

What Are the Benefits of Luxury Treatment?

Luxury addiction treatment facilities combine evidence-based treatment methods, such as psychotherapy, with upscale amenities and services, which can cultivate a comfortable and relaxing environment for you to recover in.



Luxury Rehab

Those struggling with drug or alcohol addiction can turn to luxury rehab centers to [assist with the detoxification, recovery, and rehabilitation processes](#). Luxury rehabilitation programs throughout the country cater to those who expect [a very high level of customer service and amenities](#) found at high-end resorts. Services and amenities regularly found at such centers include:

- Acupuncture.
- Aromatherapy.
- Equine therapy.
- Golf.
- Spa treatments.
- Pools and hot tubs.
- Massage therapy.
- Nutritional counseling.
- Yoga.
- Gourmet meals.
- Private rooms.
- Large exercise facilities.

Inpatient Rehab Programs

Inpatient programs at luxury centers provide clients with [the feeling of staying at a major resort](#) or luxury hotel. Such programs combine recreation with evidence-based treatment interventions designed to help recovering addicts learn to develop a lifestyle independent from substances or addictive behaviors that have previously run their lives. These evidence-based therapeutic approaches may include:¹

- Cognitive-behavioral therapy (CBT): Focuses on the connection between behaviors, feelings, and thoughts. The therapist teaches you to recognize relapse triggers and how to cope with them.

- Contingency management (CM): Uses positive reinforcement in the form of vouchers or rewards to promote abstinent behaviors.
- Multidimensional family therapy: Aims to improve family functioning and heal damaged relationships.

Luxury treatment programs may also integrate traditional treatment modalities with holistic or alternative treatment methods, such as:

- Yoga.
- Equine Therapy
- Mindfulness and meditation.
- Acupuncture.
- Music therapy.
- Expressive arts therapy.
- Exercise therapy.

These programs provide a kind of retreat, and clients can take a vacation from the difficulties of their daily lives and more rigorous schedules to begin focusing on their recovery and make a major change in their lives.

Inpatient Facilities vs. Outpatient Clinics

Not all recovering individuals will need or wish to participate in inpatient services. Outpatient substance abuse treatment programs allow people to [minimize the time spent away from their work](#) and day-to-day responsibilities. Such programs hold regular treatment sessions that don't interfere with the patient's work, school, or home schedule. Another pro is that the patients continue to live at home during treatment, whereas inpatient treatment requires that all patients live at the facility for the duration of the program. Clients who benefit from inpatient facilities often need to separate their daily lives from the treatment process. This allows them to return to their normal schedules once they feel they truly have a grip on the problems that drove them to seek rehabilitation.

- [Inpatient Rehab Center](#)
- [Outpatient Rehab Center](#)



If you or someone you love is struggling with drug and alcohol addiction, you may need to find an inpatient drug rehab center. Inpatient drug rehabilitation centers can give you [the intensive therapy and tools you need](#) to defeat alcohol and drug addiction so you can get back on the right path and live a successful, happy, and productive life. [Read More](#)

Do I Need a Residential Rehab Facility?

Residential rehab facilities offer continual inpatient services. You may need such services if the temptation to return to addictive desires features prominently in your day-to-day life outside of the facility. Those regularly exposed to temptation in their daily lives may benefit greatly from residing in a luxury center that provides a drug-free environment until they exit treatment. Other people who may benefit from inpatient services include:



- Those with co-occurring disorders.
- Those with suicidal ideation or behaviors.
- Those with a high risk of violence.
- Those with significant medical issues.
- Those at high risk of experiencing severe or complicated withdrawal.
- Those with a history of treatment noncompliance.

Is It Private and Confidential?

Luxury rehab centers treat the rehabilitation process with the same private and confidential rigor as any doctor-patient relationship. Patients are often provided their own private suites for relaxation, and rehab center employees are prohibited from divulging the names and other important details of the clients who visit the center.

What Is Treated?

Most luxury rehabs are experienced in treating a variety of specific substance use disorders. Top-rated facilities offer access to medical care and may provide medical detox at the start of the program, operated by doctors and [health care professionals who specialize in detoxification](#), recovery, and rehabilitation. Beyond the detox process, seasoned counselors and other addiction treatment professionals will provide therapy and support during your recovery.

How Long Does Inpatient Rehabilitation Last?

Inpatient rehabilitation typically requires [a commitment of four weeks or longer](#). Single-month programs may be offered for relatively mild addictions or serve as a start to longer-term outpatient treatment efforts.

