

Hammocks on the Edisto Marks National Wellness Month With Women-Centered Care

The women's-only South Carolina rehab treats yoga, nutrition, and movement as clinical support for behavioral health, not amenities placed alongside it.

JACKSONBORO, SC, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- CHARLESTON, S.C., August 31, 2026 — As National Wellness Month concludes, Hammocks on the Edisto, a women's-only addiction treatment center in the South Carolina Lowcountry, is highlighting a distinction that shapes how it treats behavioral health year-round: wellness is not an amenity offered beside clinical care. It is part of the clinical care.

The facility, located on the Edisto River just south of Charleston, serves women ages 18 and older in a residential program capped at 15 residents at a time. Its [wellness program in Jacksonboro](#) runs alongside individual, group, and family therapy rather than after hours, on the premise that a woman's physical state and her mental health are not separate treatment problems.

Care Built Around How Women Actually Recover

Hammocks treats only women, and its wellness programming reflects that. Trauma histories, caregiving roles, relationship dynamics, and body image shape how women experience both addiction and recovery, and they shape which interventions land. A program designed for a mixed population tends to average those factors away; a women's-only program can build around them.

The facility keeps its census deliberately small. With a maximum of 15 residents and low clinician caseloads, wellness planning is individualized rather than scheduled in bulk — a resident works with a wellness coach to set her own goals, and those goals are revisited as her clinical picture changes.

What the Program Includes

Wellness at Hammocks spans several categories of practice. Mind-body work includes yoga, meditation, directed breathing techniques, mindful movement, and time outdoors in the surrounding Lowcountry, including local parks and beaches. Nutrition is addressed through chef-prepared meals, a smoothie bar, a specialized detox trail mix, and nutrition education. Physical activity includes fitness classes and collaborative sports, and workshop-style group conversations focus on wellness as a whole.

None of this is decorative. Sleep, nutrition, and physical activity are among the most reliable modifiable inputs to mood regulation, and early recovery is precisely when all three tend to be most disrupted.

The Behavioral Health Connection

Women arriving at Hammocks frequently bring more than a substance use disorder. Many have experienced trauma, and many are managing [co-occurring disorders](#) — anxiety, depression, bipolar disorder, or PTSD — that both drive and are worsened by substance use. Treating one condition while deferring the other tends to produce a short-lived result.

Wellness practice supports that integrated work in concrete ways. Breathing techniques and mindful movement give a resident something to do with acute distress at the moment it arrives, which is the moment clinical insight is hardest to access. Structured routine restores a sense of predictability after a period without one. And measurable physical progress rebuilds self-esteem, which Hammocks identifies as central to general wellness and which is often badly eroded by the time a woman enters treatment.

These practices reinforce rather than replace the facility's [evidence-based therapies](#), including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, family therapy, and trauma-informed care. The clinical premise stated throughout the program is that addiction is a chronic disease rather than an acute episode, and that recovery is a process rather than a single occasion — a framing that makes sustainable daily habits a treatment objective, not an afterthought.

Admissions and Coverage

Hammocks Recovery is an in-network provider with Blue Cross Blue Shield, Magellan, Cigna, Ambetter, and Aetna, and also works with United Healthcare, Optum, ComPsych, MultiPlan, and Three Rivers. Private pay options are available. Prospective residents and referring providers can reach the admissions team at 833.793.0191 to discuss coverage and program fit.

About The Hammocks Recovery

Hammocks on the Edisto is a privately owned and operated women's addiction treatment center in the South Carolina Lowcountry, just south of Charleston. Serving women 18 and older with a maximum of 15 residents at a time, the facility provides inpatient treatment for substance use and co-occurring mental health conditions, combining evidence-based therapies with holistic and wellness programming in an individualized, trauma-informed model.

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