

## RESTORE BALANCE TO YOUR LIFE

Substance abuse harms the mind, body and spirit. Detoxification is a process during which the body rids itself of those substances, a key step in restoring health and well-being. At Spring Gardens Detox, our primary goal is to help you restore balance to your life and live addiction-free.

We offer an integrative, medically supervised, holistic approach to detox that takes into account the emotional, spiritual, and nutritional needs you may need during detox.

## WHY DETOX IS IMPORTANT

Individuals often make the mistake of believing they can quit drugs and alcohol without medical intervention. Unfortunately, quitting any substance abruptly can lead to harsh physical and psychological withdrawal effects. While some of these effects are minor, some can be so severe that they lead individuals right back to their substance of choice.

Without a medically supervised detox, individuals often find themselves stuck in the cycle of addiction.

To take the first step in living addiction-free call Spring Gardens Detox today at 844-829-9111.

## START YOUR JOURNEY TO RECOVERY IN A SAFE, COMFORTING ENVIRONMENT

Our state-of-the-art, luxurious facility located on Florida's Suncoast is the perfect setting to begin your fresh start. Along with various therapeutic and holistic approaches to treatment, we offer luxurious amenities, including an on-site chef to provide delicious, nutritional meals.

Spring Gardens Detox accepts most major insurance providers, and you also have the option to self-pay. Call us with any questions or concerns about insurance coverage or payment options.

### Spring Gardens Detox

8213 Cessna Drive

Spring Hill FL 34606

(844)-829-9111

[www.SpringGardensDetox.com](http://www.SpringGardensDetox.com)



  
Spring Gardens Detox

The First Step to Living Addiction-Free

HEAL WITH US





# TAKE THE FIRST STEP TO RECOVERY



## THE MIND, BODY, SPIRIT CONNECTION

Spring Gardens Detox is an amenity-rich drug and alcohol detox center focused on healing the mind, body, and spirit. Here, we specialize in traditional and leading-edge detox and treatment approaches for those afflicted.

Providing the utmost care and comfort while eliminating the fear and pain associated with detox is what makes our facility the number one location for comfortable, pain-free help.

In offering an integrative, medically-supervised, and holistic approach to detox we ensure that the three main components of recovery and healing: the body, mind, and spirit, are integrated into your detoxification process.

## MIND: HOW OUR DRUG AND ALCOHOL DETOX SERVICES PROMOTE CHANGE



At Spring Gardens Detox, we provide a safe, effective way for individuals to begin addiction recovery. Our drug detox and alcohol detox programs work to cleanse your mind and body of those harmful substances and prepare you for a better, more productive life.

Our caring, compassionate staff does more than just eliminate alcohol or drugs from your system. We also offer integrated counseling to help you overcome your chemical addiction and change behaviors. This traditional approach combined with holistic treatment methods help to heal the mind, body and spirit.

## BODY: BEGIN RECOVERY AT SPRING GARDENS DETOX



We specialize in traditional, holistic, and leading-edge detox and treatment approaches for those afflicted. When appropriate, we offer scientifically proven methods along with true and tested medical detoxification such as: Amino Acid IV Infusions, Genetic Testing, Alcohol & Drug Detox, High Dose Methadone Detox, and Prescription Pill Detox.

## SPIRIT: HEAL WITH US AT SPRING GARDENS DETOX



Spring Gardens Detox provides luxurious amenities in a peaceful Florida atmosphere in order to promote tranquility and peace during the detoxification process. We want your spirit to heal.

Therapies & Amenities Include: Massage Therapy, Yoga, Meditation, Medically Supervised Sauna, Hypnotherapy, Healthy, Wholesome Meals & In-House Nutritionist.

Integrating holistic approaches to recovery like yoga, meditation, nutrition, hypnotherapy, and massage have been shown to greatly enhance the stability of one's recovery and aid in the detoxification process. The intimate and peaceful setting that is offered at Spring Gardens Detox helps contribute to a sense of serenity and calm, allowing our clients to focus on healing.

# WHAT TO EXPECT



During your stay on our 4.5-acre, gated facility, no expense was spared to give our guests the most comfortable and eloquent settings. Guests will have their own flat-screen television, equipped with wireless Bluetooth headphones for personal listening. Phones and Wi-Fi are also included in our rooms to make your comfort our number one priority. Our private culinary staff works with our in-house nutritionist to ensure that each meal invigorates and replenishes any deficiencies during the process.

At Spring Gardens Detox, we know there is more than one way for a person to recover and heal. We strive to provide a spectrum of holistic treatment options that may assist our guests with reaching that goal. The comfort and peace of mind of our guests is our top priority. While detoxing and healing your body, you can relax in our brand-new living spaces, lounge outside on our spacious patios, read a book in the shaded gazebos, or meditate in solitude, all while under the best 24/7 medical care.



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SPRING GARDENS  
DETOX

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