



THE CLIFTON CLINIC  
CONFIDENTIAL REHAB CARE  
FOR DISCERNING PROFESSIONALS



THE CLIFTON  
CLINIC



# A DYNAMIC AND CLINICALLY EXCELLENT RECOVERY PROGRAMME TO TREAT ALCOHOL AND DRUG ADDICTIONS.

The intensive 28-day treatment programme draws together the best elements of established 12-step, abstinence-based treatments from the UK and USA. We combine these proven methods with one-to-one counselling from some of the best and most knowledgeable counsellors in the field, delivered in a safe setting where confidentiality and recovery are paramount.

We provide a bridge to normal living and an environment in which clients heal, grow and take responsibility for the direction of their lives, free from alcohol and drugs. And because we treat the whole person, each programme is complemented by healthy living advice including nutrition and fitness. Many of our staff have personal experience of drug and alcohol addiction so you can begin your recovery in an atmosphere of understanding, expertise and compassion.





## EXCLUSIVE ACCOMMODATION

Clients are accommodated in self-contained apartments adjacent to the treatment centre. Secure, beautifully furnished and well-equipped, these ensure complete privacy and comfort. The apartments are fully serviced and carefully maintained.

Lunch is provided daily. Our dedicated nutritionist offers advice to help clients prepare their own healthy breakfasts and evening meals (evening meals can be arranged for a small additional fee).

### **Apartment features:**

- Bedroom with double bed and high quality cotton bedding
- Modern shower room
- Fully-equipped kitchen
- Comfortable living room with leather sofas, flat-screen TV and internet access available
- Maid service
- House manager on-site 24 hours/day
- Secure access and individual digitally controlled doors
- Laundry facilities

# HEALTH AND WELLBEING

At The Clifton Clinic, we believe that the body is as important to recovery as the mind, so we have developed a health and wellbeing plan to run alongside each tailored therapeutic programme.

Our clients have full access to exclusive health club, GL14, where the pool and spa offer a chance to relax and unwind. There is also a state-of-the-art fitness studio and exercise classes, and the guidance of a trainer if required.

## Club features:

- Steam room
- Spa pool
- Spectacular swimming facilities
- 3 exercise studios
- Fully equipped gym
- Luxury changing rooms
- Naturopathy
- Massage therapy and reflexology





## WHY ARE WE DIFFERENT?

We are different because you are, and you have unique needs. We assess everyone on admission and develop a bespoke treatment programme matched to those needs. We offer an opportunity to recover from life-destroying addiction in a private and confidential environment with highly-qualified, empathetic staff.

With constant support and supervision alongside privacy and respect, clients are given the opportunity to deal with life and the challenges it brings. Learning to do

this effectively whilst in treatment gives a much higher chance of maintaining sobriety after leaving.

A small and exclusive clinic, we treat clients ready and committed to treatment, ensuring a motivated and constructive environment in which to begin lasting recovery.

In addition to our weekly after-care sessions, if you feel it necessary, we are able to refer you to a number of national and international therapists who are able to provide ongoing local support.



Find out how The Clifton Clinic can help you or someone you know with effective, individual addiction treatment in exclusive and supportive surroundings.

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