



PROGRAMMES
& BOOSTS



ZEM

WELLNESS CLINIC ALTEA





WELCOME TO ZEM WELLNESS CLINIC ALTEA

Located in Altea, Alicante, ZEM Wellness Clinic Altea is an exclusive universe of health and wellness where medical science, ancient wisdom and cutting-edge technology come together to help our guests live longer and better.

Connect with Mediterranean Longevity

ZEM Wellness Clinic Altea is a destination devoted to achieving a longer and fuller life. A space where guests find medical excellence alongside the beauty of a luxury hotel.

A place where you can re-connect with yourself thanks to the wellbeing that stems from its state-of the art wellness area, or the tranquillity its gardens and natural areas inspire.

Because only here, where everything is bathed in calm and light, can guests find the key to **Mediterranean Longevity**.

Discover the ZEM Philosophy

Throughout their stay, guests connect with the ZEM Philosophy which promotes a more conscious lifestyle in our guests, steering them towards their health and wellbeing goals. After their stay at ZEM, one learns to embrace the passage of time, to regain a balance of body, mind and spirit, and to effectively manage stress.

Healing nutrition

The healing power of nutrition is one of ZEM Wellness Clinic Altea's pillars. All our nutrition plans are based on the Mediterranean Diet's countless health benefits and are made from organically-grown food locally sourced from our own Finca Althaya.

PROGRAMMES & BOOSTS



WHAT ARE THE BENEFITS OF ZEM WELLNESS CLINIC'S PROGRAMMES?

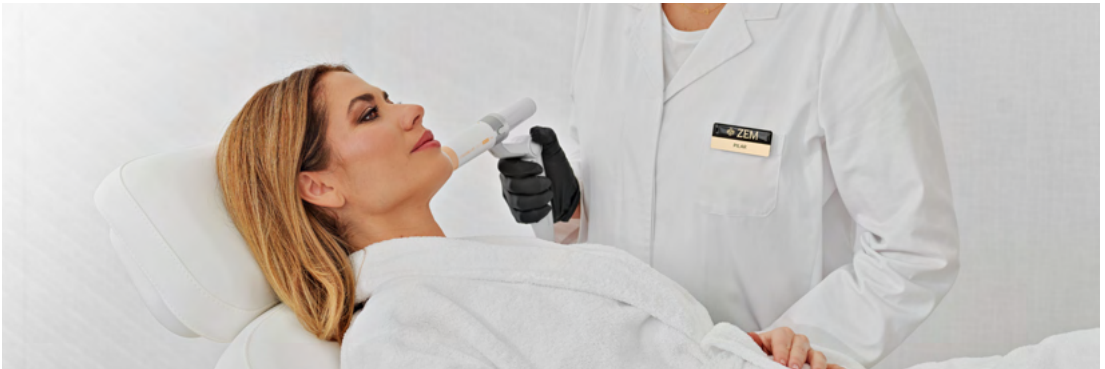
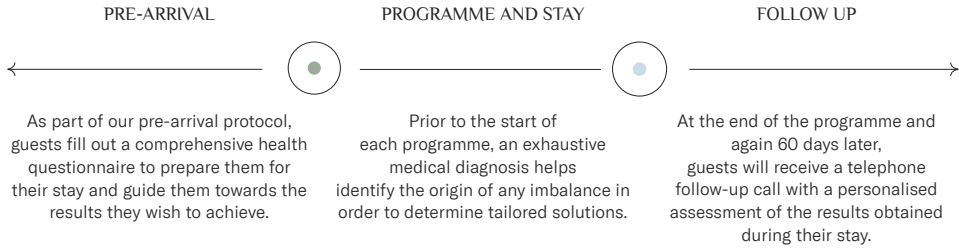
At ZEM Wellness Clinic Altea we understand each guest as a whole that emerges from the delicate connection between mind, body and soul. A holistic vision that we translate to our health programmes, which integrate practices that improve physical, emotional, mental and spiritual health, in a privileged Mediterranean environment.

Our health programmes are the pillars on which your stay at ZEM Wellness Clinic Altea rests. They are a fundamental part of our commitment to each guest on their journey towards a healthier and more balanced life.

Each programme is designed to act effectively on essential health aspects and has been meticulously defined by our team of doctors and specialised therapists. We pack all our knowledge and healing hospitality into them to ensure results that will stand the test of time.



ALL OUR PROGRAMMES UNFOLD IN 3 PHASES



WHY COMPLEMENT YOUR HEALTH PROGRAMME WITH ONE OR MORE BOOSTS?

In consultation with our team, guests can complement their health programme with one or more specific reinforcement programmes called Boosts. Boosts allow us to tackle specific areas offering an effective response for those who wish to focus on specific health issues.

Benefits of the Boosts

EFFECTIVENESS

Enhance the effects of the health programmes

ACCURACY

Focused attention on specific health issues

PERSONALISATION

Tailored to each guest's specific needs

PROGRAMMES

2 MAIN INTERVENTION SPHERES
AND 7 SPECIALISED HEALTH PROGRAMMES

BALANCE & VITALITY PROGRAMMES



ZEM ESSENTIAL



ZEM DETOX



ZEM WEIGHT MANAGEMENT



ZEM WEIGHT
MANAGEMENT & DETOX

LONGEVITY PROGRAMMES



ZEM PRO-AGEING



ZEM IMMUNE-REVITALISATION



ZEM REJUVENATING/AESTHETICS



BALANCE & VITALITY

With our ZEM Essential programme you will be able to live a holistic and revitalising experience, ideal for those looking for a first approach to ZEM Wellness Clinic Altea. Combining personalised therapies with a holistic approach that integrates body, mind and emotions, Essential is the perfect starting point towards a healthier lifestyle.

Restore balance to an overweight body with the **ZEM Detox** programme. Perfect for an integral detoxification that improves physical, cognitive and emotional health. The Nutritional Detox Plan strengthens the immune system, improves digestive health, reduces stress and increases energy through sports and natural foods.

Achieve and maintain a long-term healthy weight with the **ZEM Weight Management** programme. The Mediterranean Diet, based on organic and locally sourced products, alongside a tailored exercise plan, are the perfect keys to overall wellbeing. Through a comprehensive physical and psychological assessment, we set targets under the supervision of a team of doctors, nutritionists, psychologists and trainers.

Experience the profound combination of weight management and detoxification with the **ZEM Weight Management & Detox** programme. With a holistic approach overseen by a multidisciplinary team, the programme encourages balance between body, mind and spirit. The Detox nutritional plan, focusing on liver, intestinal and kidney cleansing, helps manage weight and prevents disease related to chronic inflammation.

LONGEVITY

Our **ZEM Pro-Ageing** programme is specifically designed for those who wish to approach ageing with health and wellbeing. Through advanced treatments we can achieve an improvement in the guest's quality of life, optimizing mental and physical performance, and fighting cellular stress and ageing. Complemented with nutritional supplements and the RAW 80/20 nutritional plan which promotes the balance between body mind and spirit for healthy and active ageing.

Through the **ZEM Immune Revitalisation** programme, our guests will strengthen their immune system and optimize their health to achieve overall wellbeing. Cutting-edge techniques such as ozone therapy and nutritional therapy support cellular revitalization, oxygenation and reduce oxidative stress. The Revitalisation Nutritional Plan focuses on strengthening the immune system.

The **ZEM Rejuvenating / Aesthetics** programme fights visible signs of ageing and improves physical appearance, increasing confidence and emotional wellbeing. With advanced treatments such as laser treatments with hyaluronic acid, PRP and capillary skinning, the programme offers non-invasive techniques. Its nutrition plan based on Mediterranean cuisine optimises metabolic regeneration and enhances a complete wellness experience.

RATES*

ZEM ESSENTIAL

3 nights | From 5.000€
7 nights | From 8.000€
14 nights | From 16.000€
21 nights | From 24.000€

ZEM DETOX

7 nights | From 11.000€
14 nights | From 19.000€
21 nights | From 28.500€

ZEM WEIGHT MANAGEMENT

7 nights | From 12.000€
14 nights | From 21.000€
21 nights | From 31.000€

ZEM WEIGHT MANAGEMENT & DETOX

7 nights | From 12.500€
14 nights | From 22.000€
21 nights | From 32.500€

ZEM PRO-AGEING

7 nights | From 13.000€
14 nights | From 23.000€
21 nights | From 33.500€

ZEM IMMUNE - REVITALISATION

7 nights | From 11.500€
14 nights | From 20.000€
21 nights | From 29.500€

ZEM REJUVENATING/ AESTHETICS

7 nights | From 14.500€
14 nights | From 26.000€
21 nights | From 37.500€

* Price per person. V.A.T. included.
Accommodation in Deluxe suite (double use)
with Complete Nutritional Plan.

