



ZEM

WELLNESS CLINIC ALTEA

DISCOVER OUR PROGRAMMES AND BOOSTS



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



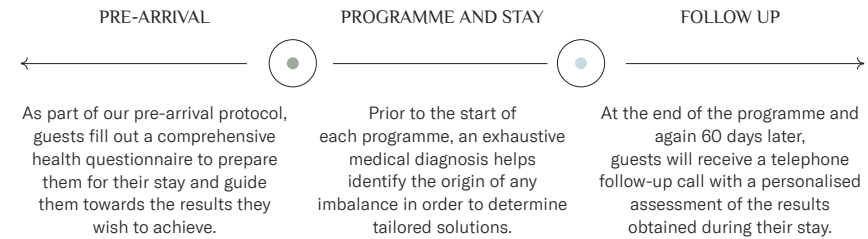
WHAT ARE THE BENEFITS OF ZEM WELLNESS CLINIC'S PROGRAMMES?

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 6 SPECIALISED HEALTH PROGRAMMES

LONGEVITY PROGRAMMES



ZEM PRO-AGEING



ZEM IMMUNE-REVITALISATION



ZEM REJUVENATING/AESTHETICS

BALANCE & VITALITY PROGRAMMES



ZEM DETOX



ZEM WEIGHT MANAGEMENT



ZEM WEIGHT
MANAGEMENT & DETOX

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.

BALANCE & VITALITY

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.

RATES*

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

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€

* 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 EMO-DIGESTIVE 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 EMO-DIGESTIVE BOOST

Price: 5.500€*

The focus lies on the microbiota-gut-brain connection, which improves the quality of life by studying and controlling nutrition in order to address chronic digestive problems and fight stress levels or emotional imbalances.

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.

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

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.



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.

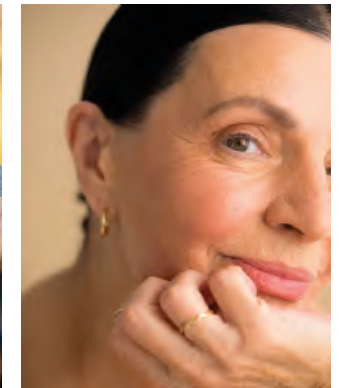
Through a holistic approach, our programmes combine the latest scientific research with holistic practices to support long-term wellbeing, optimise guest's vitality and prolong their quality of life.



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*

7 nights	from 13.000€
14 nights	from 23.000€
21 nights	from 33.500€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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	
Initial Integrative Nursing Consultation	1	1			
Basic Blood and Urine Analysis	1	2			
Personalised Health Plan Consultation	1	1			
Initial Integrative Medicine Consultation	1	1			
Test and Analytical Results Consultation	1	1			
Final Integrative Medicine Consultation	1	1			
Revitalising & Bioregulatory Medicine Consultation	1	1			
Healthy Ageing Consultation	1	1			
Regenerative Medicine Consultation	1	1			
Dental Health Consultation	1	1			
Psychology Consultation	1	3			
Cognitive Psychology Consultation	-	3			
Dermo-aesthetic Consultation	1	1			
Capillary Health Consultation	-	1			
Oxidative Stress Test	1	1			
Immune Ageing Analysis	1	1			
TREATMENTS & MED TECH TESTS					
Dermatological Body Mapping	1	1			
Facial Scan	1	1			
Dermo-aesthetic Body Scan	1	1			
Electrocardiogram	1	1			
Bioimpedance Test	1	1			
Dental Whitening	1	1			
Whole Body Densitometry	1	1			
Hydrocolonotherapy	1	3			
Serotherapy	1	3			
Ozonotherapy	-	3			
Intravenous Laser	1	1			
Hypoxia-Hyperoxia Session	1	2			
Capillary Mesotherapy	-	1			
NUTRITION			7 nights	14 nights	
Healthy Nutrition Consultation	1	1			
Nutrition Follow-up Consultation	1	4			
Personalised Daily Nutritional Plan	*	*			
WELLBEING & NATURAL THERAPIES					
Welcome Massage	1	1			
Signature ZEM Corporal Massage	-	1			
Spa Experience	1	1			
Triple Detox Treatment (MLX i3DOME) - Metawell	1	1			
Zestos Dryfloat Treatment - Metawell	1	1			
MLX Quartz Treatment - Metawell	1	2			
Welnamis Treatment - Metawell	1	1			
RLX Satori Treatment - Metawell	2	2			
Oxypro Hyperbaric Chamber	1	1			
Dermatological Cryotherapy	1	3			
Facial Indiba	1	2			
Corporal Indiba	1	2			
Hydrafacial	-	1			
Hydrodetox Cure Circuit	-	1			
Unlimited Access to Wellness & Spa Zone	*	*			
PHYSICAL PERFORMANCE					
Functional Assessment and Training	1	1			
Yoga - Various Styles	2	1			
Midfunness Session	-	5			
Personal Training	-	9			
ZEM COLLEGE					
Finca Althaya Visit	2	2			
Group Cooking Class	-	2			
			7 nights	14 nights	
TOTAL SERVICES			44	86	



