THE BALANCE

OUR WIDER GROUP

Programs, care and fees.

Private treatment and personalized healthspan.

THE BALANCE / COGNIFUL / SENSES

THE BALANCE: MALLORCA / ZURICH / LONDON

English / October 2026

Care built around you.

Your needs, goals and preferences shape your program. THE BALANCE offers treatment in a residence reserved for you, COGNIFUL provides personalised treatment in a shared residence, and SENSES focuses on preventive health and restoration in a private villa.

THE BALANCE

Private residential treatment

A residence reserved for you, with a dedicated chef and personal manager.

All treatment and activities are individual.

Mallorca · EUR / Zurich · CHF / London · GBP

Executive

80’000 / week

Includes 3 months of structured aftercare.

Signature

100’000 / week

Additional individual therapy time, a named continuity lead and 12 months of structured aftercare.

Current fees

Program details

Private residential treatment

Personal treatment plan

Both programs include assessment, a personal treatment plan, regular progress reviews and preparation for returning home.

Signature additions

Agreed individual therapy and coaching time, family or partner work where appropriate, and selected specialist and hospitality arrangements are specified in your proposal.

Continuity after Signature

Reviews take place at months 3, 6, 9 and 12. Scheduled remote support during the first two weeks at home is included within the same year of aftercare.

Coordinated care

Family involvement and communication with other care providers are arranged with your consent. Your proposal confirms the scope and schedule of support.

What is included, and what may cost extra?

Your proposal sets out the appointments, accommodation, meals, coordination, transport and continuing support included in your program. Care is selected around your needs; every treatment method, assessment or specialist is not automatically included.

Hospital care, emergency services, external diagnostics, specialist appointments, medication and requested extras may be additional unless expressly included. Signature covers selected specialist and hospitality arrangements within its agreed scope. Known additional costs and companion arrangements are explained before admission.

How does included aftercare work?

THE BALANCE Executive and COGNIFUL Premier Plus include three months of structured aftercare. THE BALANCE Signature includes twelve months of structured aftercare and agreed ongoing support, with a named continuity lead and reviews at months 3, 6, 9 and 12. Its scheduled remote support during the first two weeks at home is part of that same year.

Included aftercare follows the residential stay and forms part of the selected program fee. Weekly residential fees apply only to the residential weeks. Your plan confirms the appointments, frequency, professionals, availability in your home location and scope. COGNIFUL Premier includes return-home planning; further follow-up is agreed separately. SENSES includes a practical health plan for home.



COGNIFUL / Mallorca · EUR

COGNIFUL

Treatment in a shared residence

Your own suite in a residence for up to four clients, with a shared chef and personal manager.

Clinical treatment and bodywork are individual.

Premier

EUR 30’000 / week

Holistic sessions, excursions and activities are shared.

Premier Plus

EUR 50’000 / week

All sessions and activities are individual, with 3 months of structured aftercare. The residence and household team remain shared.

A separate setting

COGNIFUL occupies its own property, separate from THE BALANCE. Communal spaces, the chef and personal manager are shared in both options.

Premier follow-up

Return-home planning is included. Additional follow-up is agreed separately.

Included in both programs

Assessment, a personal treatment plan, progress reviews and preparation for returning home.

Premier Plus aftercare

Your aftercare plan confirms the appointments, professionals, frequency and availability of support in your home location.



SENSES / Mallorca · EUR / Zurich · CHF

SENSES

Preventive health and restoration

A private villa for you and your chosen companions. One- or two-week programs.

Each participant receives an individual health assessment and personal program.

Your private retreat

From 60’000 / week

Includes the private villa and one program participant.

Additional participant

+ 30’000 / week

For each additional program participant sharing the villa.

Who it is for

Medically stable adults seeking preventive health and restoration, with one- or two-week programs.

Personal health guidance

Each participant receives individual consultations and a personal plan covering sleep, nutrition, movement and recovery.

Support for home

Practical priorities to continue after your stay.

The weekly base of 60’000 includes the private villa and one program participant. Each additional program participant sharing the villa adds 30’000 per week, making the total 90’000 per week for two participants. These amounts apply in EUR for Mallorca and CHF for Zurich.

Each participant receives their own assessment and health program. Accompanying guests do not automatically receive a program. Accompanying children stay without an additional accommodation charge; childcare, separate children’s programs and other guest arrangements are confirmed 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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