THE BALANCE

OUR WIDER GROUP

Programs, care and fees.

Private treatment and personalized healthspan.

THE BALANCE / COGNIFUL / SENSES

MALLORCA / ZURICH

English / October 2026

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 or semi-private villa, with individual treatment.	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 chef-prepared meals.	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	Private villa **CHF 90,000** Semi-private villa **CHF 60,000**	**CHF 35,000**	**CHF 70,000**

THE BALANCE rates are per client, per week. In the semi-private option, the villa, chef and personal manager are shared; therapies, the treatment plan and daily schedule remain individual. Clinical suitability, services and additional costs are confirmed before admission. SENSES supports healthspan goals, not psychiatric or addiction treatment.

Compare programs online

THE BALANCE

Private care.
Entirely personal.

Individual residential treatment for adults with mental health, addiction, trauma, eating-disorder or co-occurring needs. Choose private or semi-private accommodation, with a personal treatment plan and coordinated multidisciplinary care.

One coordinated plan.

Assessment brings the relevant psychiatric, psychological, medical and supportive perspectives together. The team agrees priorities, selects clinically indicated care and reviews the plan as your needs develop.

Privacy beyond the walls.

Campo Gran in Mallorca offers a secluded 24-hectare countryside estate. Zurich has a different residential setting. The acreage describes the whole estate; your residence and private-use areas are confirmed individually.

Founder-led. Clinically directed.

Abdullah Boulad leads the organization. Qualified clinicians remain responsible for assessment and treatment. Case coordination connects the relevant team and authorized contacts.

The life you return to.

Home, relationships and existing clinicians are considered from the beginning. Transition planning and three months of personalized aftercare follow the frequency, format and scope agreed in your plan.

LOCATION / DURATION	Private villa	Semi-private villa
Mallorca or Zurich	CHF 90,000	CHF 60,000
Typically 4–8 weeks; individually reviewed	per client, per week	per client, per week

Private villa: residence dedicated to you. Semi-private villa: the residence, chef and personal manager are shared; therapies, your treatment plan and daily schedule remain individual.

Program details online

Illustrative setting; residence confirmed individually.

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.

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.

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.

People and coordination

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

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

CHF 70,000

per week

Program details online

Illustrative setting; residence 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 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.

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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