ZEM BOOSTS

6 SPECIALIZED BOOSTS TO COMPLEMENT
THE HEALTH PROGRAMMES



ZEM DERMO AESTHETICS BOOST



ZEM HEALTHY BRAIN BOOST



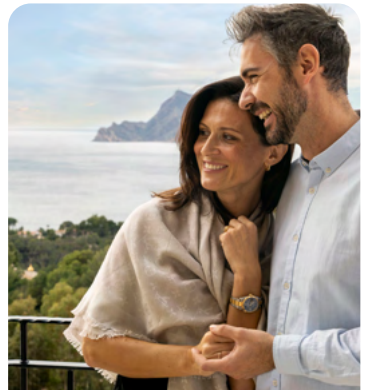
ZEM PAIN BOOST



ZEM SLEEP BOOST



ZEM CAPILAR BOOST



ZEM INTIMATE BOOST



ZEM DERMO-AESTHETICS BOOST

Price: 7.500€*

Ideal for giving your skin back the vitality and radiance it deserves. Rectify aesthetic imperfections and signs of ageing through advanced revitalising, nourishing and rejuvenating techniques. Restore elasticity, reduce wrinkles and improve your skin's appearance.

ZEM HEALTHY BRAIN BOOST

Price: 4.500€*

Designed to evaluate and improve your brain's capabilities from a science-based perspective, ZEM Healthy Brain Boost aims to nurture and enhance brain health to prevent future problems and enjoy a healthy, active brain.

ZEM PAIN BOOST

Price: 5.000€*

Chronic pain not only affects the body, but also one's emotional wellbeing and quality of life. ZEM Pain Boost is an innovative solution to relieve, manage and reduce pain. Our treatments focus on three distinct areas of pain: spine, muscles and joints to reduce pain in order to make life more active and pleasant.

ZEM SLEEP BOOST

Price: 4.500€*

Sleep quality is the cornerstone upon which general wellbeing rests. That's why this boost focuses on improving sleep quality in order to allow our guests to achieve proper restorative rest which positively impacts all other areas of their daily activity.

ZEM CAPILAR BOOST

Price: 5.500€*

With a holistic approach to hair repair, strengthening and protection, ZEM Capilar Boost perfectly complements the other programmes and helps restore your hair's softness, shine and healthy appearance in no time. It also creates a barrier against future damage.

ZEM INTIMATE BOOST

Price: 4.500€*

Rediscover vitality and intimate wellbeing through treatments designed to revitalise and rejuvenate intimacy-related areas for both men and women. Sexology, gynaecology and urology visits are included to determine the ideal treatments for each profile.

* Price per person. V.A.T. included.





BALANCE & VITALITY PROGRAMMES

To help our guests achieve their goals in an effective and long-lasting way, we have developed 4 specialized programmes that combine the most advanced science with a personalized approach.

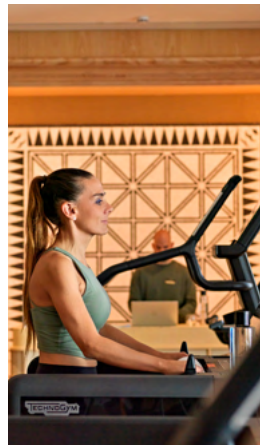
Weight Management & Detox helps guests learn to adopt healthy habits, starting a process through which they learn to take care of themselves from the inside in order to achieve visible results that will stand the test of time.



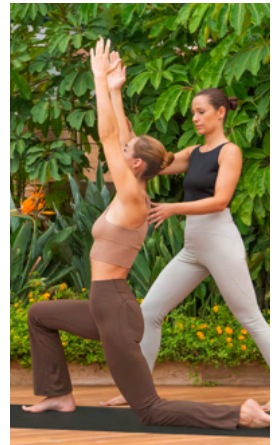
ZEM Essential



ZEM Detox



ZEM Weight Management



ZEM Weight Management
& Detox

ZEM ESSENTIAL PROGRAMME

Designed as a refreshing break, this programme offers a revitalising experience for body and mind. body and mind. Ideal for disconnecting from routine, the Essential programme invites you to enjoy the essence of ZEM Wellness Clinic Altea.





Minimum duration of the programme: **3 nights** | Recommended duration **14 / 21 nights**
 All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

This programme has been designed to provide a holistic and revitalising experience, ideal for those seeking a first approach to ZEM Wellness Clinic Altea, thus obtaining a healthier lifestyle with this programme as a starting point.

Through the combination of medical treatments with wellness therapies, physical exercise and activities connected with nature, the aim is to establish healthy habits.

Methodology

Based on the data obtained from the medical analyses of the guest, the medical team establishes the guidelines to be followed during the programme. These guidelines combine nutritional guidance, medical treatments and wellness therapies, together with physical exercise and outdoor activities.

The Mediterranean Diet is a key factor within a specific nutritional that is nourished by organic and Km 0 products grown in our Finca Althaya.

Constant supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers ensures a safe and inspiring approach to the programme.



Nutritional Plan: Essential

The Essential plan promotes self-awareness to explore and understand the relationship between body and mind. The plan offers guidelines to enable you to choose what you need at any given moment while enjoying a balanced meal based on the Mediterranean diet.

| | Sharing Double Suite* | Double Suite Single Use* |
|---------------|--------------------------|-----------------------------|
| Rates* | | |
| 3 nights | 5.000€ | 6.200€ |
| 7 nights | 8.000€ | 10.800€ |
| 14 nights | 16.000€ | 21.600€ |
| 21 nights | 24.000€ | 32.400€ |

* Price per person. V.A.T. included. 7 nights* accommodation in Deluxe suite with Complete Nutritional Plan.

Before starting the ZEM Essential programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM ESSENTIAL PROGRAMME





ZEM Essential

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | | | | WELLBEING & NATURAL THERAPIES | | | |
|---|----------|----------|-----------|---|-----------------|-----------------|------------------|
| | 3 nights | 7 nights | 14 nights | | 3 nights | 7 nights | 14 nights |
| ZEM Wellbeing Medical Examination | 1 | 1 | 1 | Welcome Massage | 1 | 1 | 1 |
| Basic Blood Analysis | - | 1 | 1 | Relaxing Massage | - | 1 | 2 |
| Personalised Health Plan Consultation | - | 1 | 1 | Spa Experience Sensorial Circuit | 1 | 1 | 1 |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | 1 | Oxygen therapy | - | 1 | 2 |
| Test Results and Analysis Consultation | - | 1 | 1 | Triple Detox (MLX i3DOME) Treatment - Metawell | 1 | 1 | 1 |
| Final Bio-integrative Medicine Consultation | - | 1 | 1 | Zestos Dryfloat Treatment - Metawell | 1 | 1 | 1 |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | 1 | MLX Quartz Treatment - Metawell | 1 | 1 | 1 |
| Derma-aesthetics and Cellular Regeneration Consultation | 1 | 1 | 1 | Welnamis Treatment - Metawell | 1 | 2 | 3 |
| Biodental Consultation | - | - | 1 | RLX Satori Treatment - Metawell | 1 | 2 | 3 |
| Hair Health and Trichology Consultation | - | 1 | 1 | Relounge Treatment - Metawell | - | - | 1 |
| Emotional and Mental Wellbeing Consultation | - | - | 1 | Signature ZEM Body Massage | 1 | 1 | 2 |
| Basic Gut Microbiota Assessment | - | - | 1 | Personalised Organic Facial Treatment | 1 | 1 | 1 |
| Oxidative Stress Biomarkers | - | - | 1 | Unlimited Access to Fitness & Spa Area | incl. | incl. | incl. |
| MED TECH TESTS & TREATMENTS | | | | PHYSICAL PERFORMANCE | | | |
| Facial Scan | 1 | 2 | 3 | Functional Assesment | 1 | 1 | 1 |
| Derma-Aesthetic Body Scan | 1 | 2 | 3 | Personal Training | - | 2 | 4 |
| Electrocardiogram | 1 | 1 | 1 | Yoga / Pilates - Individual Session | 1 | 2 | 3 |
| Bioimpedance Test | 1 | 2 | 3 | Mindfulness - Individual Session | 1 | 2 | 3 |
| Antioxidants Test | - | 1 | 1 | ZEM COLLEGE | | | |
| Facial Indiba | - | 1 | 1 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | | |
| Essential Serotherapy | - | 1 | 1 | Group Cooking Class | 1 | 1 | 2 |
| NUTRITION | | | | | | | |
| Nutritional Assessment and Metabolic Bioregulation | 1 | 1 | 1 | | | | |
| Nutrition Follow-up Consultation | - | 1 | 2 | | | | |
| Personalised Essential Nutritional Plan | incl. | incl. | incl. | | | | |
| | | | | | 3 nights | 7 nights | 14 nights |
| TOTAL OF SERVICES | | | | | 22 | 42 | 61 |

ZEM DETOX PROGRAMME

As part of a holistic approach, the ZEM Detox Programme encourages an effective lifestyle change to improve the guest's health which includes digestive, mental, cognitive and physical detoxes.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

This programme is designed to enhance the detoxification of the body. It advocates an effective lifestyle change that leads to an overall improvement in health through physical, cognitive, emotional and mental cleansing.

