



THE SHORE

WELLNESS



Healing Today, Stronger Tomorrow.



HOLISTIC CARE



COMPASSION



TRANSFORMATION



COMMUNITY





Healing Here. Living Better. Every Day.



SERENE
ENVIRONMENT

Nature. Peace. Tranquility.



COMPASSIONATE
CARE

Treating every individual
with dignity and respect.



PERSONALISED
TREATMENT

Tailored care for
lasting recovery.



HOLISTIC
HEALING

Mind. Body.
Soul & Spirit.



OUR VISION

To become South India's leading luxury rehabilitation and mental wellness destination by delivering compassionate, evidence-based care in a peaceful healing environment.



OUR MISSION



Deliver world-class addiction treatment.



Integrate psychiatry, psychology, counselling, and holistic wellness.



Restore physical, emotional, psychological, and social wellbeing.



Provide confidential, ethical, and patient-centred care.



Support lifelong recovery through structured aftercare.



THE SHORE

WELLNESS

A Sanctuary for Healing.
A Path to a Better Tomorrow.

OUR SERVICES



CLINICAL SERVICES



Drug Addiction Rehabilitation



Alcohol De-addiction



Medical Detoxification



Psychiatric Consultation



Psychological Assessment



Individual Therapy



Group Therapy



Family Therapy



Relapse Prevention



Aftercare Programme



MENTAL HEALTH SERVICES

TREATMENT FOR



Anxiety Disorders



Mild to Moderate Depression



Panic Disorder



Stress & Burnout



Adjustment Disorders



Mild Obsessive Compulsive Disorder



Sleep Problems



Emotional Dysregulation



HOLISTIC HEALING
Mind, Body & Soul



PERSONALISED CARE
Every Individual Matters



PRIVACY & DIGNITY
Always Protected



LONG-TERM RECOVERY
Beyond Treatment



COMPASSIONATE CARE.
PROVEN RESULTS.
LASTING RECOVERY.



Why a RESORT-BASED REHABILITATION CENTRE?

At The Shore Wellness, we believe healing is enhanced in a peaceful, comfortable and luxurious environment that nurtures the mind, body and soul.

HEALING ENVIRONMENT



PEACEFUL NATURAL SURROUNDINGS

Nature promotes calm, reduces stress and supports emotional healing.



LUXURY ACCOMMODATION

Comfortable and premium living spaces promote rest, relaxation and recovery.



PRIVACY AND CONFIDENTIALITY

Ensures complete discretion and a safe space for healing.



OPEN, NON-INSTITUTIONAL ATMOSPHERE

Feels like a retreat, not a hospital – promoting freedom, dignity and positivity.



REDUCED STIGMA

A resort-like setting helps individuals seek help without fear of judgment.



BETTER PATIENT ENGAGEMENT

A positive environment increases motivation, participation and commitment to recovery.



IMPROVED TREATMENT OUTCOMES

Studies show that comfortable, supportive environments lead to faster and sustainable recovery.



HOLISTIC HEALING
Mind, Body & Soul



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LONG-TERM RECOVERY
Beyond Treatment

**COMPASSIONATE CARE.
PROVEN RESULTS.
LASTING RECOVERY.**



Heal. Recover. Rebuild. Live.

A SAFE SPACE FOR HEALING, GROWTH & LASTING RECOVERY

We provide compassionate, confidential
and evidence-based care for individuals
facing addiction and mental health
challenges.



**CONFIDENTIALITY
& PRIVACY**
Your privacy
is our priority.



**EXPERT & CARING
TEAM**
Experienced professionals
by your side.



HOLISTIC HEALING
Mind, body, and spirit
in harmony.



EVIDENCE-BASED CARE
Personalized treatment
that works.



LONG-TERM SUPPORT
Continued care for
lasting recovery.

TREATMENT JOURNEY

- **1 ADMISSION**
A warm welcome and orientation to our centre.
Understanding your needs and ensuring comfort and safety.
- **2 MEDICAL & PSYCHOLOGICAL ASSESSMENT**
Comprehensive medical check-up and psychological evaluation
to understand your physical, mental and emotional well-being.
- **3 DETOXIFICATION (IF REQUIRED)**
Safe and medically supervised detoxification to help
your body heal and stabilize.
- **4 INDIVIDUAL TREATMENT PLAN**
A personalized treatment plan designed by our expert team
to address your unique needs and goals.
- **5 THERAPY SESSIONS**
Individual, group and holistic therapies to explore, heal
and build healthier coping mechanisms.
- **6 FAMILY INTERVENTION**
Involving family in the recovery process to rebuild trust,
improve communication and create a strong support system.
- **7 WELLNESS ACTIVITIES**
Yoga, meditation, fitness, mindfulness, art, music and recreational
activities to promote physical, mental and emotional well-being.
- **8 RELAPSE PREVENTION**
Identifying triggers, building life skills and strategies,
and developing a strong plan for long-term sobriety.
- **9 DISCHARGE PLANNING**
Preparing you for a confident transition back to life
with the right tools, resources and support.
- **10 AFTERCARE PROGRAMME**
Continued support through follow-ups, counselling,
support groups and resources for sustained recovery.

RECOVER. RENEW. REBUILD.

A better tomorrow awaits.





Heal. Recover. Rebuild. Live.

OUR FACILITIES

A serene and luxurious environment designed to support healing, growth and lasting recovery.



CONFIDENTIAL & SECURE

Your privacy is our priority.



COMPASSIONATE CARE

We listen.
We understand.
We care.



HOLISTIC HEALING

Mind, body
and spirit
in harmony.



EXPERT TEAM

Experienced professionals by your side.



SAFE ENVIRONMENT

Designed for comfort, privacy and healing.



INTEGRATED CARE

Medical, psychological and holistic support under one roof.