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 epigenic 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*

7 nights	from 11.500€
14 nights	from 20.000€
21 nights	from 29.500€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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	14	NUTRITION	7	14
	nights	nights		nights	nights
Initial Integrative Nursing Consultation	1	1	Healthy Nutrition Consultation	1	1
Basic Blood and Urine Analysis	1	1	Nutrition Follow-up Consultation	1	3
Personalised Health Plan Consultation	1	1	Personalised Daily Nutritional Plan	*	*
Initial Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Follow-Up Integrative Medicine Consultation	-	2	Welcome Massage	1	1
Test and Analytical Results Consultation	1	1	Relaxing Massage	-	1
Final Integrative Medicine Consultation	1	1	Spa Experience	1	1
Revitalising & Bioregulatory Medicine Consultation	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
Healthy Ageing Consultation	1	2	Oxypro Hyperbaric Chamber	1	1
Digestive Health Consultation	1	-	Manual Lymphatic Drainage	2	2
Regenerative Medicine Consultation	1	-	Pressotherapy Combined with Cryotherapy	-	1
Dental Health Consultation	2	1	MLX Quartz Treatment - Metawell	1	3
Cognitive Psychology Consultation	-	3	Welnamis Treatment - Metawell	1	1
Derma-Aesthetic Consultation	-	1	RLX Satori Treatment - Metawell	-	2
Capillary Health Consultation	-	1	Aqua Relax	1	-
TCM Consultation + Acupuncture Session	1	1	Hydrodetox Cure Circuit	-	3
Acupuncture Session	2	4	Unlimited Access to Wellness & Spa Area	*	*
Viral Serology Analysis	1	1	PHYSICAL PERFORMANCE		
Immune Ageing Analysis	1	1	Functional Assessment and Training	1	1
Intestinal Dysbiosis Basic Test	1	1	Mindfulness	1	3
TREATMENTS & MED TECH TESTS			Yoga - Various Styles	1	3
Dermatological Body Mapping	1	1	Personal Training	-	5
Facial Scan	1	1	ZEM COLLEGE		
Derma-aesthetic Body Scan	1	1	Finca Althaya Visit	2	2
Electrocardiogram	1	1	Group Cooking Class	-	2
Bioimpedance Test	4	1			
Whole Body Densitometry	1	1			
Hydrocolonotherapy	2	3			
Serotherapy	1	3			
Ozonotherapy	-	3			
Dermatological Cryotherapy	1	1			
Intravenous Laser	1	2			
				7 nights	14 nights
TOTAL SERVICES				48	80



