



*Discover*  
**THE BANYANS**

[thebanyans.com.au](http://thebanyans.com.au)

# The *gold-standard* in luxury recovery.

The pressure of modern life can trigger burnout, addiction, and other mental health issues. These experiences can leave us feeling overwhelmed and powerless.

Our world-class recovery programs offer a sanctuary of personalised biopsychosocial care, where industry-leading clinicians, tailored treatment plans, and pristine natural surroundings merge seamlessly to ensure that your wellbeing is nurtured with discretion and confidentiality.

We invite you to explore our accredited residential and day programs, designed to foster resilience and remind you *what living well feels like.*

# Conditions we treat

## Mental Health

Depression/Anxiety  
PTSD/CPTSD  
ADHD  
OCD  
Grief  
Bipolar Disorder  
Stress/Burnout

## Addiction

Alcohol  
Drugs  
Gambling  
Gaming  
Sex/Porn

## Eating Disorders

## Other Areas

Resilience Reset  
High Performance Reset  
Stress Management  
Weight Management

**Don't see your condition here?**

Connect with our team for a discussion around program suitability.



# Therapies

## Four Pillars Treatment Model

Each component of your journey with The Banyans is designed to restore and rejuvenate the whole self. Our multidisciplinary programs include a variety of comprehensive medical, emotional, nutritional, and physical therapies delivered by experienced, industry-leading professionals to equip you with the insights, strength and tools required to create lasting change.

### Medical

The medical approach at The Banyans is what differentiates our therapeutic residence from other residential rehabilitation centres. Our qualified team of medical professionals inclusive of addiction specialists, psychiatrists, GPs, and registered nurses consult with guests at all stages of the program to ensure a safe and supported rehabilitation experience.

### Nutrition

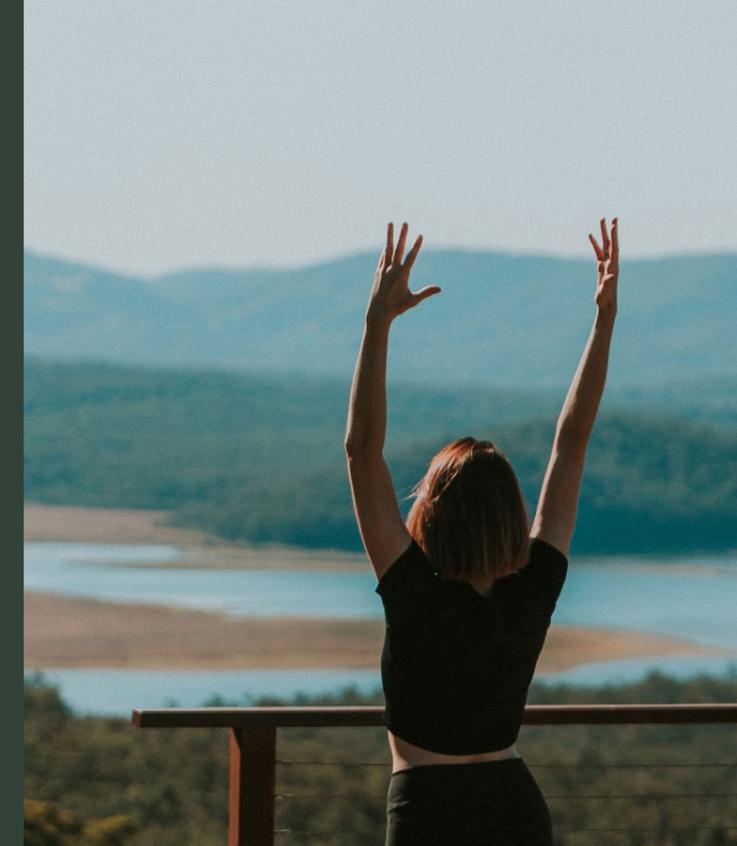
At The Banyans, every guest benefits from personalised nutrition plans. This starts with in-depth consultations with qualified nutritionists or dietitians, supported by advanced genetic testing, to identify any dietary deficiencies or intolerances. Throughout their stay, guests enjoy nutritious restaurant-quality meals specifically created by our culinary team to suit their individual needs and preferences.

