



About Life's Oasis Vallarta

Life's Oasis Vallarta is committed to helping you rediscover a life of hope and happiness. Our center integrates the best evidence-based therapies with a personalized approach to addiction recovery. Our dedicated team of medical professionals, recovery coaches, and support staff is focused on your unique needs, ensuring you receive the care and attention you deserve.

Whether you're seeking specialized treatment for drug and alcohol addiction or looking for a supportive community to help you on your journey, Life's Oasis is here to provide the resources, guidance, and encouragement you need to thrive.

Why Choose Life's Oasis Vallarta?

Life is Better Without Addiction

Addiction can create barriers to fulfillment, connection, and true happiness. Our experienced and compassionate team will help you unlock a future filled with hope, health, and happiness.

A Sanctuary for Healing in Puerto Vallarta

Puerto Vallarta's natural beauty and tranquility provide the perfect backdrop for your recovery. Our residential treatment center is nestled in this peaceful coastal town, offering a serene environment conducive to self-reflection and healing. Surrounded by lush landscapes, beautiful beaches, and the soothing sounds of nature, Life's Oasis Vallarta is the ideal place to focus entirely on your recovery.

Our 3,500 square foot facility includes a:

- ⊙ Gourmet kitchen
- ⊙ Spacious community area
- ⊙ Private and group therapy room
- ⊙ Lush garden with a pool
- ⊙ Accommodations for 8 guests in serene and comfortable spaces with private or shared bathroom and private or shared bedroom.

At Life's Oasis, you will find a safe and supportive space to dedicate yourself to healing.

A Personalized Approach to Your Recovery Journey

At Life's Oasis Vallarta, we understand that every individual's journey to recovery is unique. We are here to guide you every step of the way. Located in the serene beauty of Puerto Vallarta, Mexico, our modern treatment center offers a peaceful sanctuary for those seeking healing and renewal. Surrounded by breathtaking landscapes along Mexico's Pacific coast, we provide a calming environment where you can focus fully on your recovery.



Recovery Life's Oasis Vallarta

Your Modern Path to Healing and Renewal

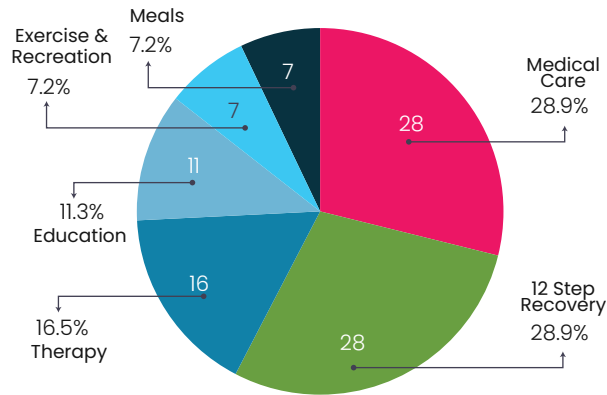


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Our Holistic, Evidence-Based Treatment Approach

We believe addiction is a disease that affects the mind, body, and spirit. At Life's Oasis, we take a holistic approach, blending evidence-based medical treatment with personalized care to address every aspect of your recovery. From detox therapy to long-term wellness, we ensure you receive comprehensive, individualized support.

Our Comprehensive Treatment Includes:



Medical Care

- ☑ Personalized medical assessments and evaluations
- ☑ Custom treatment plans tailored to your specific needs
- ☑ Safe, comfortable detox programs

12-Step Recovery

- ☑ One-on-one coaching and group meetings for support and growth
- ☑ Structured 12-step program to guide you toward lasting change

Therapy

- ☑ Individual therapy to address emotional triggers and trauma
- ☑ Group therapy to foster community and support
- ☑ Evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT)

Movement and Recreation

- ☑ Group excursions and activities to reconnect with yourself and nature
- ☑ Exercise programs to enhance physical and mental well-being

Education

- ☑ Workshops on emotional regulation, stress management, and aftercare strategies
- ☑ Empowering tools to help maintain long-term recovery and personal growth

Meals

- ☑ Nutritious, home-cooked meals designed to meet your dietary needs, supporting physical healing and overall wellness

Services

30 day

Ignite transformation in 30 days. Dive into group therapy, personalized sessions, and 12-step momentum. Ignite vitality with yoga, gym, crafts, and excursions. Medical care and nourishing meals fuel your rapid progress.

60 day

Experience 60 days of dynamic renewal. Immerse yourself in group therapy, one-on-one sessions, and 12-step growth. Energize with yoga, gym, crafts, and excursions. Medical support and wholesome meals amplify your revitalization.

90 day

Embark on a 90-day journey to lasting recovery. Engage in group therapy, personalized counseling, and the 12-step process. Enhance well-being with our pool, yoga, meditative walks, and excursions. Expert medical care and nourishing meals fuel your transformation.

Medical Detox

Begin a medically supervised process designed to help you safely and effectively withdraw from substances during this 1 week detox. The program is tailored to your needs, starting with an assessment to understand the level of addiction and any potential medical concerns. You will receive 24/7 monitoring to ensure your safety and comfort, 4 doctor visits with medical IV treatment, and nutritious meals to support your recovery.

Customized Aftercare Available

Take the First Step Toward a Healthier, Happier Life

Choose Life's Oasis Vallarta and begin your transformative journey to recovery. Let us help you create a future filled with wellness, connection, and freedom from addiction.

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Hours: Mon-Fri 9:00AM - 5:00PM

