



Salt RECOVERY

**The world's first functional medicine-
based luxury rehabilitation centre
redefining addiction, burnout, and mental
health recovery.**

INFORMATION PACK

About Salt Recovery.

Salt Recovery is not just a rehab - it's a recalibration. Based on the Gold Coast, our private five-bedroom facility blends cutting-edge science with soul-led healing. We've partnered with Bespoke Longevity to integrate full functional health diagnostics and personalised medical longevity care into every guest's journey.

We treat the whole person - biology, trauma, purpose, and potential. Our mission is to help people break free from the cycles that once defined them and build lives they no longer want to escape from.

Our Approach to Healing

This is personal. This is precise. This is permanent.
For all stays 30 days and beyond our recovery method combines:

- GP consults, full pathology, DUTCH testing, toxin profiling, GI mapping
- Advanced therapies including IVs, red light therapy, breathwork, somatic release
- Individual therapy, trauma healing, and emotional reprogramming
- Nutrition, sleep, hormones, nervous system regulation
- Family integration and long-term aftercare support
- Optimal Health Clinic to integrate functional health and Hormone treatments.

We believe in complete transformation, not short-term fixes.

Our Structured Recovery Phases

Phase 1: Detox + Functional Foundations

Pathology, detox protocols, cellular repair, and nervous system regulation.

Phase 2: Therapy + Emotional Reconnection

Daily 1:1 therapy, breathwork, trauma release, and mindset rewiring.

Phase 3: Family Pathways

Bringing your key relationships into the recovery process.

Phase 4: Longevity + Aftercare

Continued support via Salt alumni program.
Continual ongoing treatment with optimal health and Salty Recovery follow-up.

Therapy Modalities

At Salt Recovery, we offer a wide range of therapy modalities, each carefully chosen to address the underlying causes of addiction, trauma, and mental health issues. Our therapy modalities include:

Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is an evidence-based approach rooted in the behavioural and cognitive therapies of the 20th century. CBT has proven highly effective in treating a range of mental health conditions, including depression, anxiety, obsessive-compulsive behaviours, post-traumatic stress disorder, and addiction. The primary goal of CBT in addiction therapy is to minimise self-defeating thoughts that may lead to relapse. Techniques include distraction, imagery, and motivational self-talk to reshape negative thought patterns and encourage positive behaviour changes.

EFT - Emotional Freedom Technique

EFT, commonly known as “tapping,” is a powerful holistic technique used to reduce stress, relieve anxiety, and process trauma. By gently tapping on acupressure points, EFT combines cognitive and exposure therapies to calm the nervous system and promote emotional balance. This non-invasive method allows clients to release blocked energy, transform negative thought patterns, and gain relief from emotional pain, helping them manage cravings and build resilience on their path to recovery.

P.E.T. - Primal Emotive Therapy

Primal Emotive Therapy (P.E.T.) is designed to help clients access and release deeply held emotions rooted in past trauma. Through guided techniques, P.E.T. allows individuals to connect with primal emotions in a safe, supportive environment, encouraging self-expression and emotional release. Addressing these emotions empowers clients to overcome limiting beliefs and behaviours, enabling profound healing and personal growth.

Individual Therapy

Individual therapy, also known as talk therapy, is a personalised approach where a trained therapist works with a client on a one-to-one basis. This modality is effective in treating a range of mental health issues, including emotional difficulties and behavioural challenges. Individual therapy also benefits those facing difficult life situations or seeking to develop healthier personal habits, providing a safe space to work through personal issues.

Trauma-Informed Therapy

Recognising that trauma is often a root cause of addiction and mental health struggles, Salt Recovery utilises trauma-informed approaches to provide a safe and supportive environment. Techniques include somatic experiencing, grounding, and other gentle methods to help process and release trauma, allowing clients to feel understood and supported.

Optimal Health Clinic

Hormone assessment and treatment, full bloods and diagnostics, continual ongoing treatment after you leave.

Our Programs and Structure

Salt Recovery offers a variety of program lengths to suit individual needs, structured to ensure deep, lasting recovery.

Program Durations and Options

- **7-Day Reset Program:** An introductory program for those needing a short break to stabilise mental and emotional well-being.
- **14-Day Renewal Program:** Provides a solid foundation in recovery, focusing on detox, therapy, and wellness practices.
- **21-Day Intensive Program:** Ideal for those requiring in-depth emotional and mental health support, with a focus on structured therapy and habit-building.
- **30-Day Immersive Program:** A month-long program offering intensive, transformative recovery work, including personalised therapy and family support.
- **60-Day Comprehensive Program:** Builds on the 30-day program with additional time for emotional healing and lifestyle changes.
- **90-Day Extended Program:** Our most in-depth option, allowing clients time to fully establish long-term recovery practices.



Room Options and Pricing

Our luxury accommodation options provide clients with a peaceful, comfortable retreat experience.

Premium Master Suite

Features: King-size bed, expansive en-suite, private terrace, own fridge and coffee machine and living area, writing desk, peaceful views, and premium linens.