### Mental & Emotional

Our powerful, evidence-based mental and emotional therapies have been paramount to guests in better understanding themselves and their individual journey toward recovery. In addition to psychologists and counsellors who provide collaborative support in processing emotions, experiences, and trauma, we also incorporate equine-assisted therapy, neurological music therapy and art therapy. These modalities help foster self-reflection, discovery and expression outside of traditional talk-therapy.

### Physical

Throughout their stay, guests partner with experienced exercise physiologists and yoga instructors to restore their physical and mental wellbeing. This includes sessions in our state-of-the-art gym, infinity magnesium pool, and calming yoga studio. To further enhance relaxation and stress relief, massage therapy is also incorporated into guests' programs.





# Programs

## Comprehensive 2-6 weeks\*

RESIDENTIAL

Designed to offer comprehensive support for those experiencing chronic or co-occurring mental health, addiction, and eating disorder concerns. During this program, guests will receive individualised, one-on-one sessions across the four pillars of treatment: Medical, Psychological, Nutritional, and Physical, working collaboratively to understand their story and develop take-home strategies to help reclaim their lives.

\* or up to 12 weeks - duration varies per the individual

## Recovery Essentials

RESIDENTIAL

28 days

A psychology-focused program designed as an effective catalyst for recovery, equipping guests with the skills and strategies needed to more effectively manage the challenges of everyday life.

## Rest & Refresh

RESIDENTIAL

7-14 days

Comprised of psychological support and stress-relieving activities such as massage, personal training and delicious meals, this program aims to restore energy and renew vigour for life in those feeling exhausted or burnt out.

## Day Programs

1 day per week for 3-12 weeks\*

The Banyans Health Plus, located in Bowen Hills, offers integrated and specialised day programs in the areas of: Mental Health, Addiction and Dependency, Eating Disorder Recovery, Professional Performance, and Weight Management.

\* Program dependent



# Locations

## The Summit

BRISBANE HINTERLAND

Set upon 13 acres within the Brisbane hinterland, The Summit is a pinnacle of tranquillity blending the proven transformative power of nature with The Banyans' world-renowned gold-standard treatment programs and luxurious amenities. A sanctuary designed to nurture profound healing, personal growth, and a renewed sense of self.

[Learn More](#)



The Summit

## The Estate

BRISBANE HINTERLAND

Imagine sprawling 360-degree views encompassing a distant tapestry of Brisbane's hinterland mountains. Step into a haven of spaciousness, where the airy open-plan layout fosters a sense of connection and tranquillity, complemented by the feeling of transformation experienced through The Banyan's hallmark gold-standard treatment programs.