The ZEM Detox Programme combines medical treatments with wellness therapies, physical exercise and activities in connection with nature that aim to: eliminate unwanted toxins, improve digestive health, increase energy and vitality to reduce stress and improve emotional wellbeing while strengthening the immune system through healthy lifestyle habits that improve physical appearance.

Methodology

Based on the data obtained from the medical analyses carried out on our guests, the medical team establishes the guidelines to be followed throughout the programme. These guidelines are a personalized combination of nutritional advice, medical treatments and wellness therapies, alongside physical exercise and activities in connection with nature.

The programme includes state-of-the-art treatments with proven benefits for regeneration and improvement of the metabolism, as well as the specific treatments aimed at improving and recovering sleep quality, a key factor when it comes to managing and reducing stress.



Nutritional Plan: Detox

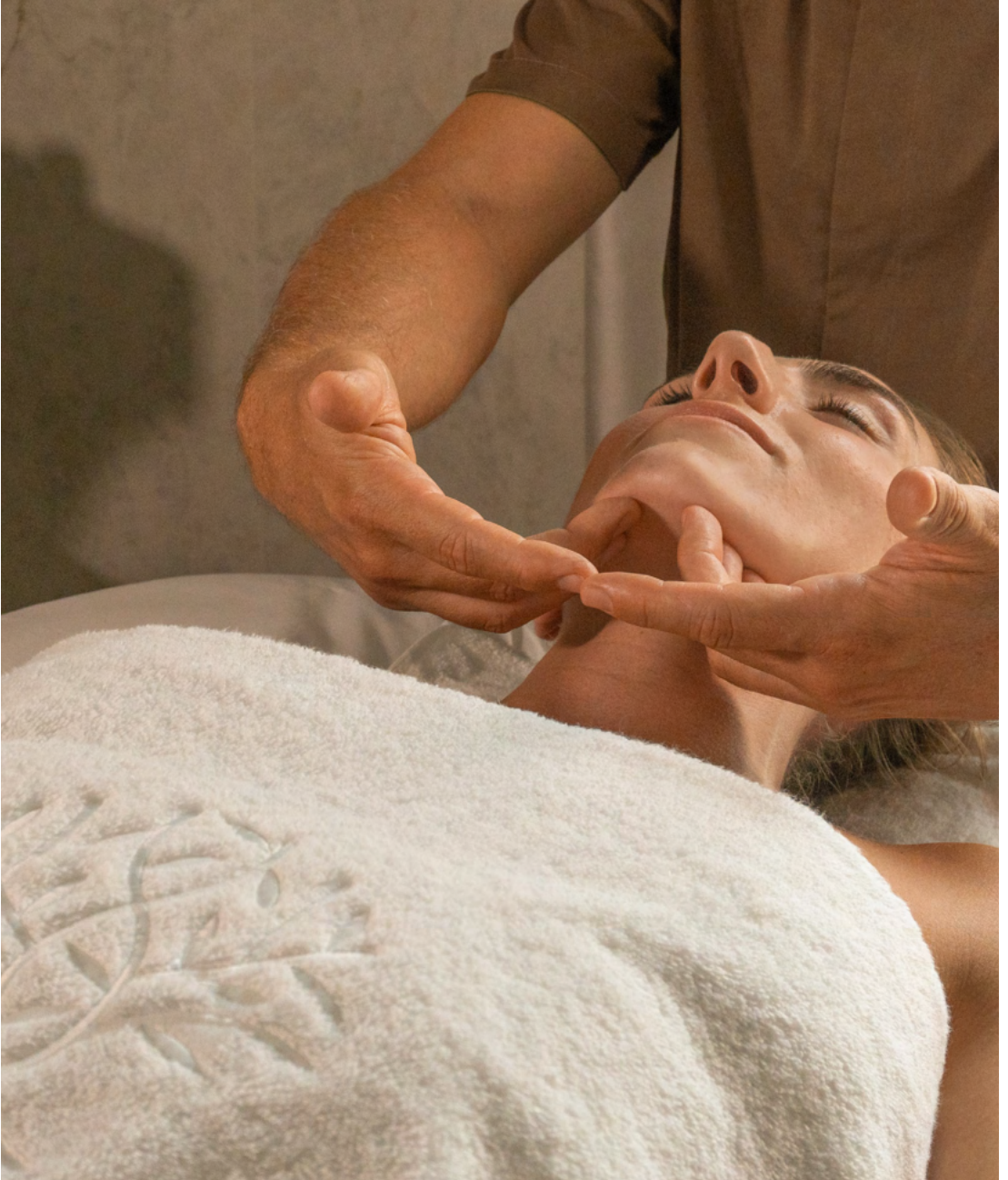
The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

| | Sharing Double Suite* | Double Suite Single Use* |
|---------------|--------------------------|-----------------------------|
| Rates* | | |
| 7 nights | 11.000€ | 13.800€ |
| 14 nights | 19.000€ | 21.600€ |
| 21 nights | 28.500€ | 36.900€ |

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite with Complete Nutritional Plan.

Before starting the ZEM Detox programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM DETOX PROGRAMME



