



ONE GUEST AT A TIME · ALGARVE, PORTUGAL

The Private Recovery & Longevity Programme

Our most comprehensive and integrative recovery approach—combining clinically responsible alcohol treatment, individual therapeutic care, physical restoration and carefully selected holistic therapies in a luxury residential environment.



Illustrative villa image · [Unsplash](#)

Private alcohol treatment designed around one person: your health, your history, your responsibilities and the life you want to rebuild.

MODEL One guest at a time	SETTING Private villa in the Algarve
CLINICAL APPROACH Assessment-led and individual	PRIMARY NEXT STEP Confidential consultation

1

When alcohol becomes the way you cope

From the outside, life may still look successful. Privately, alcohol may be taking up more space than you want to admit.

The visible pattern

- Drinking has become the quickest way to switch off.
- Sleep, energy, concentration or fitness has deteriorated.
- Relationships or professional judgement are beginning to suffer.
- Previous attempts to cut down have not lasted.

What may sit underneath

- Anxiety, depression or persistent low mood
- Burnout, pressure or emotional exhaustion
- Grief, trauma, isolation or boredom
- Loss of identity, spirituality, purpose or direction

You do not need to wait for a public crisis. A confidential conversation can begin while work, family and reputation are still intact.

2

One guest. One setting. One programme.

Algarve Wellness does not place you into a standard group schedule. We treat one guest at a time, with no group therapy, peer groups or shared treatment community.

Complete discretion

Private surroundings, careful communication and a confidential pre-admission process.

Individual attention

Medical, therapeutic and lifestyle support selected after assessment.

Personalised days

A schedule adapted to medical stability, energy, goals and response.

Medical safety comes first

Stopping alcohol suddenly can be dangerous for some people. Care begins with confidential clinical pre-assessment—not a predetermined protocol or automatic promise of admission.

Where detoxification is indicated

- Physician-led medically assisted detoxification on site
- Structured withdrawal monitoring
- Live-in nursing support and appropriate escalation procedures
- Medication and supplement review
- Hydration, nutrition and supplementation where clinically appropriate

Ongoing clinical foundations

- Individual addiction-focused therapy
- Relevant medical investigations
- Relapse-prevention planning
- Aftercare and continuing-support recommendations
- Clinical review as needs and risks change

No medication, detoxification protocol or therapy is assumed to be suitable before assessment. Supportive technologies and holistic therapies do not replace detoxification, medication, psychotherapy or relapse-prevention care.

An initial health picture—and ongoing controls

The programme can include an initial comprehensive health check and ongoing health controls with your private physician. Physical progress, symptoms, medication considerations and emerging concerns can therefore be reviewed throughout the residential stay.

Urgent safety: This brochure is not an emergency service. If someone is severely unwell, at immediate risk or at risk of harming themselves or another person, contact local emergency services immediately.

Treating what sits beneath the drinking

The therapeutic programme explores the emotional and behavioural drivers that may have made alcohol feel useful, necessary or difficult to leave behind.

Cognitive behavioural therapy

CBT can help identify links between thoughts, emotions and behaviour, and develop more useful responses to stress, triggers and cravings.

DBT-informed skills

DBT-informed work may support emotional regulation, distress tolerance, mindfulness and healthier interpersonal responses.

Trauma, grief and loss

Careful individual work can address experiences that continue to influence mood, coping and relationships, at a pace suited to stability and readiness.

Anxiety and depression

The team can address anxious patterns, low mood, avoidance and the interaction between mental health and alcohol use.

Identity and purpose

Recovery can include rediscovering values, relationships, interests, spirituality and a life that no longer depends on alcohol for relief.

Meditation and reflection

Mindfulness, meditation, breath-led practices and quiet reflection may support awareness and regulation when appropriate.

The goal is not simply to remove alcohol. It is to understand the pattern, restore health and begin building a life that feels worth protecting.

Restoring physical health and daily capacity

Alcohol use, stress and burnout can affect sleep, appetite, energy, weight, fitness, cardiovascular health and daily functioning. Physical restoration is therefore part of the wider recovery plan.

Personal health oversight

- Initial comprehensive health check
- Ongoing controls with your private physician
- Blood tests and other clinically useful investigations
- Sleep, energy and lifestyle review

Personalised fitness

- Movement-readiness assessment
- Individual fitness training programme
- Adaptation to recovery stage and medical stability
- Nature-based activity and sustainable routines

Nutrition and chef

Nutritional assessment and personalised meals prepared by a private chef can support energy, appetite, routine and physical recovery.

Individual supplement protocol

Targeted supplements may be selected according to clinical need and reviewed for suitability, contraindications and interactions with medication.

More than a temporary reset. The purpose is to develop a healthier structure that can continue after the residential stay.

Integrative and holistic support

Selected therapies may be introduced to support comfort, engagement, nervous-system regulation, sleep, physical restoration and greater awareness. The final selection is made after assessment; not every guest receives every modality.

Complementary holistic therapies

- Bodywork and massage
- Mindfulness and meditation
- Somatic practices
- Movement and nature immersion
- Adventure therapy and sports psychology

Case-selected integrative care

- Functional medicine and targeted supplementation
- Red light and infrared sauna
- BrainTap and PEMF
- NESA neuro-electric stimulation
- Other catalogue therapies where suitable

Hyperbaric oxygen therapy

Hyperbaric oxygen therapy may be considered as a supportive adjunct after medical assessment. Evidence varies by indication. It is not presented as a cure for alcohol dependence, a treatment for alcohol withdrawal or a substitute for medically assisted detoxification, medication, psychotherapy or relapse prevention.