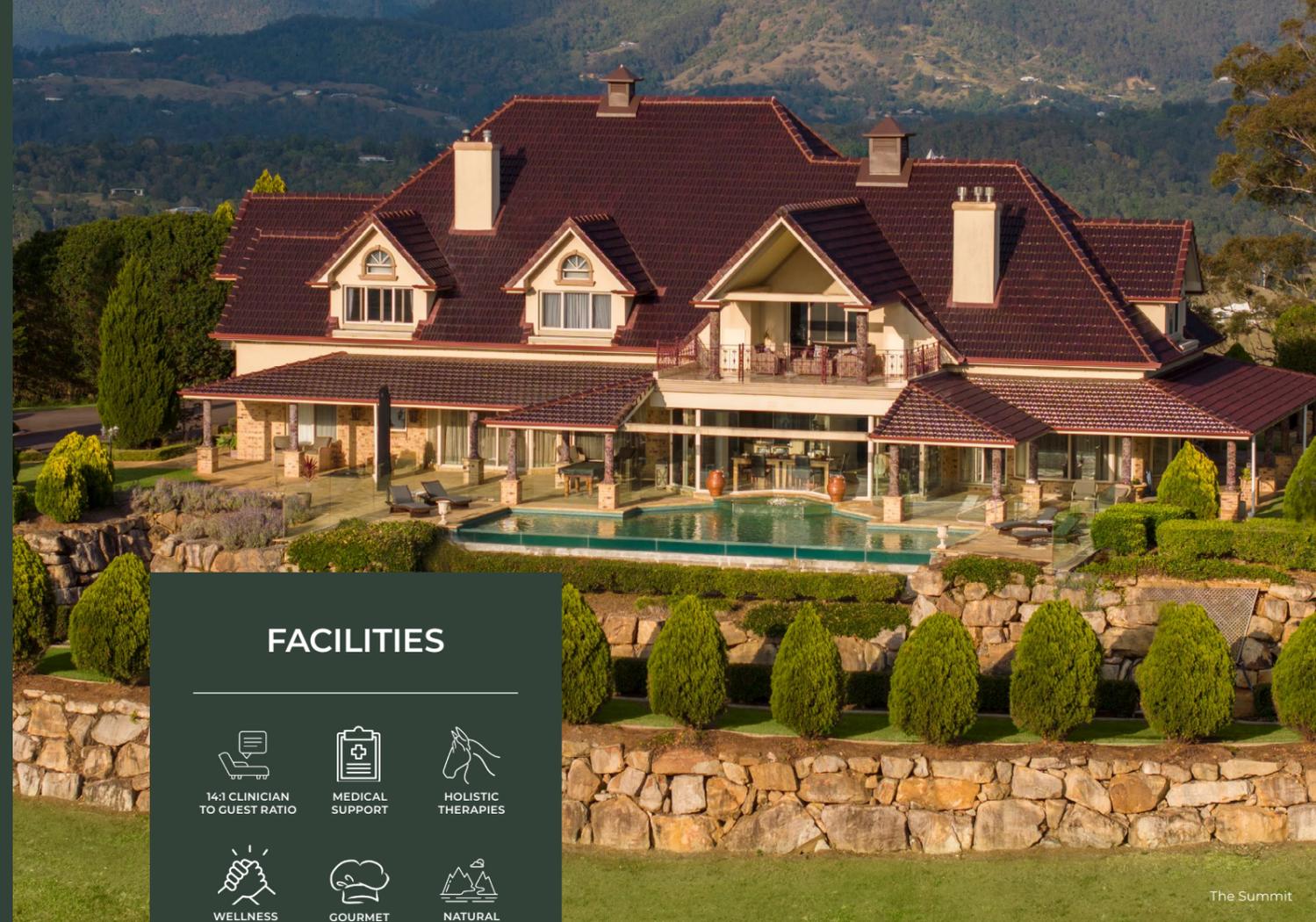
[Learn More](#)

## Health Plus

BOWEN HILLS, BRISBANE

Experience private, co-ordinated excellence in health care in a convenient and tranquil environment designed specifically with busy individuals in mind. Health Plus provides immediate access to flexible, multi-disciplinary one-on-one care for those seeking treatment for a range of concerns.

[Learn More](#)