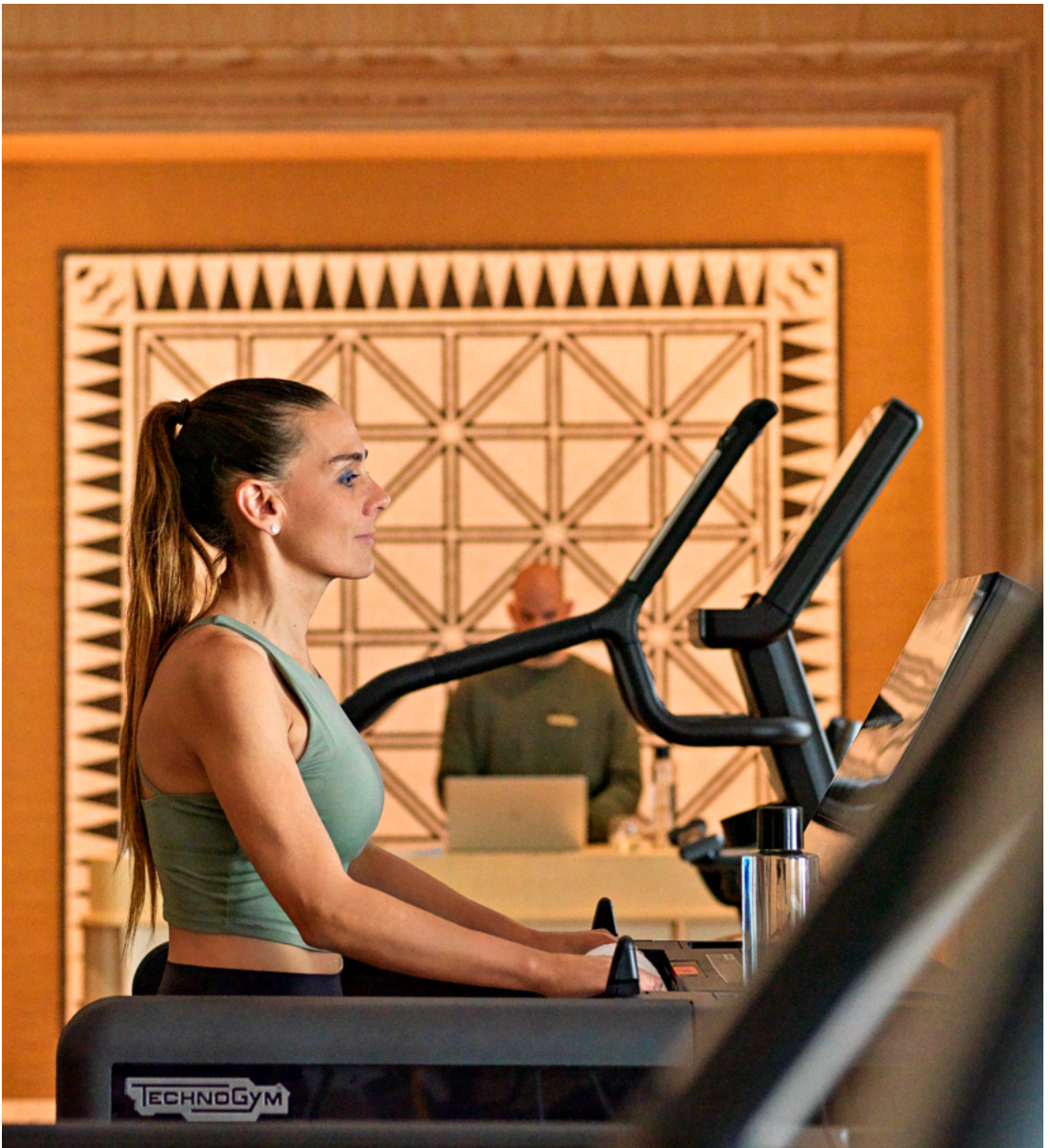


ZEM Detox

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | | | 7 nights | 14 nights | NUTRITION | | | 7 nights | 14 nights |
|---|---|---|---|------------------|-----------|--|--|----------|-----------|
| ZEM Wellbeing Medical Examination | 1 | 1 | Nutritional Assessment and Metabolic Bioregulation | 1 | 1 | | | | |
| Basic Blood Analysis | 1 | 2 | Nutrition Follow-up Consultation | 2 | 4 | | | | |
| Personalised Health Plan Consultation | 1 | 1 | Personalised Detox Nutritional Plan | incl. | incl. | | | | |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | WELLBEING & NATURAL THERAPIES | | | | | | |
| Test Results and Analysis Consultation | 1 | 1 | Welcome Massage | 1 | 1 | | | | |
| Follow-up Bio-integrative Medicine Consultation | - | 1 | Bespoke Facial Cleansing | 1 | 1 | | | | |
| Final Bio-integrative Medicine Consultation | 1 | 1 | Cupping Detox Massage | 2 | 4 | | | | |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | Spa Experience Detox Circuit | 1 | 1 | | | | |
| Healthy Pro-Ageing Consultation | 1 | 1 | TCM Consultation + Acupuncture Session | 1 | 2 | | | | |
| Dermo-aesthetics and Cellular Regeneration Consultation | 1 | 1 | Hydrodetox Cure Circuit | 2 | 4 | | | | |
| Neurocognition and Mental Performance Consultation | 1 | 2 | Manual Lymphatic Drainage Massage | 1 | 2 | | | | |
| Hair Health and Trichology Consultation | - | 1 | Tratamiento Triple Detox (MLX i3DOME) - Metawell | 2 | 3 | | | | |
| Biodental Consultation | - | 1 | RLX Satori Treatment - Metawell | 1 | 2 | | | | |
| Oxidative and Heavy Metals Analysis | 1 | 1 | Oxypro Hyperbaric Chamber | 1 | 2 | | | | |
| Food Sensitivity Test 270 foods | 1 | 1 | Pressotherapy combined with Cryotherapy | 1 | 2 | | | | |
| MED TECH TESTS & TREATMENTS | | | Detox Body Treatment | 1 | 2 | | | | |
| Facial Scan | 1 | 2 | Unlimited Access to Fitness & Spa Area | incl. | incl. | | | | |
| Dermo-Aesthetic Body Scan | 1 | 2 | PHYSICAL PERFORMANCE | | | | | | |
| Electrocardiogram | 1 | 1 | Functional Assessment | 1 | 1 | | | | |
| Bioimpedance Test | 2 | 3 | Personal Training | 2 | 3 | | | | |
| Bio Detox Serotherapy: Regeneration and Toxin Removal | 2 | 3 | Yoga / Pilates - Individual Session | 1 | 2 | | | | |
| Colon Hydrotherapy | 2 | 3 | Mindfulness - Individual Session | 1 | 2 | | | | |
| Revitalisation and Detox with Ozone | 2 | 4 | ZEM COLLEGE | | | | | | |
| Intravenous Laser | 1 | 2 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | | | | | |
| | | | Group Cooking Class | 1 | 2 | | | | |
| | | | 7 nights | 14 nights | | | | | |
| TOTAL OF SERVICES | | | 48 | 78 | | | | | |

ZEM WEIGHT MANAGEMENT PROGRAMME

The ZEM Weight Management programme provides guests with a set of strategies and medical guidelines to attain and maintain a healthy body weight and improve their overall health.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

Programme focused on acquiring the ability to control and manage body weight in a conscious and comprehensive way.

Designed to reduce body weight while acquiring a series of skills and healthy habits that ensure that the achieved results can be maintained in the long run.

Methodology

An exhaustive initial assessment, which integrates a detailed analysis of each guest's eating habits, level of physical activity and body composition, allows us to set the goals we wish to achieve.

Constant supervision by our multidisciplinary medical team of doctors, nutritionists, psychologists, therapists and personal trainers guarantees a safe and inspiring approach to the programme to ensure sustainable long-term results.

The Mediterranean Diet takes centre stage thanks to the organic and Km 0 products grown on our Finca Althaya, the basis of the innovative cuisine of each of our Nutritional Plans.



Nutritional Plan: Detox

The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

Rates*

| | Sharing Double Suite* | Double Suite Single Use* |
|-----------|--------------------------|-----------------------------|
| 7 nights | 12.000€ | 14.800€ |
| 14 nights | 21.000€ | 26.600€ |
| 21 nights | 31.000€ | 39.400€ |

* Price per person. V.A.T. included. 7 nights* accommodation in Deluxe suite with Complete Nutritional Plan.

Before starting the ZEM Weight Management programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM WEIGHT MANAGEMENT PROGRAMME



ZEM DETOX & WEIGHT MANAGEMENT PROGRAMME

Through a holistic approach, the programme addresses both weight loss and body detoxification. Its main aim is overall regeneration by restoring each person's physiological nutritional values.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

This programme has been designed to teach our guests how to master and manage their body weight in a conscious and holistic way, as well as to strengthen the body's cleansing process.

It aims to establish healthy habits by combining medical treatments with wellbeing therapies, physical exercise and activities in connection with nature. The programme addresses both weight control and detoxification of the body to achieve an improvement in the overall health of our guests.

Methodology

To achieve the right balance between the energy ingested through food intake and the energy invested in daily activities, the programme combines medical treatments with wellness therapies, physical exercise and activities that take place in connection with nature.

The Mediterranean Diet is a key factor in a specific nutrition plan which is based on organic and Km 0 products grown by our team at Finca Althaya.

Constant supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers ensures a safe and inspiring approach to the programme.



