



SUMMIT ESTATE

# Holistic Addiction Treatment Center

Call Summit Estate today to get started  
on your recovery!

800.701.6997



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Many addiction treatment centers tout their abilities to address your addiction through evidence-based treatments, such as individual or group therapy. However, sometimes, these treatments aren't enough. Addiction impacts a person's mind, body, and soul, and if you don't seek treatment for all of these aspects, you can struggle outside of treatment. As a result, a holistic addiction treatment center is vital. Holistic treatments address addiction's damage to all parts of a person, ensuring their long-term recovery. To learn about the benefits of a holistic addiction treatment center, reach out to Summit Estate Recovery Center today at 800.701.6997.

## Offering Inpatient and Outpatient Holistic Healing

Summit Estate understands that anyone on the island needs a community to support, advise, guide, and encourage them through their addiction recovery journey. We take a holistic approach and

empower our clients to face their shadows and heal the body from the inside out. Holistic wellness is the idea that all parts, mind, body, and spirit, are interconnected. Therefore, when one part is out-of-balance, the entire body suffers. Our holistic addiction treatment center offers a variety of treatment options and programs to fit your specific need or preference. We offer two unique treatment options:

### Outpatient Treatment Facility

There's a reason why friends get together to catch up over coffee or a good meal. These activities naturally promote a sense of community and socialization. We provide a safe haven for you to unwind and connect with others without any external pressures or influences. Taking the necessary steps to improve your life can be extremely isolating, and it is easy to feel alone at times, driving you to continue in your destructive behavior. Connecting with each other allows our clients to be open and share their struggles and triumphs in a safe environment, and also keeps them motivated and inspired through shared experiences and conversations. Our [outpatient holistic addiction treatment center in California](#) is warm, inviting, comfortable, and feels like your home away from home.

### Residential Treatment Facility

True healing takes place when a person is not simply trading one addictive vice for another but has taken the necessary steps to address core issues. Our diverse, multifaceted approach to treatment allows

you to explore techniques and modalities specific to the individual needs that you might have otherwise missed. While some may resonate more with yoga or a personal trainer, others may find healing with massage therapy or nutritional counseling. We make these services readily available to clients who wish to take advantage of them at our [inpatient holistic addiction treatment center in California](#).

## Holistic Addiction Treatment Amenities

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### Healing the Body and Soul Through Yoga

Yoga is an effective, time-tested, and holistic approach to optimizing your health along with getting timely medical treatment. The comprehensive mind-body approach of yoga empowers you to stay active and to lower anxiety and stress.

Yoga therapy at our holistic addiction treatment center in California is based upon years of research in yoga and its application for various diseases. Yoga helps you:

- Handle musculoskeletal pain
- Improvement in overall health
- Awareness of diet and lifestyle to keep you active and healthy
- Reduced dependency on medications and improved quality of life
- An overall sense of well-being

“Luxury” is one word that comes to mind when most people think about massage. The truth is, massage is a multi-purpose service intended to ease stress, tension, anxiety and to help you feel good. Massage therapy is an excellent way to ease pain after an injury or alleviate symptoms from diseases ranging from fibromyalgia to digestive disorders. It is also a relaxing way to relieve residual energy and detoxify the body during substance abuse treatment. Remember, relaxation and reward are important elements of recovery. Massage therapy is an additional service that can be made available during your stay at Summit Estate at an additional cost.



## Fuel and Mend Your Body with Food

Successful addiction recovery and nutrition go hand-in-hand at our holistic [addiction treatment center in California](#). Prolonged drug and alcohol abuse can cause the body to become malnourished and perform at a sub-optimal level. Toxins, whether drugs or chemicals in food, can severely interfere with the natural balance and function of the physical body and mind. These contaminants cloud the mind making it difficult for addicts to make sound everyday decisions, even in moments of sobriety. Our team of experienced culinary staff prepares healthy, delicious, and well-balanced meals daily to aid in restoring our clients to their optimal health. A clean diet means a clear mind! Please take advantage of our affiliated nutrition counselor, who will help you to customize a plan for continued success after recovery at an additional cost.

## Transform Your Body with a Trainer

At Summit Estate, we encourage our clients to commit to caring and healing their bodies while simultaneously renewing their minds and releasing their spirit within. A strong, toned, and healthy body is an excellent way to boost confidence and encourage recovery. Once cleared by our Medical Practitioners, clients can enjoy access to our fully-equipped fitness center and take advantage of weekly training sessions with our affiliated personal trainer.

## The Great Outdoors

One of the best natural antidepressants is spending time in the great outdoors! The grounding elements of nature can help bring you back to center and restore a sense of mental balance and connection. Our holistic addiction treatment center in California lies on scenic 23-acre grounds—including gardens, orchards, and a stocked fishing pond. This setting provides an excellent playground for our clients during personal time. Drug and alcohol recovery can be stressful. Taking in the wonders of nature provides a peaceful, natural, and safe escape. Take a jog on one of our trails, meditate in one of our gardens, or sit and enjoy the floral scents of the season's blooms.

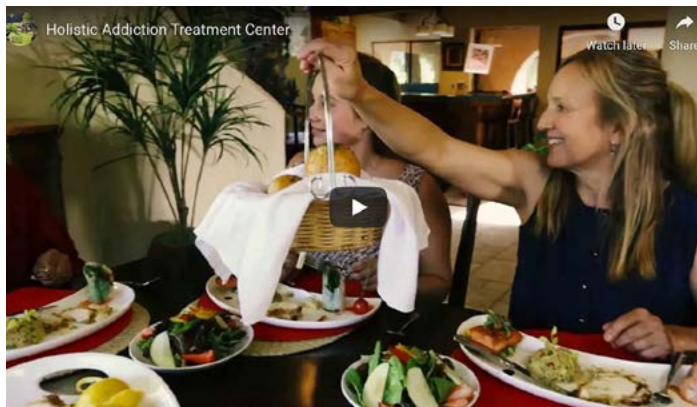


## Sober Adventures / Weekly Outings

For those with drug or alcohol problems, social gatherings and leisure time activities can be associated with drinking and using. By exposing our clients to situations that may be potential triggers, we reintroduce fun through Sober Adventures while helping them navigate through these impulses. Surrounded by supportive staff, clients enjoy a weekly activity, like the beach, a museum, a movie, a lunch outing, or a sporting event. These Sober Adventures help our clients understand their triggers and how to navigate them once they leave our holistic addiction treatment center in California. Additionally, having these shared experiences cultivates lasting relationships and creates a strong, supportive bond throughout your recovery.

“Not only do you get the luxury of a fine hotel resort setting, in my opinion, the coursework, group & individual therapy sessions & actives are superior to larger rehabilitation centers.”

-S.A.



Click to watch video

## Contact Summit Estate Recovery Center

Your journey to sobriety and personal freedom is a difficult and intimate one. Summit Estate is here to help you off your island and return you to the mainland of confidence, peace, joy, and self-control. You deserve to become the best version of yourself and, at Summit Estate, we will be by your side throughout your journey.

At Summit Estate, we provide you with the tools you need to overcome addiction. We offer a wide array of addiction treatment programs, including:

- [Alcohol addiction treatment](#)
- [Heroin addiction treatment](#)
- [Cocaine addiction treatment](#)
- Prescription drug addiction treatment
- Opioid addiction treatment

It's time to get your life back! Contact Summit Estate today at **800.701.6997** to learn more about how our holistic addiction treatment center can help you regain control from addiction.