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*

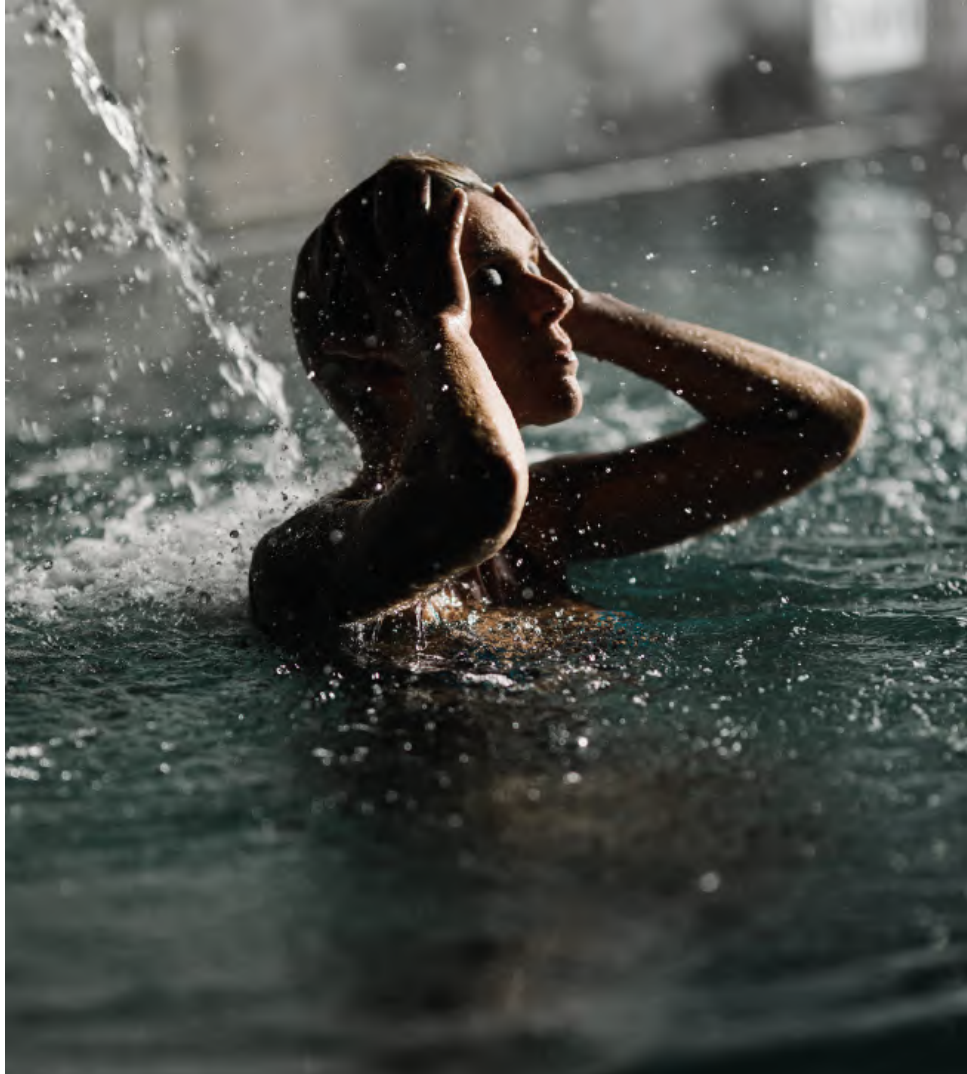
7 nights	from 14.500€
14 nights	from 26.000€
21 nights	from 37.500€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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
Initial Integrative Nursing Consultation	1	1	Healthy Nutrition Consultation	1	1
Basic Blood and Urine Analysis	1	2	Nutrition Follow-up Consultation	2	2
Personalised Health Plan Consultation	1	1	Personalised Daily Nutritional Plan	*	*
Initial Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Test and Analytical Results Consultation	1	1	Welcome Massage	1	1
Final Integrative Medicine Consultation	1	1	Relaxing Massage	-	1
Capillary Health Consultation	-	1	Spa Experience	1	1
Revitalising & Bioregulatory Medicine Consultation	1	1	Hydrodetox Cure Circuit	-	2
Healthy Ageing Consultation	-	1	Triple Detox Treatment (MLX i3DOME) - Metawell	2	1
Dermo-aesthetic Consultation	1	1	MLX Quartz Treatment - Metawell	1	1
Dermo-aesthetic Follow-up Consultation	1	-	Oxygen therapy	1	-
Dental Health Consultation	1	1	Oxypro Hyperbaric Chamber	1	1
TCM Consultation + Acupuncture Session	1	1	Welnamis Treatment - Metawell	2	1
Acupuncture Session	2	5	Libra Edge Treatment - Metawell	1	1
Psychology Consultation	1	3	RLX Satori Treatment - Metawell	-	2
Cognitive Psychology Consultation	-	2	Facial Indiba	1	2
Essential Nutrients Basic Analysis	1	1	Corporal Indiba	2	3
Heavy Metals Analysis	1	1	Pressotherapy Combined with Cryotherapy	-	1
TREATMENTS & MED TECH TESTS			Body Slimming Treatment	-	1
Dermatological Body Mapping	1	1	"El Sahara" Ritual (with mud)	-	1
Facial Scan	1	1	Unlimited Access to Wellness & Spa Area	*	*
Dermo-aesthetic Body Scan	1	1	PHYSICAL PERFORMANCE		
Electrocardiogram	1	1	Functional Assessment and Training	1	1
Bioimpedance Test	1	1	Personal Training	1	4
Whole Body Densitometry	1	1	ZEM COLLEGE		
Hydrafacial	1	-	Finca Althaya Visit	2	2
Intravenous Laser	1	2	Group Cooking Class	-	2
Serotherapy	1	3			
Ozonotherapy	-	3			
Hydrocolonotherapy	-	3			
Dermatological Cryotherapy	1	1			
Capillary Mesotherapy	-	1			
Ultraformer MPT	1	-			
				7 nights	14 nights
TOTAL SERVICES				47	76



BALANCE & VITALITY PROGRAMMES

To help our guests achieve their goals in an effective and long-lasting way, we have developed 3 specialized programmes that combine the most advanced science with a personalized approach.