PERSONALIZED RECOVERY

Tailored programs for long-term recovery and well-being.



FAMILY SUPPORT

We involve and support families at every step of the journey.



WELLNESS & RECREATION

Nurturing the body, mind and soul through enriching experiences.

PREMIUM AMENITIES



Luxury Guest Rooms

Comfortable and elegant rooms designed for rest, relaxation and rejuvenation.



Restaurant

Nutritious and delicious meals crafted to nourish the body and mind.



Landscaped Gardens

Beautiful green spaces that promote peace, relaxation and inner calm.



Walking Areas

Scenic and safe pathways for mindful walks and gentle exercise.



Reception

A warm welcome and seamless support throughout your stay.



Parking

Secure and spacious parking for residents and visitors.



Recreational Spaces

Indoor and outdoor spaces for leisure, reflection and meaningful connections.



THERAPEUTIC SPACES



Private Patient Suites

Spacious, private and comfortable suites ensuring privacy and restful healing.



Therapy Rooms

Calm, professional spaces for one-on-one therapy and personal growth.



Group Therapy Hall

Well-equipped space for group sessions, sharing and peer support.



Medical Room

On-site medical care and monitoring for your safety and well-being.



Psychiatric Consultation Room

Private and comfortable setting for expert psychiatric assessment and care.



Wellness Studio

A dedicated space for meditation, mindfulness and holistic therapies.



Yoga Pavilion

A peaceful open space for yoga, breathwork and relaxation.



Family Counselling Room

A supportive space for family sessions, healing and stronger relationships.

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UNIQUE SELLING PROPOSITION

What Makes Us Different?



Luxury hospitality with clinical excellence

World-class comfort combined with evidence-based treatment for superior outcomes.



Resort ambience instead of institutional setting

Peaceful, serene and luxurious environment that promotes healing, not just treatment.



Personalised treatment plans

Tailored care for every individual based on their unique needs, history and goals.



Small patient-to-staff ratio

More personalized attention, deeper connections and better support throughout the journey.



Complete confidentiality

Your privacy is our priority. We ensure a safe, secure and discreet recovery experience.



Holistic recovery model

Integrating medical, psychological, emotional, physical and spiritual well-being for complete healing.



Family-centred approach

Involving and empowering families at every step to build trust, support and lasting recovery.

RECOVER. RENEW. REBUILD.
A better tomorrow awaits.



THE SHORE

WELLNESS

Heal. Recover. Rebuild. Live.

*Healing is
Stronger Together*

A dedicated team. A shared purpose.
Your recovery.

MULTIDISCIPLINARY TEAM

Collaborative expertise. Comprehensive care. Holistic healing.



Psychiatrist

Provides medical diagnosis, prescribes treatment and monitors overall mental health.



Clinical Psychologist

Conducts psychological assessments and provides evidence-based therapies.



Psychiatric Social Worker

Supports emotional well-being and helps with family counselling and aftercare planning.



Addiction Counsellors

Offer individual and group counselling to support recovery and relapse prevention.



Medical Officer

Oversees physical health, manages medications and coordinates medical care.



Nursing Staff

Provides 24/7 care, monitors health and ensures safety and comfort.



Occupational Therapist

Helps patients regain daily living skills and promotes independence through meaningful activities.



Yoga & Wellness Instructor

Leads yoga, meditation and wellness practices to promote physical and mental balance.



Nutritionist

Designs personalised nutrition plans that support healing and long-term well-being.



EXPERTISE
Experienced professionals
dedicated to your
recovery.



HOLISTIC CARE
Mind, body and spirit
healing through integrated
therapies.



PERSONALISED PLANS
Individualised care plans
tailored to your unique
needs.



NURTURING ENVIRONMENT
A safe, respectful and
healing space for
lasting transformation.

TOGETHER, WE HEAL. TOGETHER, WE RISE.

Your journey. Our commitment.

HOLISTIC WELLNESS

HEALING BEYOND MEDICATION

A holistic approach to healing the mind, body and soul
for complete and lasting wellbeing.



YOGA

Improves flexibility, strength
and overall wellbeing.



MEDITATION

Calms the mind, reduces
stress and promotes inner peace.



MINDFULNESS

Enhances awareness, focus
and emotional balance.



NATURE THERAPY

Reconnects with nature, reduces
anxiety and heals naturally.



FITNESS PROGRAMMES

Builds strength, stamina and
a healthy active lifestyle.



ART THERAPY

Encourages self-expression,
creativity and emotional healing.



MUSIC THERAPY

Heals emotions, reduces stress
and elevates mood.



RECREATIONAL ACTIVITIES

Promotes joy, connection
and a positive outlook.



NUTRITIONAL COUNSELLING

Nourishes the body, supports
recovery and boosts energy.



LIFESTYLE MODIFICATION

Builds healthy habits for lasting
recovery and a better life.



HOLISTIC HEALING
Mind, Body & Soul



PERSONALISED CARE
Every Individual Matters



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LONG-TERM RECOVERY
Beyond Treatment

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PROVEN RESULTS.
LASTING RECOVERY.



CONNECT WITH US

Every enquiry is received with complete discretion and answered personally.



PHONE

Confidential Enquiries

+91 88484 22247

NRI & International

+91 88484 22245

WhatsApp • Call • Video Consult



VISIT

The Shore Wellness

Mountain Lake Road, Opp. Poomala
Killannur, Thrissur, Kerala 680581

By private appointment only



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YOUR JOURNEY BEGINS WITH ONE CONVERSATION

24/7 Confidential Support

NRI Concierge Desk

Free Video Consultation

5.0 Verified Reviews

www.theshorewellness.com • A Registered Rehabilitation & Mental Wellness Centre, Thrissur, Kerala