Evidence is explained honestly. Where a modality is emerging, supportive or has variable evidence, the team should discuss its intended role, timing, limitations and suitability.

7 Your villa. Your privacy. Your setting.

Choose the environment that best supports your recovery: a beachfront private villa or a quieter rural retreat in the Algarve.



Beachfront atmosphere · Illustrative image



Private-villa setting · Illustrative image

Illustrative images: [coast](#) and [pool](#) · Unsplash. Accommodation varies by availability.

Beachfront setting

A coastal environment offering light, open space and easy access to restorative sea views and walks, subject to availability and clinical suitability.

Rural retreat

A secluded inland environment for guests who value stillness, nature, privacy and greater distance from everyday stimulation.

PRIVATE USE

Your own villa

No shared treatment community.

RESTORATION

Your own pool

Used according to medical advice and safety.

COMFORT

Luxury amenities

Quietly premium, never ostentatious.

Privacy is not an added feature. It is built into a one-guest-at-a-time model.

The villa and its amenities support comfort, privacy and healthy routine. They do not distract from the clinical work. Availability and the final residential setting should be confirmed during admissions.

A personalised schedule, with continuous support

A 24-hour live-in executive support role provides continuity, structure and practical assistance throughout the stay.

Practical continuity

- Daily organisation and appointment coordination
- Support with routines and agreed commitments
- Communication preferences and practical logistics
- Structure around rest, therapy, meals and activity

Clear clinical boundaries

The executive support role is non-clinical. Diagnosis, medication decisions, interpretation of tests and clinical treatment remain with authorised medical and therapeutic professionals.

How the programme unfolds

Confidential consultation

A discreet conversation about what is happening and whether Algarve Wellness may be appropriate.

Clinical pre-assessment

Medical and psychological risks are reviewed before acceptance or travel is finalised.

Arrival and stabilisation

The team confirms immediate priorities, investigations and monitoring; detoxification takes priority where required.

Individual treatment and restoration

Therapy, health work, fitness, nutrition and selected adjunctive care are sequenced around stability and response.

Reconnection and planning

Purpose, relationships, routines, boundaries, return-home planning and aftercare are developed.

Support after discharge

Recovery does not end when you leave the villa.

Where appropriate, the programme can include online aftercare and continued therapeutic support after discharge, helping you maintain routines, review progress, respond to emerging risks and remain connected to the work started in residence.

Continued therapeutic support

Scheduled online sessions can continue agreed therapeutic work and support the transition into everyday life.

Recovery planning

Triggers, routines, relationships, travel, work pressures and relapse-prevention actions can be reviewed.

Progress check-ins

Structured contact can help identify difficulties early and reinforce accountability.

Professional coordination

Where appropriate and properly authorised, care can be coordinated with relevant professionals involved after discharge.

Online aftercare is individually arranged and does not replace emergency, hospital or locally required medical care.

Who the programme may suit

- Alcohol is affecting health, judgement, relationships or work.
- Drinking is connected with anxiety, depression, grief, trauma, boredom, loneliness or burnout.
- You want individual care rather than group-based treatment.
- Privacy, clinical quality and a discreet luxury setting are essential.
- You want to understand the underlying pattern—not simply stop for a short period.

Frequently asked questions

Is the programme completely private?

Algarve Wellness treats one guest at a time. Confidentiality and discreet communication are central, subject to legal, clinical and safeguarding responsibilities.

Do you offer group therapy?

No. Algarve Wellness does not offer group therapy, peer groups or a shared treatment community.

Can you provide alcohol detoxification?

Physician-led medically assisted detoxification can be provided on site where assessment confirms that the pathway is clinically appropriate.

Do I receive every therapy in this brochure?

No. Every programme is individual. Treatments are selected according to assessment, priorities, preferences, contraindications and response.

Can someone enquire on my behalf?

Yes. A family member, doctor, adviser or trusted representative may begin a confidential enquiry. Appropriate consent and confidentiality arrangements are explained as the process develops.

Can I choose my villa?

A beachfront or rural setting may be selected according to preference, availability, practical considerations and clinical suitability.

What happens after I make contact?

Admissions arranges a discreet initial conversation. If the service appears potentially appropriate, clinical pre-assessment follows before acceptance or travel is finalised.



CONFIDENTIAL ADMISSIONS

Begin with an honest, private conversation

You do not have to make a public declaration or commit to treatment today. A confidential consultation can clarify the risks, the options and whether the programme may be appropriate.

Request a confidential consultation

One guest at a time · No group therapy · Clinical assessment first · Algarve,
Portugal

ENQUIRIES

Contact Algarve Wellness admissions

REPRESENTATIVES

Family, doctor, adviser or trusted representative

NEXT STAGE

Confidential clinical pre-assessment

VILLA OPTIONS

Beachfront or rural retreat, subject to availability

Clinical disclaimer: This brochure provides general programme information and does not replace individual medical advice, diagnosis or emergency care. Treatment suitability and programme content are determined after assessment. Outcomes cannot be guaranteed.