Pricing:

- 7 Days: \$22,700
- 14 Days: \$38,270
- 21 Days: \$53,800
- 30 Days: \$74,000
- 60 Days: \$148,000
- 90 Days: \$207,000



Room Options and Pricing

Our luxury accommodation options provide clients with a peaceful, comfortable retreat experience.

Luxury Ensuite Suite

Features: Queen-size bed & en-suite with soaking tub, writing desk, peaceful views, and premium linens.

Pricing:

- 7 Days: \$21,500
- 14 Days: \$35,950
- 21 Days: \$50,400
- 30 Days: \$69,000
- 60 Days: \$131,000
- 90 Days: \$193,000



Room Options and Pricing

Our luxury accommodation options provide clients with a peaceful, comfortable retreat experience.

Deluxe Private Room

Features: Queen-size bed, Shared separate bathroom with 1 other, writing desk, peaceful views, and premium linens.

Pricing:

- 7 Days: \$20,600
- 14 Days: \$34,100
- 21 Days: \$47,600
- 30 Days: \$65,000
- 60 Days: \$123,000
- 90 Days: \$181,000



What's Included in the Price?

What's Included

- Private accommodation & all meals
- Full functional health testing and hormones through Optimal Health
- Daily 1:1 therapy, P.E.T., EFT, and trauma modalities
- Fitness and movement programs
- Family therapy integration
- Weekly aftercare Zoom calls and ongoing alumni support

FOR ALL CLIENTS OVER 21 DAY STAY

- Complete Examination
- Full Body MRI
- CT Calcium Score
- DEXA + Body Composition
- ECG, BMI
- Spirometry
- Strength, VO2 Max
- Nutritionist Consultation
- Results Presentation
- FBC, Iron Studies
- Liver + Kidney Function
- Thyroid Function
- Hormone Panel
- Biological Age Assessment
- Urine Test
- Repeat Bloods (6-monthly)
- Nutritionist Follow-Up
- Physiotherapy Follow-Up

Flexible Payment and Financing Options

Salt Recovery has partnered with Release My Super who specialises in drug and alcohol rehab and mental health treatment under the mental health provisions of the Compassionate Release of Super Program.

We understand that embarking on the road to recovery can be daunting, but we are here to guide you every step of the way. Reach out to us today and discover how our combined expertise and tailored programs can assist you in achieving lasting transformation and a renewed sense of well-being.

Your journey towards a healthier, happier life starts here. Contact us to see how we can assist you on your road to recovery.



Our Admission Process

Initial Consultation

A consultation with our admissions team to discuss your needs, goals, and assess if Salt Recovery is the right fit.

Intake and Assessment

We conduct a full medical and functional health assessment to create a personalised treatment plan - stays 30 days and beyond include the full hormone and gut health package.

Program Orientation and Setup

Guests are introduced to their team, who will provide support throughout their stay.

Ongoing Progress Monitoring

Regular evaluations ensure treatment aligns with each guest's progress and needs.

Discharge Planning and Aftercare Setup

Each client leaves with a personalised aftercare plan, including alumni resources and ongoing support.



Residential and Aftercare

An assessment is done using the National Comorbidity Guidelines and Screens and Salt Recovery's residential care provides an immersive environment that prioritises healing and transformation. Aftercare extends the experience beyond our retreat, ensuring clients receive support as they reintegrate into daily life.

- **Weekly Alumni Zoom Meetings:** Continued support share sessions for alumni to connect and share.
- **Personalised Follow-Up:** Regular check-ins and resources to maintain accountability.
- **Alumni Program Access:** Exclusive events, resources, and support to foster long-term wellness.



Past Client Testimonials.

I went through some very turbulent times....I caused a lot of grief and hurt back home. My rock bottom before coming to Salt was putting my kids at jeopardy....The process that took me coming here were my friends highlighting the danger that I was putting myself in as well as my family. It was a quick and easy process to come here. We reached out to Mike and the team here at Salt and before I knew it, I was here. They were very accommodating. As soon as I got here, we talked about what I'd been through straight away. Mike was here on his day off to greet me and make sure I settled in well. All the staff here have just been wonderful ever since. They were really just so quick on it and just so loving and caring the minute I got here.

LAUREN

Mother & Alcohol Addiction Recovery

I am an Afghanistan war veteran with Severe PTSD anxiety and depression I have tried multiple rehabs and recovery centres before but Salt has been by far the best I have ever been to. They worked around my problems and personalised a recovery plan with me and spent one on one time on my recovery making it the most comfortable and best recovery plan I have experienced. Highly recommend Salt to anyone who have suffered with addiction or mental health issues and especially Veterans.

SAM

War Veteran & Recovering PTSD

After trying 6 other rehab clinics with no success, I knew that Salt was my final chance of regaining my life after I found myself in hospital under cardiac arrest . . I had heart failure and was on deaths door. When I was released from hospital, I was on the first flight from Sydney to Salt on the Gold Coast. I have regained my life and are studying to become a paramedic. After overdosing 14-times I owe my life to the paramedics that saved me, and I now want to help others.

MILLA

Fitness Expert & Drug Addiction Recovery



Need more insight and support? Contact us today.



0499 083 974



info@saltrecovery.com.au



saltrecovery.com.au



Gold Coast, Queensland.

