



HOLINA
ADDICTION & TRAUMA
RECOVERY RESORT
KOH PHANGAN, THAILAND
Back To Yourself



HOLINA REHAB

**Your Journey into Healthy
Recovery, Back to Yourself.**

www.holinarehab.com



**Licensed Residential Rehab
Detox Clinic (#84-03-00294)**



2025

Welcome to Holina Rehab

Get Back to Yourself

Holina Rehab leads your recovery journey on the beautiful tropical island of Koh Phangan. Our 12 Step and holistic approach goes beyond standard addiction and trauma recovery, addressing root causes and promoting long-term well-being. We combine Western therapies with Eastern practices to create personalized programs for you, evolving as you progress thru the program.

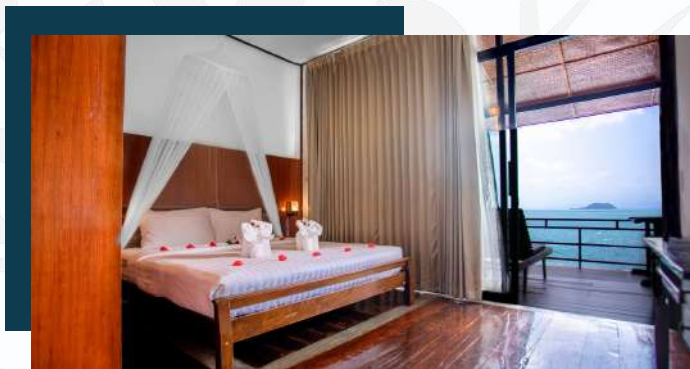


- **#1 Addiction & Trauma Recovery Center in Koh Phangan, Thailand**
- Complete Holistic attitude towards your recovery
- **Combining modern Western therapies with Eastern Spiritual practices**
- Person-centered programs for addiction and trauma

Investing in Your Recovery

Rehab Packages

We offer robust and effective recovery programs starting from 4 weeks up to 12 weeks and beyond into Sober Living. All programs include gorgeous & comfy air-conditioned seaview bedrooms, healthy & nutritious buffet style meals, and our complete range of therapeutic programs. It is a genuinely “all-inclusive” experience, with no hidden extras or upsells.



- **Program lengths start from 4 weeks; most commit to 6 to 8 weeks and many choose the full 12 weeks addiction treatment program.**
- **All programs are all inclusive with Sunset & Seaview Accommodation, buffet style dining for all dietary requirements.**

A Haven for Healing ||

Our Facilities, Treatments & Services

Our comprehensive therapeutic offerings include:

- 12 Step Facilitation
- Trauma Recovery
- Psychotherapy
- Somatic Therapies
- EMDR
- Integrative Water Therapy
- Aqua Tuning
- Breathwork
- Art Therapy
- Other Holistic & Creative Therapies



These are supplemented by mindfulness practices, yoga and fitness classes, personal training, nutritional guidance, and of course, our serene environment conducive to deep healing and transformation.



Signature Water-Based Therapies

Aqua Tuning & Integrative Water Therapy

Unique to Holina, these therapies utilize warm water environments to support deep emotional release and somatic healing, providing clients with a distinctive and transformative path to recovery.



Fitness & Personal Training

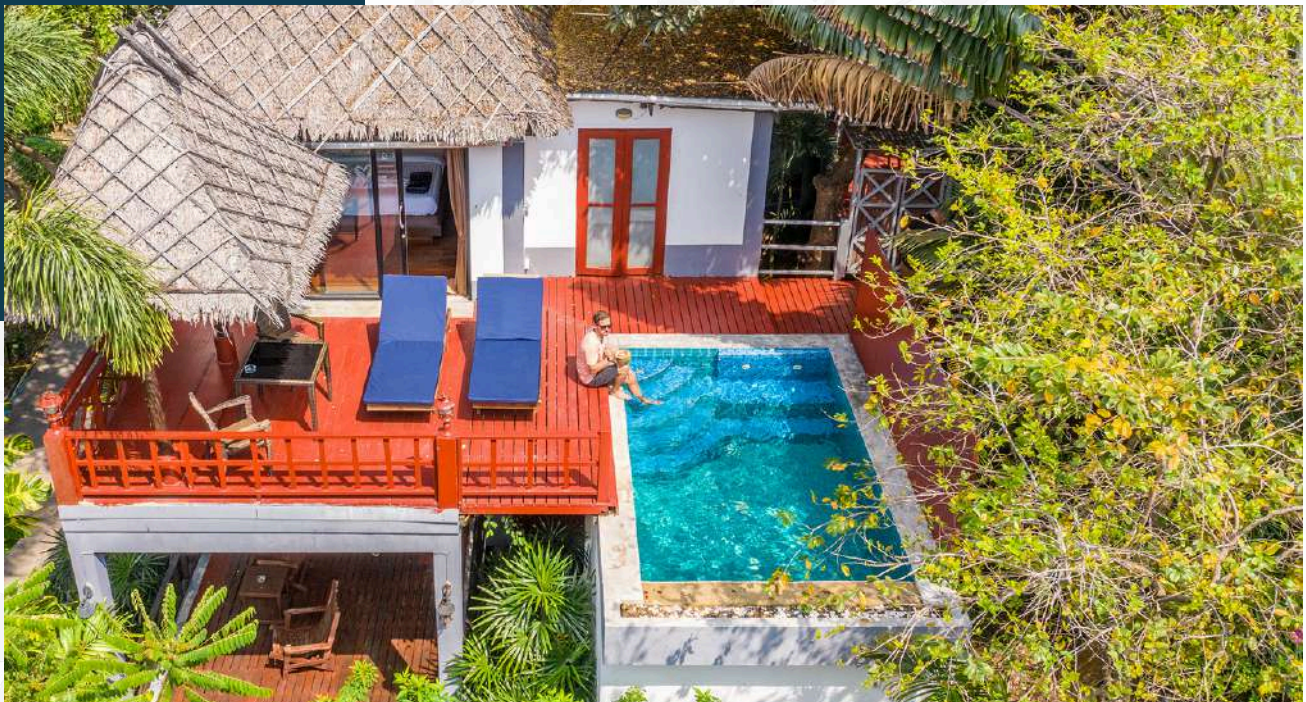
Our physical wellness program

includes:

- Yoga & Fitness Classes
- Personal Training Sessions
- Nutritional Guidance



- **Fully licensed by Thailand Public Health as an “Enhanced Detox Clinic” and “Residential Rehab for Addictions & Trauma Recovery”.**
- Beautiful and supportive environment, gorgeous accommodations and resort facilities.
- **Magnificent sunset facing resort with fabulous amenities including private beach.**



Comprehensive range of services:

- Detoxification (Medical)
- Top therapists available for one to one and group sessions
- 12 Step Facilitation & Fellowship meetings
- Psychotherapists and Psychologists on Site
- Trauma Recovery
- Somatic Therapies
- Meditation, Yoga & Mindfulness
- Fitness Classes, Personal Training & Nutritional Guidance
 - Fully Equipped Gym, Running Groups, Muay Thai Boxing, and Kayaking
- Holistic Therapies including trauma release exercises, breathwork, art therapy, sound healing, drum workshops
- Water based therapies including aqua tuning
- Offsite Activities & Trips including Phangan Elephant Sanctuary
- Tailor made programs on-site and on-going support



Rehab Prices (Per 4 Weeks)



Shared Room (Seaview)

- ✓ Limited Availability
- ✓ Smart TVs w/ Netflix
- ✓ Large Balcony
- ✓ Excellent WIFI

\$9,700

(all-inclusive price)

3 Twin Beds / Room



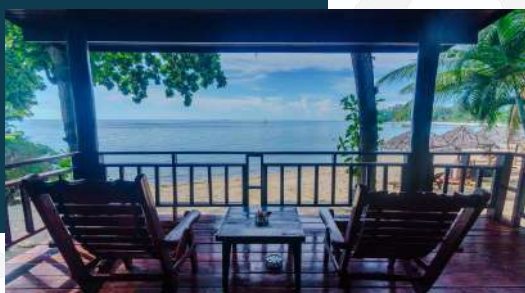
Solo Deluxe Bungalows (Seaview)

- ✓ Most Popular Choice
- ✓ Smart TVs w/ Netflix
- ✓ Large Balcony
- ✓ Excellent WIFI

\$14,700

(all-inclusive price)

Queen Sized Bed



Beach Bungalow (Beachfront)

- ✓ Sand at your Toes
- ✓ Smart TVs w/ Netflix
- ✓ Large Balcony
- ✓ Excellent WIFI

\$16,700

(all-inclusive price)

Queen Sized Bed



Private Plunge Pool Villas (Seaview)

- ✓ Extremely Limited Availability
- ✓ Smart TVs w/ Netflix
- ✓ Private Terrace
- ✓ Excellent WIFI

\$17,700

(all-inclusive price)

Private Plunge Pool



Poolside Jr. Suites (Seaview)

- ✓ Largest Rooms Available
- ✓ Smart TVs w/ Netflix
- ✓ Large Balcony
- ✓ Excellent WIFI

\$18,700

(all-inclusive price)

Queen Sized Bed

visit www.holinarehab.com/gallery for full photos

Rehab Deals

Shared Room (Seaview)

Duration	Price	Savings (Paid in Full)
1 Month:	\$9,700	
2 Months:	\$17,700	Saves \$1,700 (Approx. 9%)
3 Months:	\$24,700	Saves \$4,400 (Approx. 15%)

Solo Deluxe Bungalows (Seaview)

Duration	Price	Savings (Paid in Full)
1 Month:	\$14,700	
2 Months:	\$27,700	Saves \$1,700 (Approx. 6%)
3 Months:	\$37,700	Saves \$6,400 (Approx. 15%)

Beach Bungalow (Seaview)

Duration	Price	Savings (Paid in Full)
1 Month:	\$16,700	
2 Months:	\$30,700	Save \$2,700 (Approx. 8%)
3 Months:	\$42,700	Save \$7,400 (Approx. 15%)

Private Plunge Pool Villas (Beachfront)

Duration	Price	Savings (Paid in Full)
1 Month:	\$17,700	
2 Months:	\$32,700	Save \$2,700 (Approx. 8%)
3 Months:	\$45,700	Save \$7,400 (Approx. 15%)

Poolside Jr. Suites (Seaview)

Duration	Price	Savings (Paid in Full)
1 Month:	\$18,700	
2 Months:	\$34,700	Save \$2,700 (Approx. 8%)
3 Months:	\$47,700	Save \$8,400 (Approx 17.5%)

Discounts ONLY available when paid in full prior to admission

Healing Journey

STEP 1



Find a suitable package

Speak to our Admissions team for the best way for you to get "Back to Yourself".

STEP 2



Complete our Intake Form online and book your preferred room.

Join us when it's convenient for you.

STEP 3



Fly to Koh Samui Airport (USM), Thailand.

We meet & greet and bring you over to Holina on a speed boat or catamaran.

STEP 4



All-Inclusive full service care Our facility is ready to serve you in your healing process, from the day you arrive until well after you have graduated.

STEP 5



Aftercare, includes 2 months of 1 to 1s with one of our Therapists plus weekly Group Zoom Meetings.

Start The Healing Journey

Thank you for considering Holina Rehab. We're committed to your recovery journey. Contact us today to begin your healing process.



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