



THE BALANCE

OUR WIDER GROUP

Programs, care and fees.

Private treatment and personalized healthspan.

THE BALANCE / COGNIFUL / SENSES

MALLORCA / ZÜRICH

Three programs. A considered choice.

Use this overview to compare THE BALANCE, COGNIFUL, and SENSES. Explore each program's purpose, setting, included support, and weekly fee. Our Admissions team can help you understand which option may suit your needs.

	THE BALANCE	COGNIFUL	SENSES
Purpose	Mental health, addiction, trauma, eating disorders, and co-occurring care.	Mental health, addiction, trauma, and co-occurring care in a selected community.	Healthspan, preventive assessment, restoration, and sustainable performance.
Setting	Private residence and team dedicated to one client.	Private bedroom, individual care, and structured shared experience.	Private residence and dedicated program coordination.
Location	Mallorca or Zurich	Mallorca	Mallorca or Zurich
Typical stay	4-8 weeks	4-12 weeks	1 or 2 weeks
Core inclusions	Assessment, individual therapies, agreed medical support, residence, and private dining.	Individual treatment, shared therapeutic work, residence, meals, and daily support.	Selected assessments and diagnostics, clinical interpretation and daily implementation.
Continuing support	Three months of personalized aftercare, with agreed scope.	Reintegration and continuing-care planning; follow-up agreed individually.	Written healthspan plan, referrals, and review points.
Weekly fee	CHF 90,000	CHF 35,000	From CHF 60,000

Each program follows clinical review and an individual proposal. Duration, services, diagnostics, session frequency, and additional costs are confirmed before admission. SENSES serves healthspan goals; psychiatric or addiction treatment needs require a treatment pathway.

[Compare programs online](#)



THE BALANCE

Private care. Entirely personal.

Private residential treatment dedicated to one client at a time. For adults with mental health, addiction, trauma, eating disorders, or co-occurring needs who require a private setting and coordinated multidisciplinary care.

Clinical care

- Psychiatric and medical assessment, an individual formulation, and treatment plan.
- Individual psychotherapy and trauma work where indicated.
- Medical, nutritional, physical, and integrative support according to need.

Residence and daily life

- Private residence and personal support organized around one client.
- Private chef, meals, and household coordination.
- Scheduling and local transportation within the agreed program.

People and coordination

A dedicated multidisciplinary team, case management, and ongoing review. Family, existing clinicians, and advisors may contribute with the client's consent.

After your stay

Transition planning and three months of personalized aftercare. The individual plan specifies the frequency, format, and scope.

LOCATION / DURATION

Mallorca or Zurich

Typically 4-8 weeks; individually reviewed

CHF 90,000

per week

[Program details online](#)

Illustrative setting; residence confirmed individually.



COGNIFUL

Care strengthened by shared experience.

Personalized residential treatment within a carefully selected community. For adults with mental health, addiction, trauma, or co-occurring needs who can participate safely and benefit from individual care and structured shared experience.

Clinical care

- Clinical assessment, a personal formulation, and progress review.
- Individual psychotherapy, specialist sessions, and structured shared therapeutic work.
- Medical or psychiatric input when included in the clinical plan.

Residence and daily life

- Private bedroom within the Mallorca residence.
- Chef-prepared meals, nutrition support, and residential coordination.
- Movement, restorative, and selected experiential activities.

People and coordination

Case coordination, clinically appropriate family work, and authorized liaison with advisors and external clinicians. Shared work supports boundaries, feedback, and accountability.

After your stay

Reintegration, relapse-prevention, and continuing-care planning. Follow-up is agreed individually around home, work, relationships, and local clinical care.

LOCATION / DURATION

Mallorca

Usually 4-12 weeks; individually reviewed

CHF 35,000

per week

[Program details online](#)

Illustrative setting; residence confirmed individually.



SENSES

Space to restore. A plan to continue.

A private healthspan program for medically stable adults seeking assessment, prevention, restoration, resilience, and sustainable performance. One week focuses on assessment and priorities; two weeks adds time to implement and refine.

Clinical care

- Pre-arrival review, private medical intake and selected diagnostics and consultations.
- Clinical interpretation across medical, metabolic, sleep, nutrition, movement, cognition, and stress priorities.
- Assessments and specialists selected in the individual proposal.

People and coordination

Dedicated program coordination and selected healthspan specialists. Liaison with authorized physicians, family, and advisors connects the stay to existing care.

Residence and daily life

- Private residence dedicated to one client.
- A personal chef and tailored sleep, nutrition, movement, and recovery routines.
- Agreed restorative and practical implementation sessions.

After your stay

A written, prioritized healthspan plan with practical routines, referrals, named follow-up responsibilities, and review points.

LOCATION / DURATION

Mallorca or Zurich

One- or two-week residential format

From CHF 60,000

per week

[Program details online](#)

Illustrative setting; residence confirmed individually.

SENSES

05

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 personalized proposal

Discuss the recommended program, expected duration, included services, fees, and any additional costs. Clarify 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 the recommendation with your Admissions contact. Your proposal confirms the scope, duration, payment terms, and any additional costs, including external medical care, medications, special travel or security, companions, and extensions.



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