.

Additional program participant: **+35’000 per week**

Two participants sharing one villa: **105’000 per week**

All fees use the same amounts: EUR for Mallorca and CHF for Zurich.

Accompanying children stay without an additional accommodation charge. Childcare, separate children’s programs, and arrangements for other accompanying guests are agreed individually.

Your next steps. At your pace.

Our Admissions team can answer your questions, explain the options, and guide you through the next steps. The process follows your individual needs and the recommended program.

01

Share relevant information

Admissions will explain which records and medication details to share, and how to send them securely. Include your goals and any practical preferences.

02

Clinical review

The team reviews your needs and confirms program suitability, the recommended setting, and whether further assessment is needed.

03

Review your recommended program

Review the residential setting, expected duration, included care, and total fee. Ask any questions before deciding.

04

Confirm the arrangements

If you decide to proceed, agree on dates, the residence, consent, and payment arrangements. Admission depends on clinical approval and availability.

05

Prepare for your arrival

Your contact coordinates a preparation checklist, travel, arrival, and communication preferences, and explains what to expect in the first days.

Take time to review your options with our Admissions team.

Admissions Guide

Current fees

THE BALANCE

We are here to help.

Speak with our Admissions team to explore the options, ask questions, and discuss your next steps.

YOUR ADMISSIONS TEAM

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Admissions Guide

Alongside Admissions, you may request a private conversation with founder Abdullah Boulad about THE BALANCE and our approach.

Request a private conversation

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