Nutritional Plan: Detox

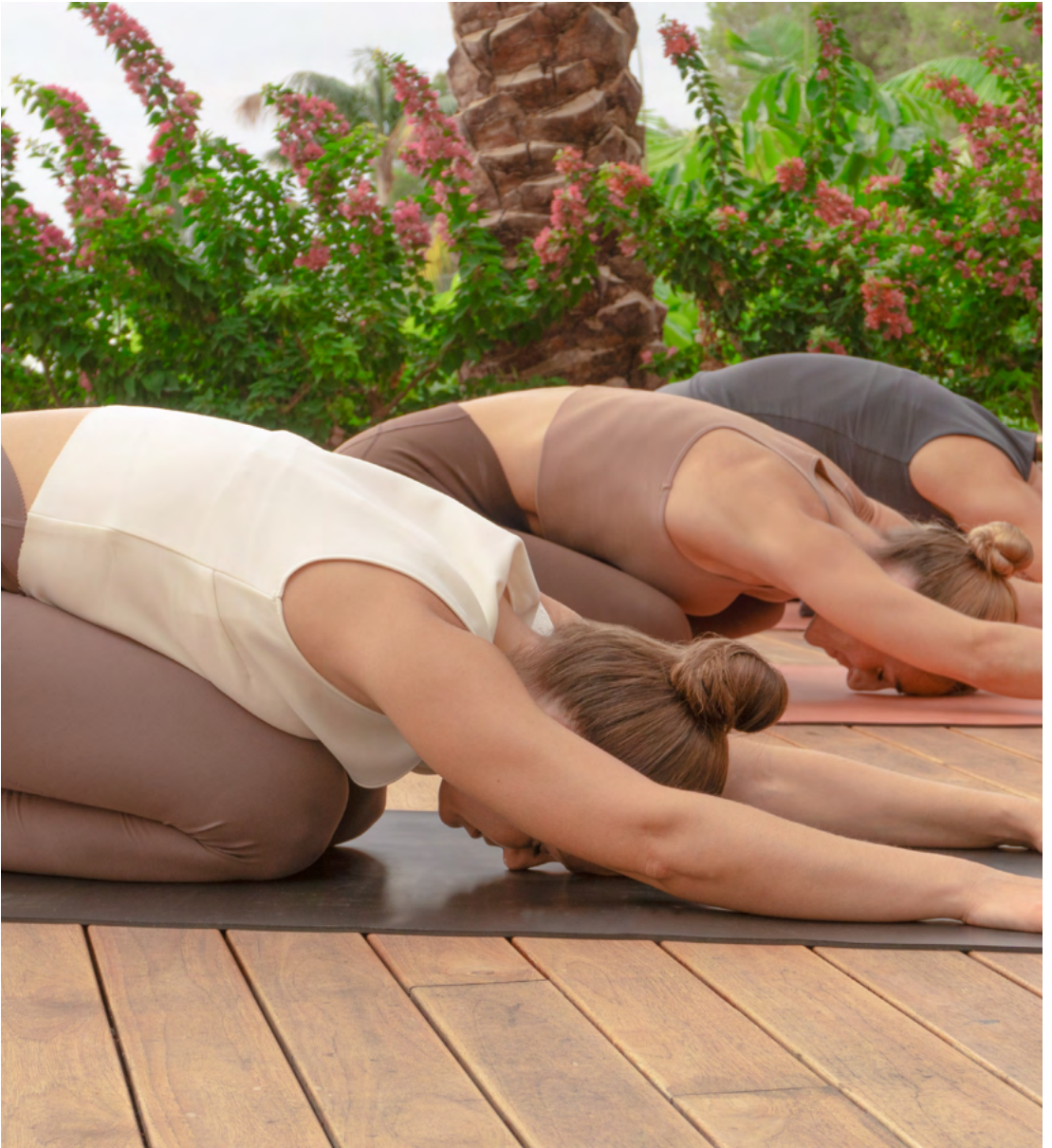
The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

| | Sharing Double Suite* | Double Suite Single Use* |
|---------------|--------------------------|-----------------------------|
| Rates* | | |
| 7 nights | 12.500€ | 15.300€ |
| 14 nights | 22.000€ | 27.600€ |
| 21 nights | 32.500€ | 40.900€ |

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite with Complete Nutritional Plan.

Before starting the ZEM Detox & Weight Management programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM DETOX & WEIGHT MANAGEMENT PROGRAMME





ZEM Weight Management & Detox

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | | | WELLBEING & NATURAL THERAPIES | | |
|---|----------|-----------|---|-----------------|------------------|
| | 7 nights | 14 nights | | 7 nights | 14 nights |
| ZEM Wellbeing Medical Examination | 1 | 1 | Welcome Massage | 1 | 1 |
| Basic Blood Analysis | 1 | 2 | Ayurveda Abhyanga Massage^ | 1 | 2 |
| Personalised Health Plan Consultation | 1 | 1 | Underwater Massage | 2 | 4 |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | Cupping Detox Massage | 2 | 4 |
| Test Results and Analysis Consultation | 1 | 1 | Spa Experience Detox Circuit | 1 | 1 |
| Final Bio-integrative Medicine Consultation | 1 | 1 | TCM Consultation + Acupuncture Session | 1 | 1 |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | Hydrodetox Cure Circuit | 2 | 4 |
| Healthy Pro-Ageing Consultation | 1 | 1 | Triple Detox (MLX i3DOME) Treatment - Metawell | 2 | 3 |
| Dermo-aesthetics and Cellular Regeneration Consultation | 1 | 1 | RLX Satori Treatment - Metawell | 1 | 2 |
| Biodental Consultation | 1 | 1 | Manual Lymphatic Drainage Massage | 1 | 2 |
| Hair Health and Trichology Consultation | 1 | 1 | Lympha Press | 2 | 3 |
| Emotional and Mental Wellbeing Consultation | 1 | 1 | Slimming Body Treatment | 2 | 3 |
| Food Sensitivity Test 270 foods | 1 | 1 | Indiba Body Sculpting | 1 | 2 |
| Oxidative and Heavy Metals Analysis | 1 | 1 | Unlimited Access to Fitness & Spa Area | incl. | incl. |
| MED TECH TESTS & TREATMENTS | | | PHYSICAL PERFORMANCE | | |
| Facial Scan | 1 | 1 | Functional Assessment | 1 | 1 |
| Dermo-Aesthetic Body Scan | 1 | 1 | Personal Training | 3 | 6 |
| Electrocardiogram | 1 | 1 | Yoga / Pilates - Individual Session | 1 | 2 |
| Bioimpedance Test | 2 | 3 | Mindfulness - Individual Session | 1 | 2 |
| Comprehensive Weight and Detox Serotherapy | 2 | 3 | ZEM COLLEGE | | |
| Colon Hydrotherapy | 2 | 3 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | |
| O3 Reset: Detox and Metabolic Balance | 1 | 3 | Group Cooking Class | 1 | 2 |
| Hair Mesotherapy | 1 | 1 | | | |
| NUTRITION | | | | | |
| Nutritional Assessment and Metabolic Bioregulation | 1 | 1 | | | |
| Nutrition Follow-up Consultation | 2 | 2 | | | |
| Personalised Detox Nutritional Plan | incl. | incl. | | | |
| | | | | 7 nights | 14 nights |
| TOTAL OF SERVICES | | | | 54 | 79 |





LONGEVITY PROGRAMMES

Our 3 longevity programmes address the issues that predispose people to a fuller and longer life, with a positive understanding of the passage of time.

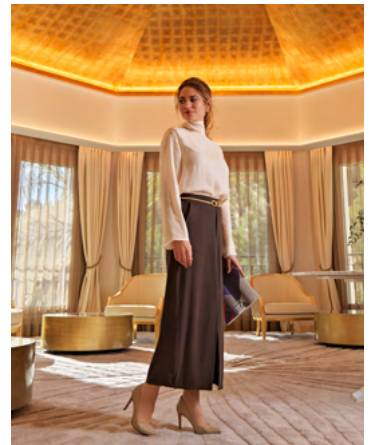
Through a holistic approach, our programmes combine the latest scientific research with holistic practices to support long-term wellbeing, optimise guest's vitality and prolong their quality of life.



ZEM Pro - Ageing



ZEM Immune - Revitalisation



ZEM Rejuvenating / Aesthetics

ZEM PRO-AGEING PROGRAMME

Our ZEM Pro-Ageing Programme is specifically designed for those who wish to embrace the passage of time with prevention, health and wellbeing.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**



Objectives

The aim of this programme is to promote healthy ageing and reduce stress, while improving emotional wellbeing through the practice of a healthy, sustainable and conscious lifestyle. An efficient way to improve vitality and energy, optimise skin health and strengthen cognitive function.

Methodology

The programme is based on a rigorous study to identify each guest's clinical problems or needs in order to determine the holistic therapeutic approach best suited to their requirements. The plan includes innovative treatments which deliver powerful anti-stress effects to strengthen a healthy longevity.

The programme includes the use of nutritional supplements rich in vitamins and minerals developed exclusively for ZEM Wellness Clinic Altea. Guests are also offered the possibility of completing the programme with an extensive range of advanced medical treatments and reinforcement techniques - Boosts - covering all areas of health and wellness.

Rates*

| | Sharing Double Suite* | Double Suite Single Use* |
|-----------|--------------------------|-----------------------------|
| 7 nights | 13.000€ | 15.800€ |
| 14 nights | 23.000€ | 28.600€ |
| 21 nights | 33.500€ | 41.900€ |

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite with Complete Nutritional Plan.

Nutritional Plan: Raw 80/20

The Raw 80/20 plan is designed to strengthen the body's cells and keep oxidative stress and chronic inflammation under control, helping to prevent cellular ageing. It consists of 80% raw food intake versus 20% cooked food intake.