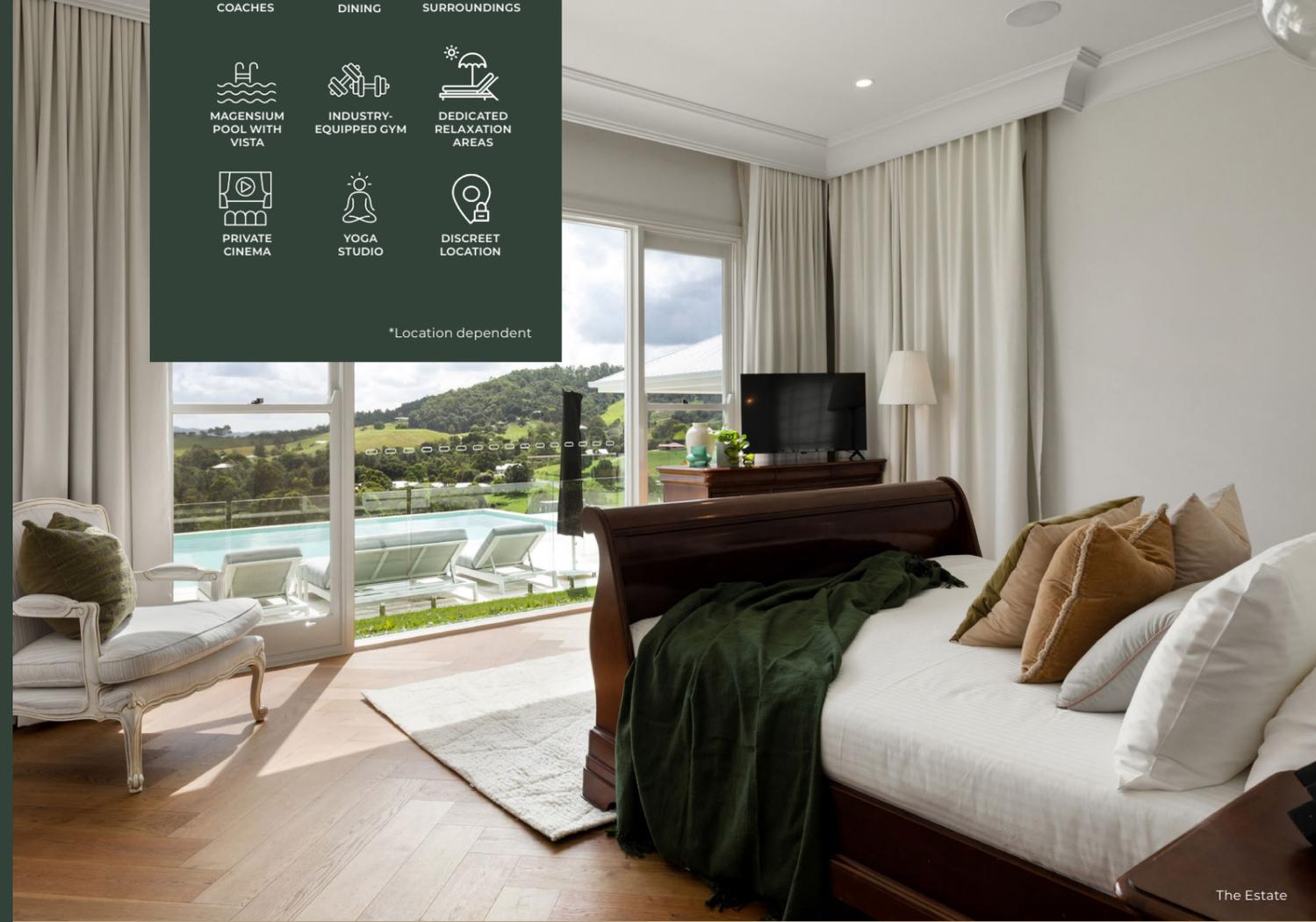


The Summit

### FACILITIES

- 14:1 CLINICIAN TO GUEST RATIO
- MEDICAL SUPPORT
- HOLISTIC THERAPIES
- WELLNESS COACHES
- GOURMET DINING
- NATURAL SURROUNDINGS
- MAGNESIUM POOL WITH VISTA
- INDUSTRY-EQUIPPED GYM
- DEDICATED RELAXATION AREAS
- PRIVATE CINEMA
- YOGA STUDIO
- DISCREET LOCATION

\*Location dependent



The Estate

# Why choose THE BANYANS

Est. 2016

**96%**  
of guests improved  
their mental health\*

\*Novopsych Data:  
Depression, Anxiety  
and Stress Scale

Private and discreet  
luxury rehabilitation

Gold-standard  
one-on-one therapy

Evidence-based  
medical care

Specialised addiction &  
psychiatric treatment

**93% of guests  
reported a positive  
experience**

Set amongst pristine  
natural surroundings

Aftercare support for  
up to 2 years\*

\* Program dependent

## National Accreditation

As a part of Sana Health Group's private network of mental health and addiction treatment centres, The Banyans is proudly accredited to National Safety and Quality Health Service (NSQHS) standards, a requirement of all public and private hospitals country-wide.

With the nature of our work within the mental health and addictions space, continuing to excel beyond industry standards and lead the way in evidence-based treatment is of critical importance to our organisation.

Developed by the Commission in collaboration with the Australian Government, The NSQHS accreditation aims to protect the public from harm by improving the reliability, safety, and quality of health service provision.

In particular, the Clinical Governance Standard recognises the importance of governance, leadership, culture, patient safety systems, clinical performance, and the patient care environment in delivering high-quality care.

Our initiative to obtain NSQHS accreditation is a demonstration of our commitment to providing residential and in-patient care that meets rigorous national healthcare standards.

Sana Health Group serves to unite and align its network with national accreditation standards through clinical governance, evidence-based practices, and continuous improvement that ensures exceptional patient outcomes and care.

