

Stressed-out celebrities are discreetly flying to a secluded retreat in Thailand – here's an inside look

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Clients from all over the world fly to Chiang Mai to seek help at this retreat. [The Dawn](#)

All over the world, city-dwellers are living hectic lives and many live day to day under immense stress, with some even suffering from mental health issues and addiction problems as a result.

Located in Chiang Mai, Thailand, is an [exclusive luxury rehab and wellness centre](#), The Dawn, that prides itself on being a quiet and peaceful sanctuary that helps to heal lives.

The Dawn told *Business Insider* that most of their clients seek treatment for stress and depression mainly due to overwork and work pressures.

Singaporean Tony Tan, psychologist and trauma specialist at The Dawn, said: “Many of our clients struggle with the expectation of bosses, a competitive working environment and the lack of time for loved ones due to overworking.”

The Dawn

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A stay at The Dawn sets one back by about US\$10,000 to US\$12,000 per month, inclusive of medical treatments, accommodation, meals and a full itinerary.

Although the minimum stay at the retreat is 10 days, most clients stay for at least one month, and some have even stayed up to six months.

The Dawn

The centre provides a range of programmes that are tailored to an individual's needs.

Through wellness programmes such as yoga, Thai boxing, art therapy, pilates and group counselling sessions, they offer treatment for depressed, stressed-out and burned out clients.

The Dawn

Some of them are struggling with drug or alcohol addiction problems, a spokesperson told *Business Insider*.

The Dawn

A licensed team of addiction and mental health professionals works at The Dawn, offering counselling sessions and in-depth mental health diagnoses.

These therapists provide "Transcranial Magnetic Simulation" to their clients, a "non-invasive procedure that stimulates nerve cells in the brain to improve mood and relieve symptoms of depression".

The Dawn

The centre promises anonymity and confidentiality of their clients.

The Dawn

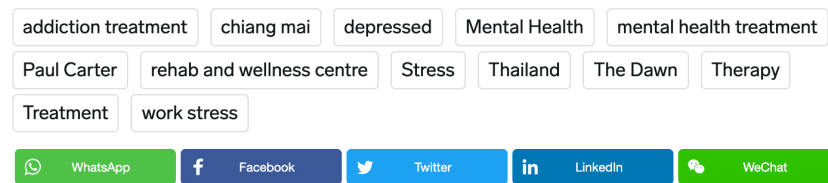
The centre has hosted several celebrities from the world of showbiz and sports, especially from the United States of America and the United Kingdom.

According to the centre, one British celebrity told family and colleagues he was going on a holiday to Thailand, but was actually at The Dawn for two months.

Paul Carter, a well-known Australian rugby star, who speaks openly about his struggles with cocaine and alcohol recently said the The Dawn helped save his life.

[YouTube / The Dawn Wellness Rehab](#)

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