Before starting the ZEM Pro-Ageing programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM PRO-AGEING PROGRAMME





ZEM Pro-Ageing

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | 7 nights | 14 nights | NUTRITION | 7 nights | 14 nights |
|---|----------|-----------|---|-----------------|------------------|
| ZEM Wellbeing Medical Examination | 1 | 1 | Nutritional Assessment and Metabolic Bioregulation | 1 | 1 |
| Basic Blood Analysis | 1 | 2 | Nutrition Follow-up Consultation | 2 | 4 |
| Oxidative Stress Biomarkers | 1 | 1 | Personalised Raw 80/20 Nutritional Plan | incl. | incl. |
| Immune Ageing Analysis | 1 | 1 | WELLBEING & NATURAL THERAPIES | | |
| Telomeric Length Analysis | 1 | 1 | Welcome Massage | 1 | 1 |
| Personalised Health Plan Consultation | 1 | 1 | Signature ZEM Body Massage | 1 | 1 |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | Spa Experience Sensorial Circuit | 1 | 1 |
| Test Results and Analysis Consultation | 1 | 1 | Ayurveda Shirodhara Massage | 1 | 2 |
| Final Bio-integrative Medicine Consultation | 1 | 1 | Triple Detox (MLX i3DOME) Treatment - Metawell | 1 | 1 |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | Zestos Dryfloat Treatment - Metawell | 1 | 1 |
| Healthy Pro-Ageing Consultation | 1 | 1 | MLX Quartz Treatment - Metawell | 1 | 2 |
| Regenerative Medicine Consultation | 1 | 1 | Welnamis Treatment - Metawell | 1 | 1 |
| Biodental Consultation | 1 | 1 | RLX Satori Treatment - Metawell | 2 | 2 |
| Emotional and Mental Wellbeing Consultation | 1 | 2 | Pro-Ageing Lux Facial Treatment | 1 | 1 |
| Neurocognition and Mental Performance Consultation | 1 | 2 | Aquatic Vibrational Ritual | 1 | 1 |
| Derma-aesthetics and Cellular Regeneration Consultation | 1 | 1 | Oxypro Hyperbaric Chamber | 1 | 1 |
| Hair Health and Trichology Consultation | 1 | 1 | Pro-Ageing Cure Circuit in 3 steps | 1 | 1 |
| MED TECH TESTS & TREATMENTS. | | | Facial Cryotherapy | 2 | 2 |
| Facial Scan | 1 | 1 | Unlimited Access to Fitness & Spa Area | incl. | incl. |
| Derma-Aesthetic Body Scan | 1 | 1 | PHYSICAL PERFORMANCE | | |
| Electrocardiogram | 1 | 1 | Functional Assesment | 1 | 1 |
| Bioimpedance Test | 1 | 1 | Yoga / Pilates - Individual Session | 1 | 2 |
| Dental Cleaning | 1 | 1 | Mindfulness - Individual Session | 1 | 2 |
| Hydrafacial | - | 1 | Personal Training | 2 | 4 |
| Facial Indiba | 1 | 2 | ZEM COLLEGE | | |
| Corporal Indiba | 1 | 2 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | |
| Whole Body Densitometry | 1 | 1 | Group Cooking Class | 1 | 2 |
| Colon Hydrotherapy | 1 | 3 | | | |
| EternaDrip Serotherapy: Youth from Within | 1 | 2 | | | |
| O3 VitalAge: Regeneration and Longevity | 1 | 2 | | | |
| Intravenous Laser | 1 | 1 | | | |
| Hypoxia-Hyperoxia Session | 1 | 2 | | | |
| Hair Mesotherapy | - | 1 | | | |
| Harvard Brain Health Test | 1 | 1 | | | |
| | | | | 7 nights | 14 nights |
| TOTAL OF SERVICES | | | | 56 | 77 |

ZEM IMMUNE REVITALISATION PROGRAMME

The aim of the ZEM Immune Revitalisation programme is to optimise the guest's immune system, providing a strong and effective barrier against disease and stress.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**



Objectives

Its main objective is to optimize health in general and revitalize the cells' natural repair and adaptation mechanisms.

Methodology

Depending on the guest's specific profile, a programme is designed to employ a number of different strategies to care for and strengthen the immune system.

The programme's treatments aim to neutralise free radicals. This is achieved by promoting oxygenation, revitalisation, detoxification and reduction of oxidative stress in the guest's cells, which translates into an improvement in epigenetic mechanisms and cellular health.

The combination of these treatments alongside the use of vitamin supplements, minerals and essential nutrients helps to improve the guest's metabolism, leading to an increase in energy and an improved immune system.

Rates*

| | Sharing Double Suite* | Double Suite Single Use* |
|-----------|--------------------------|-----------------------------|
| 7 nights | 11.500€ | 14.300€ |
| 14 nights | 20.000€ | 25.600€ |
| 21 nights | 29.500€ | 37.900€ |

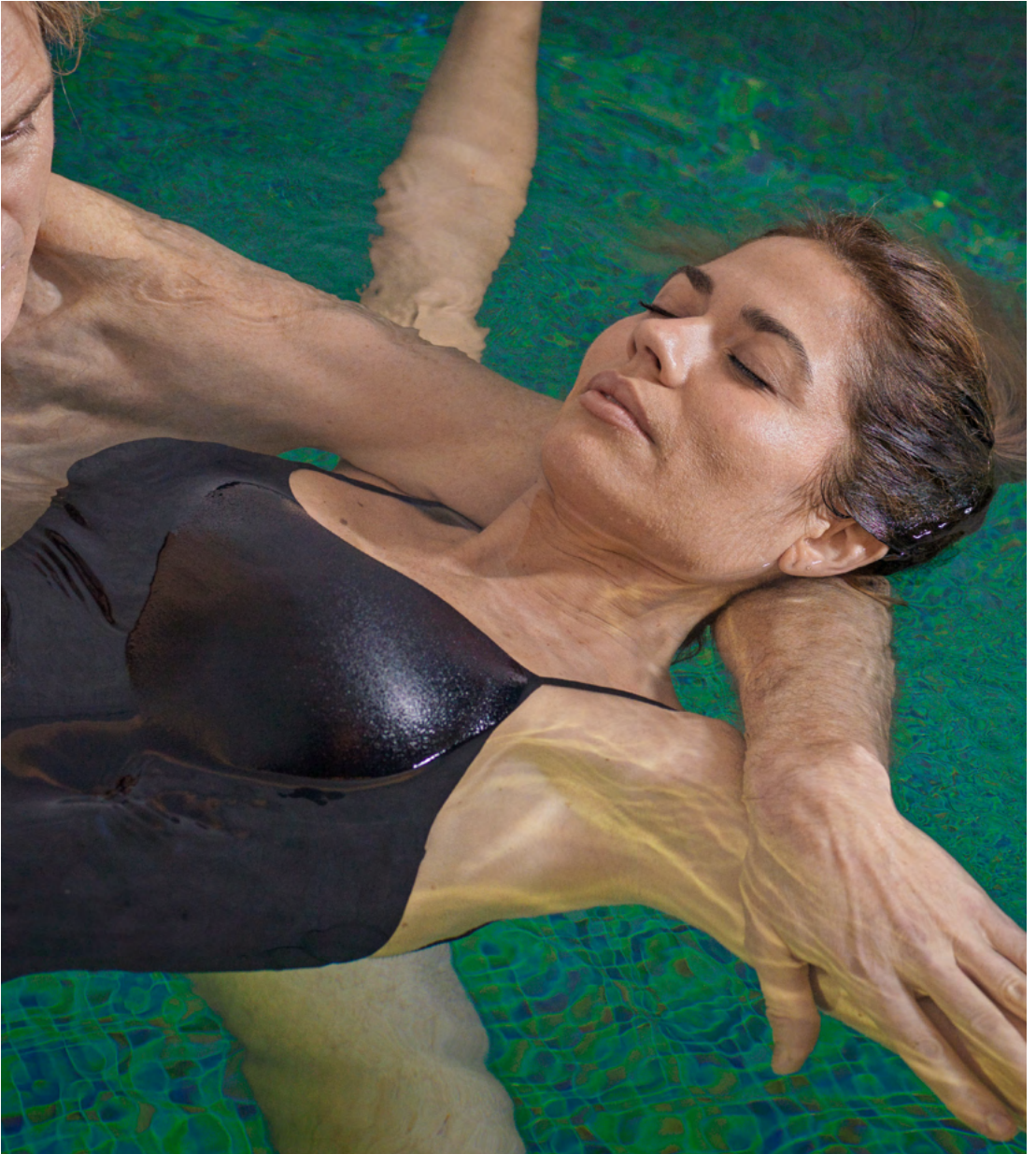
* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite with Complete Nutritional Plan.

Nutritional Plan: Revitalisation

The Revitalisation Plan is designed to optimise vital organ function with a special focus on the immune system. It focuses on cellular detoxification to promote regeneration at the cellular level and restore each guest's physiological nutritional values.