Sixty-day programs provide a solid treatment duration for patients to tackle many of their addiction issues and make headway in their recovery journey. [The greater time commitment](#) often means that clients will need to maintain communication with work or family, typically through phone calls, emails or guest visits.

90-Day Addiction Rehab Program

Three-month rehab centers are normally inpatient or residential facilities. During this time, patients live at the facility and interact with their peers and treatment team. This allows for supervision and access to care at all times, which is perfect for those with relatively severe addictions and, potentially, other health or social issues. [Read More](#)

Ninety-day treatment programs are [available for the most serious cases](#) and typically work for professionals who must leave their worlds behind in order to recover. Musicians, some politicians, and others who work schedules with long breaks between major events can often derive great benefit from longer courses of action.

Other options are also available due to the flexibility of luxury centers. Many luxury centers will assign a program manager to each client. The program manager can help design a schedule that best suits the needs of the client.

What Happens During Treatment?

Luxury rehab centers [provide the latest in treatment options](#). Customers typically meet with their program manager upon entering the facility, then they will receive a comprehensive assessment that evaluates the individual's:²

- Substance abuse patterns.
- Mental status and health.
- Physical condition.
- General medical history.
- Demographics, such as age, culture, ethnicity, language, etc.
- Financial and living situation.
- Level of family support.
- Employment or other social needs.
- Suicide and violence risk.

This information will be used to guide the creation of an individualized treatment plan tailored to meet your unique needs. Throughout your program, the treatment team will continue to re-evaluate your treatment plan as you progress through recovery, and will adjust it if necessary.

Some luxury treatment centers offer detox services as well. If applicable, you may begin detoxification within a few hours of entry. Professional medical detox includes a group of interventions aimed at eliminating substances from your system and achieving medical stability.² They often achieve this using a combination of medical monitoring,

medication, and psychological support or counseling. Once you are stable, you are ready to begin your addiction treatment program. Each person will receive a different combination of therapies based on their specific addiction and any co-occurring mental health disorders. Typically, patients receive individual therapy, group counseling, peer support, family therapy, and medication (if applicable). Most inpatient clients are allowed to enjoy the center's many amenities as soon as the detoxification or initial evaluation is completed. Aftercare is available for those seeking regular contact with their doctors and managers beyond the end of their stay.

Paying for a Treatment Center

Luxury rehab centers typically have costs much greater than those of more traditional centers. These cover the luxury facilities, amenities and top-notch staff. Insurance companies often pay for at least some addiction treatment, but the treatment must be deemed medically-necessary. The upscale and luxurious amenities of these addiction recovery programs aren't typically necessary for someone to recover from a substance use disorder. For this reason, [insurance may not cover the full costs of luxury treatment](#), although they may pay for some of it. Program managers can also help determine financing and payment options for those [unable to secure full funding prior to treatment](#).

Should I Travel or Stay Near Home?

Most luxury centers are located near typical resort areas. This may require travel to beaches, mountain retreats, and other scenic locations not commonly available in major cities and towns. There are also luxury facilities located in major cities throughout the country.

I Want to Find an Executive or Luxury Rehab Center

When management circumstances are hindering you or a relative from looking for care for a problem with substance abuse or behavior-related addiction, executive rehab treatments may be what you need. Pairing top-rated substance abuse treatments with the freedom of occasional computer and mobile access, [a business person can receive assistance](#) without experiencing significant interference to their occupational life.

Frequently, modern substance abuse treatment programs provide the excellent amenities you'd normally expect in America's best hotels, with your enjoyment and well-being being the biggest goals. From housekeeping services and fine linens to gym facilities and in-house massage therapy, you can get the best-rated drug abuse and behavioral addiction treatment for yourself or your relative while taking it easy.

What Happens After?

After rehabilitation treatment at a center, recovering individuals typically return to their lives armed with knowledge to help resist temptation and relapse. Many facilities offer regular contact services and aftercare appointments for those who need additional assistance outside of the inpatient services.

You May Want to Learn More About:

Looking for treatment for dependency to a specific substance or type of behavioral disorder? Browse these topics for more information:

- [Cocaine](#)
- [Heroin](#)
- [Alcohol Treatment](#) or [Alcohol Rehab](#)
- [Drug Addiction treatment](#)

Sources

1. National Institute on Drug Abuse. (2018). *Treatment Approaches for Drug Addiction*.
2. Substance Abuse and Mental Health Services Administration. (2006). *Detoxification and Substance Abuse Treatment, Treatment Improvement Protocol (TIP), 45*.

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