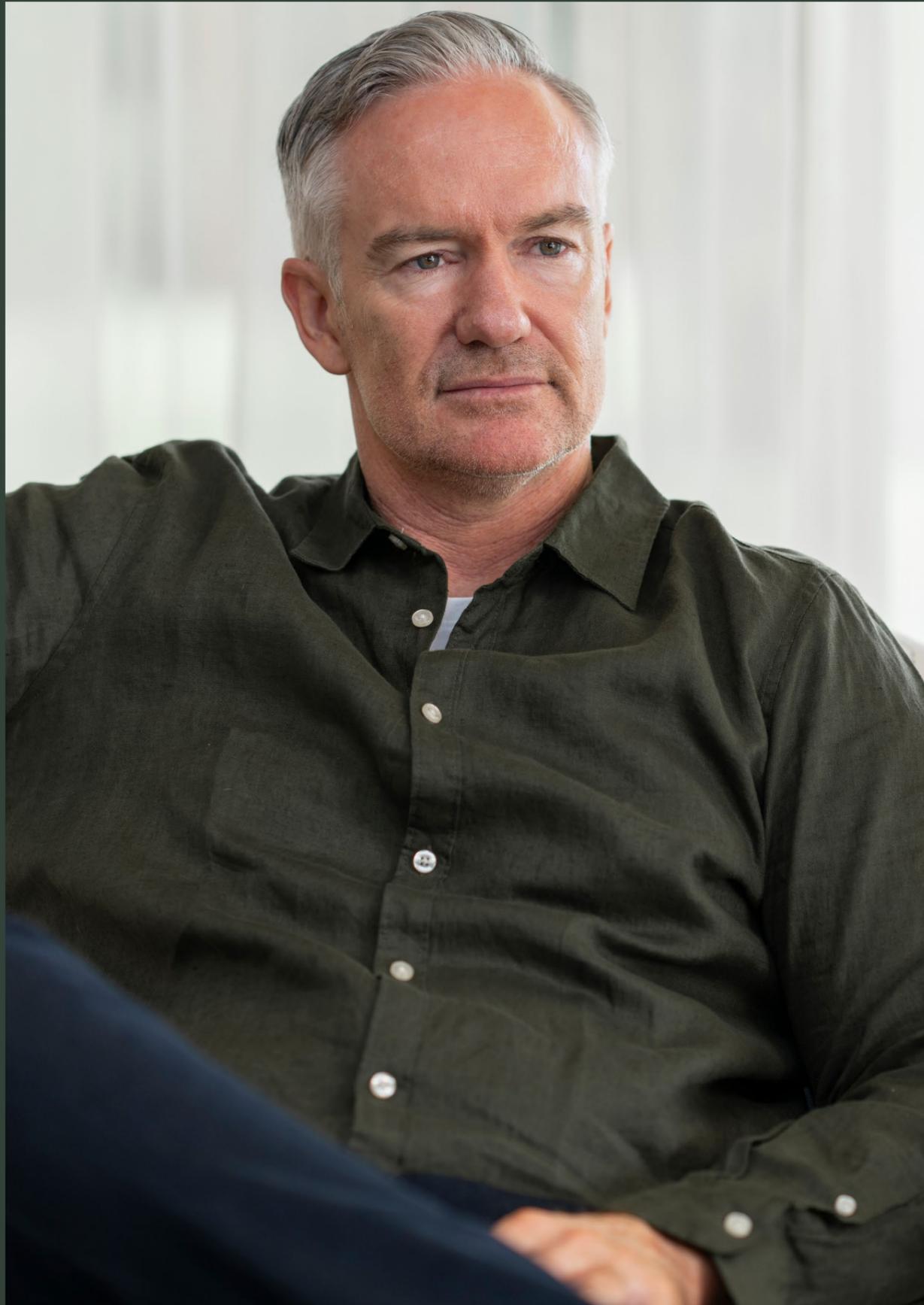


## Testimonial

“  
My journey  
has been *life*  
*changing.*”

The Banyans provided me with the perfect environment to rediscover my health, mental and emotional wellbeing, and strength. I have been supported, inspired and have learnt so much from everyone. In the beginning, my days were dark. Without The Banyans' support, I would not have been able to go on with the capacity that I found to relight my values and lifestyle. I leave with a sense of excitement for life ahead with the knowledge and skills I have gained. I am thankful that I came, for the changes I have progressed through, and the guidance I have been given to live a happy, healthy and productive life.”

-Previous Guest



Are you ready  
to reclaim  
*your story?*

[BOOK A DISCOVERY CALL](#)

[VISIT WEBSITE](#)



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