Before starting the ZEM Immune Revitalisation programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM IMMUNE REVITALISATION PROGRAMME





ZEM Immune-Revitalisation

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | | | 7 nights | 14 nights | NUTRITION | | | 7 nights | 14 nights |
|---|---|---|---|------------------|-----------|--|--|----------|-----------|
| ZEM Wellbeing Medical Examination | 1 | 1 | Nutritional Assessment and Metabolic Bioregulation | 1 | 1 | | | | |
| Basic Blood Analysis | 1 | 1 | Nutrition Follow-up Consultation | 1 | 3 | | | | |
| Viral Serology Analysis | 1 | 1 | Personalised Revitalisation Nutritional Plan | incl. | incl. | | | | |
| Immune Ageing Analysis | 1 | 1 | WELLBEING & NATURAL THERAPIES | | | | | | |
| Personalised Health Plan Consultation | 1 | 1 | Welcome Massage | 1 | 1 | | | | |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | Poultices Massage | - | 1 | | | | |
| Follow-up Bio-integrative Medicine Consultation | 1 | 1 | Underwater Massage | 2 | 2 | | | | |
| Test Results and Analysis Consultation | 1 | 1 | Arabesque Revital Ritual | 1 | 2 | | | | |
| Final Bio-integrative Medicine Consultation | 1 | 1 | Spa Experience Therapeutic Circuit | 1 | 1 | | | | |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | TCM Consultation + Acupuncture Session | 1 | 1 | | | | |
| Healthy Pro-Ageing Consultation | 1 | 2 | Triple Detox (MLX i3DOME) Treatment - Metawell | 1 | 1 | | | | |
| Regenerative Medicine Consultation | 1 | 2 | MLX Quartz Treatment - Metawell | 1 | 2 | | | | |
| Biodental Consultation | 1 | 1 | Relounge Treatment - Metawell | 1 | 1 | | | | |
| Neurocognition and Mental Performance Consultation | 1 | 2 | RLX Satori Treatment - Metawell | 1 | 2 | | | | |
| Derma-aesthetics and Cellular Regeneration Consultation | 1 | 1 | Libra Edge Treatment - Metawell | 2 | 2 | | | | |
| Hair Health and Trichology Consultation | 1 | 1 | Oxypro Hyperbaric Chamber | 1 | 2 | | | | |
| Basic Gut Microbiota Assessment | 1 | 1 | Cryotherapy | 1 | 2 | | | | |
| MED TECH TESTS & TREATMENTS | | | Manual Lymphatic Drainage Massage | 2 | 2 | | | | |
| Facial Scan | 1 | 1 | Lympha Press | 2 | 2 | | | | |
| Derma-Aesthetic Body Scan | 1 | 1 | Aquatic Vibrational Ritual | 1 | 1 | | | | |
| Electrocardiogram | 1 | 1 | Unlimited Access to Fitness & Spa Area | incl. | incl. | | | | |
| Bioimpedance Test | 1 | 1 | PHYSICAL PERFORMANCE | | | | | | |
| Whole Body Densitometry | 1 | 1 | Functional Assesment | 1 | 1 | | | | |
| Colon Hydrotherapy | 1 | 2 | Personal Training | 1 | 2 | | | | |
| OzoneShield: Revitalisation and Cellular Defence | 2 | 4 | Mindfulness - Individual Session | 1 | 2 | | | | |
| Intravenous Laser | 1 | 2 | Yoga / Pilates - Individual Session | 2 | 2 | | | | |
| Deep Plasma Revitalisation | 1 | 2 | ZEM COLLEGE | | | | | | |
| Protection and Strengthening Serotherapy | 1 | 2 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | | | | | |
| | | | Group Cooking Class | 1 | 2 | | | | |
| | | | 7 nights | 14 nights | | | | | |
| TOTAL OF SERVICES | | | 55 | 75 | | | | | |

ZEM REJUVENATING / AESTHETICS PROGRAMME

ZEM Rejuvenating/Aesthetics focuses on improving people's self-confidence and emotional wellbeing by addressing visible signs of ageing.





Minimum duration of the programme: **7 nights** | Recommended duration **14 / 21 nights**

All our programmes are personalized and tailored to each guest's needs and physical condition.

Each programme **includes accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

A programme aimed at addressing the visible signs of aging to achieve one's desired physical appearance.

ZEM Rejuvenating/Aesthetics focuses on increasing people's self-confidence as well as their physical and emotional wellbeing. The aim is to accept oneself and promote those aspects that can contribute to improving one's self-esteem and wellbeing.

Methodology

Through the application of advanced techniques and technologies, the programme's treatments help revitalise guests' skin restoring its youthful and healthy appearance.

The guest's health and wellness agenda includes consultations with different specialities, such as nutrition, our Bio-Dental unit or psychology. The dermo-aesthetic treatments are complemented with facial and body massages, a fitness routine and outdoor activities.

To ensure accurate and effective results, all procedures are performed and supervised by our team of medical and aesthetic professionals.



Nutritional Plan: Essential

The Essential plan promotes self-awareness to explore and understand the relationship between body and mind. The plan offers guidelines to enable you to choose what you need at any given moment while enjoying a balanced meal based on the Mediterranean diet.

| Rates* | Sharing | Double Suite |
|-----------|---------------|--------------|
| | Double Suite* | Single Use* |
| 7 nights | 14.500€ | 17.300€ |
| 14 nights | 26.000€ | 31.600€ |
| 21 nights | 37.500€ | 45.900€ |

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite with Complete Nutritional Plan.

Before starting the ZEM Rejuvenating / Aesthetics programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

ZEM REJUVENATING / AESTHETICS PROGRAMME





ZEM Rejuvenating Aesthetics

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | | | 7 nights | 14 nights | NUTRITION | | | 7 nights | 14 nights |
|--|---|---|---|------------------|-----------|--|--|----------|-----------|
| ZEM Wellbeing Medical Examination | 1 | 1 | Nutritional Assessment and Metabolic Bioregulation | 1 | 1 | | | | |
| Basic Blood Analysis | 1 | 2 | Nutrition Follow-up Consultation | 2 | 4 | | | | |
| Heavy Metals Analysis | 1 | 1 | Personalised Essential Nutritional Plan | incl. | incl. | | | | |
| Basic Analysis Essential Nutrients | 1 | 1 | WELLBEING & NATURAL THERAPIES | | | | | | |
| Personalised Health Plan Consultation | 1 | 1 | Welcome Massage | 1 | 1 | | | | |
| Initial Bio-integrative Medicine Consultation | 1 | 1 | Ayurveda Abhyanga Massage | 1 | 2 | | | | |
| Test Results and Analysis Consultation | 1 | 1 | Spa Experience Sensorial Circuit | 1 | 1 | | | | |
| Final Bio-integrative Medicine Consultation | 1 | 1 | Alchemy of Light and Cocoa Ritual | 1 | 2 | | | | |
| Hair Health and Trichology Consultation | 1 | 1 | Underwater Massage | 1 | 2 | | | | |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 | Triple Detox (MLX i3DOME) Treatment - Metawell | 1 | 1 | | | | |
| Healthy Pro-Ageing Consultation | 1 | 1 | MLX Quartz Treatment - Metawell | 1 | 1 | | | | |
| Dermo-aesthetics and Cellular Regeneration Consultation | 1 | 1 | RLX Satori Treatment - Metawell | - | 2 | | | | |
| Dermo-aesthetic and Cellular Regeneration Follow-up Consultation | 1 | 2 | Libra Edge Treatment - Metawell | 1 | 2 | | | | |
| Biodental Consultation | 1 | 1 | Signature Facial Treatment | 1 | 2 | | | | |
| Emotional and Mental Wellbeing Consultation | 1 | 2 | Oxypro Hyperbaric Chamber | 2 | 2 | | | | |
| Neurocognition and Mental Performance Consultation | 1 | 2 | Facial Cryotherapy | 2 | 3 | | | | |
| MED TECH TESTS & TREATMENTS | | | Slimming Body Treatment | 1 | 1 | | | | |
| Facial Scan | 1 | 2 | Rejuvenating Body Treatment | 1 | 2 | | | | |
| Dermo-Aesthetic Body Scan | 1 | 1 | Unlimited Access to Fitness & Spa Area | incl. | incl. | | | | |
| Electrocardiogram | 1 | 1 | PHYSICAL PERFORMANCE | | | | | | |
| Bioimpedance Test | 1 | 1 | Functional Assesment | 1 | 1 | | | | |
| Facial Indiba | 1 | 2 | Personal Training | 2 | 2 | | | | |
| Corporal Indiba | 1 | 2 | ZEM COLLEGE | | | | | | |
| Whole Body Densitometry | 1 | 1 | Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | | | | | |
| Hydrfacial | 1 | 2 | Group Cooking Class | 1 | 2 | | | | |
| Intravenous Laser | 1 | 2 | | | | | | | |
| DermaVital Serotherapy: Deep Moisturising & Recovery | 2 | 3 | | | | | | | |
| OzoneYouth: Rejuvenation and Deep Vitality | 2 | 3 | | | | | | | |
| Colon Hydrotherapy | 1 | 2 | | | | | | | |
| Hair Mesotherapy | 1 | 1 | | | | | | | |
| Ultraformer MPT | 1 | 1 | | | | | | | |
| Biodental Cleaning | 1 | 1 | | | | | | | |
| | | | 7 nights | 14 nights | | | | | |
| TOTAL OF SERVICES | | | 55 | 79 | | | | | |





BOOSTS

Each Boost is carefully designed to provide additional benefits that enhance the results of our health programmes. These Boosts are versatile and can be combined with any of the programmes, offering a customised and adaptable solution to each guest's individual needs.



