

Ibogaine for KETAMINE

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate
ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey
on the right footing with our expert pre
care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation,
Breathwork, Physical exercise, Healthy
food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space
and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a
wonderful way to get back in touch with
yourself

- **IRM**

FREE lifetime membership to the IRM –
Ibogaine Recovery Movement online
meetings and recovery community

“The attempt to escape from pain is what
creates more pain.”

~ Gabor Maté

Ketamine can begin as
experimentation, self-medication, or
social use and quietly become a
compulsive pattern. People describe
craving, rising tolerance, planning life
around access, and returning after
brief attempts to stop.

For heavy users the body often signals
alarm: bladder pain, urinary urgency,
“K-cramps,” nasal irritation and
persistent low mood or anxiety during
abstinence. Withdrawal is usually
more psychological than medically
dangerous, but it can be raw and
relapse-driving.

Trauma, loneliness, and emotional
numbness often sit behind the use:
ketamine can become both an escape
hatch and a trap. That’s why care must
look beyond stopping the drug: it
needs to address why the nervous

system learned to rely on it, and how
to restore connection, regulation and
daily supports.

Ibogaine is not a simple blocker or
replacement; it’s metabolised into
noribogaine and acts on many
systems, eliminating acute withdrawal,
and produces a sustained dampening
of craving in the weeks and months
after treatment.

It also promotes a window of neural
plasticity: a period when entrenched
behavioural loops loosen and new
learning and lifestyle choices can be
implemented more easily. At Tabula
Rasa Retreat, we guide you through
treatment with medical supervision,
integration and aftercare support so
new insights translate into real life.