ZEM Dermo-Aesthetics Boost



ZEM Healthy Brain Boost



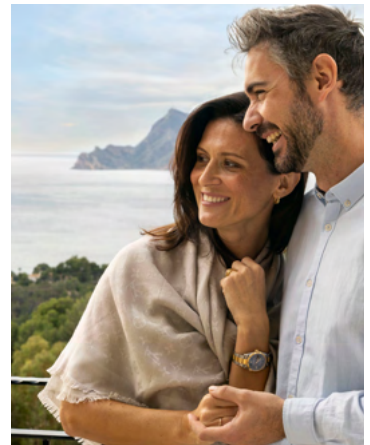
ZEM Pain Boost



ZEM Sleep Boost



ZEM Capilar Boost



ZEM Intimate Boost

ZEM DERMO AESTHETICS BOOST

For **healthier, brighter and rejuvenated skin**. Visible results that improve personal confidence.

2 specialisations to focus on specific areas:

DERMO AESTHETICS FACIAL BOOST

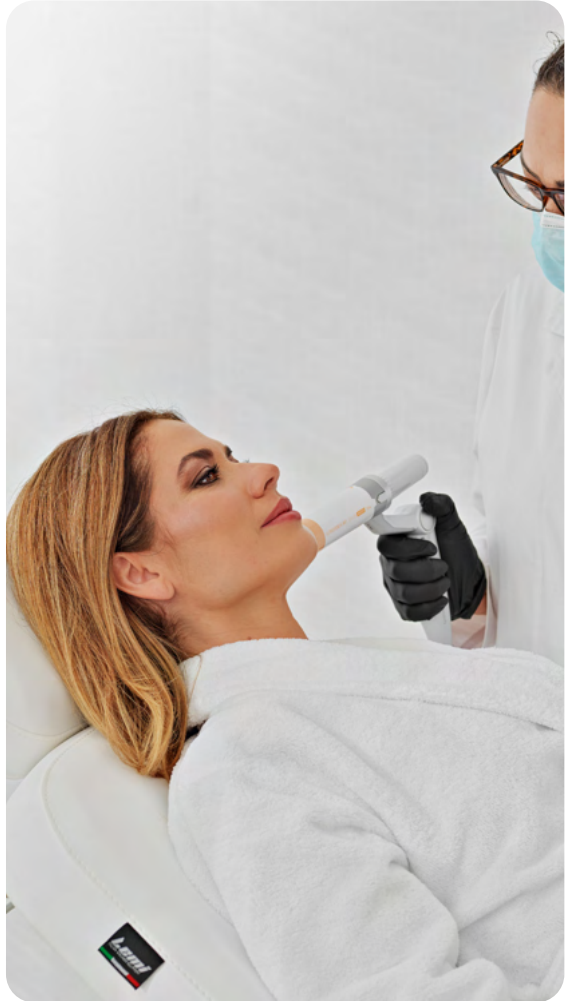
DERMO AESTHETICS BODY BOOST

Objectives

The main objective is to correct aesthetic imperfections or signs of ageing visible on the face and body, as well as to revitalise and improve skin's health in order to nourish, rejuvenate and restore its function and appearance.

Methodology

ZEM Dermo-Aesthetics Boost consists of a tailor-made plan based on specific analyses that help our medical team acquire an in-depth knowledge of the guest's skin.



Who is it aimed at?

It is especially beneficial for those with dull, dehydrated or ageing skin, or those struggling with persistent problems such as pigmentation spots or uneven texture.

Price: 7.500€



ZEM HEALTHY BRAIN BOOST

Nurturing and promoting **brain health** to prevent future problems and enjoy an active brain.



Objectives

Healthy Brain Boost aims to optimise brain activity, enhance neural plasticity, and improve learning and cognitive performance. Additionally, it is designed to prevent future issues related to brain health, promoting a healthy, active, and balanced brain.

Methodology

The programme begins with a personalised consultation and computerised cognitive diagnosis to assess memory, attention and emotional well-being. It uses real-time brain mapping and tools such as photobiomodulation and transcranial brain stimulation (TDCS) to optimise brain activity and plasticity. It also includes a Brainfoods workshop to teach how to improve cognitive health through food.

Who is it aimed at?

Healthy Brain Boost is designed for individuals interested in maintaining and enhancing their brain health, as well as those wishing to prevent cognitive issues in the future.

Price: 4.500€

ZEM PAIN BOOST



Chronic pain relief and treatment of its underlying causes to improve quality of life.

3 specialisations to focus on specific areas:

SPINAL PAIN

MUSCLE AND JOINT PAIN

HIGH PERFORMANCE SPORTS PAIN

Objectives

ZEM Pain Boost has been developed to relieve and manage chronic pain in order to provide lasting relief. The result translates into improvement of quality of life and more activity without pain.

Methodology

ZEM Pain Boost offers a combination of advanced and personalised treatments that target three distinct areas of pain: spine, muscle and joint. Additionally we have developed a specific treatment for pain caused by high performance sports.



Who is it aimed at?

At those seeking a comprehensive and personalised solution to manage and relieve their pain, improve their mobility or receive specialised support towards leading a more comfortable and active life.

Price: 5.000€



ZEM SLEEP BOOST

Helps to re-establish **healthy sleep patterns**, providing a deep and revitalising rest.



Objectives

To improve overall health and wellbeing by helping our guest to tackle insomnia and regulate sleep cycles to improve overall quality of life.

Methodology

Adapted to each guest's specific needs and pathologies. ZEM Wellness Clinic Altea features suites specially designed for the optimal implementation of therapies and treatments aimed at improving the quality of sleep.

Who is it aimed at?

Anyone who needs to improve the quality of their sleep. This Boost is particularly suitable for those who suffer from insomnia, difficulty falling or staying asleep, or who experience high levels of stress, chronic fatigue or low energy levels during the day.



Price: 4.500€

ZEM CAPILAR BOOST

Biostimulation and hair implants
to quickly and effectively improve hair health and appearance.



Objectives

Its main objective is to repair, strengthen and protect the hair so that it quickly regains its healthy appearance, softness and shine.

Methodology

ZEM Capillary Boost treats guest's hair in a comprehensive fashion to create a protective barrier against future damage while repairing the harm caused by the dryness, heat, chemicals or pollution to which the hair is exposed.

A medical team specialised in trichology and dermatology supervises the entire process and monitors the guest according to the established consultation plan.

Who is it aimed at?

It is recommended for those who want to give their hair a boost of energy, as well as those who might suffer from chronic stress or hormonal disorders that may cause to hair loss. Specifically, it is highly recommended for those with trichological or dermatological pathologies such as alopecia, hypothyroidism or anaemia.

Price: 5.500€



ZEM INTIMATE BOOST

Functional results that help restore the quality of one's intimacy and promote personal confidence.



2 specialisations to focus on specific areas:

FEMALE INTIMATE BOOST

MALE INTIMATE BOOST

Objectives

The aim of this boost package is to improve the guest's intimacy and wellbeing through treatments specifically designed for women and men that aim to revitalise, rejuvenate and strengthen intimacy-related areas. Sexology, gynaecology and urology consultations are included as well as genetic and hormonal studies that determine the ideal treatments for each patient.

Methodology

After an initial analysis and diagnosis, the medical team at ZEM Wellness Clinic defines a tailor-made plan that helps to restore the guest's confidence and general wellbeing. Therapies for improving skin elasticity, increasing natural lubrication, improving sensitivity and muscle tone, as well as treating each guest's specific conditions, are included. Always in a professional and safe environment.

Who is it aimed at?

This is recommended for people seeking to improve their intimacy and wellbeing, such as women who wish to regain vaginal elasticity after childbirth, those with urinary problems in need of strengthening their pelvic floor muscles, or perimenopausal or menopausal women. It is also beneficial for those wishing to increase natural lubrication, improve sensitivity, or aesthetically rejuvenate their private areas.

Price: 4.500€







ZEM

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