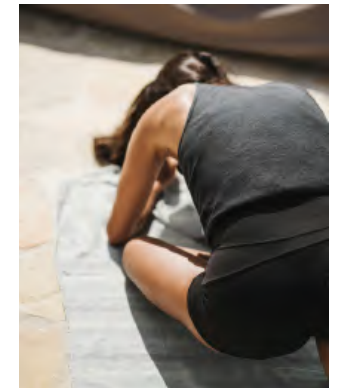
Weight Management & Detox helps guests learn to adopt healthy habits, starting a process through which they learn to take care of themselves from the inside in order to achieve visible results that will stand the test of time.



ZEM Detox



ZEM Weight Management



ZEM Weight Management & Detox



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.

Rates*

7 nights	from 11.000€
14 nights	from 19.000€
21 nights	from 28.500€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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

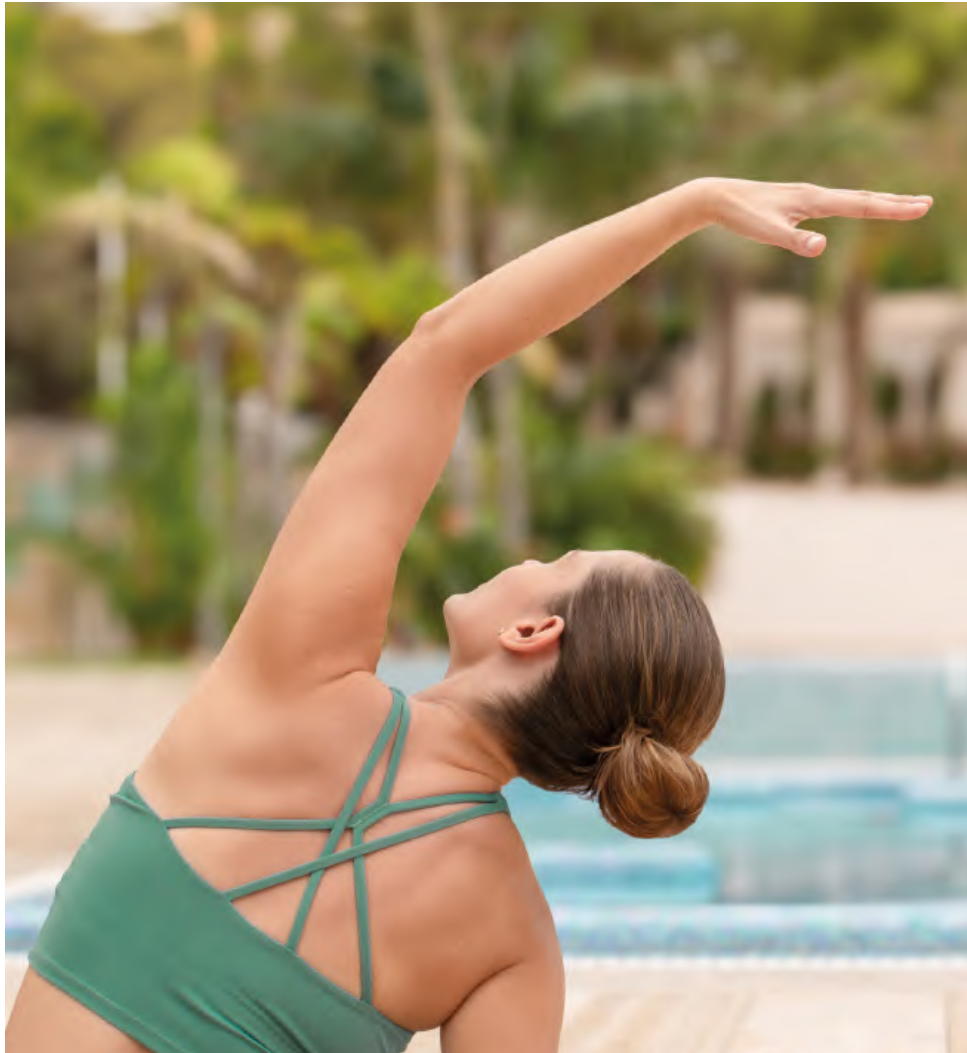


ZEM Detox					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	NUTRITION	7 nights	14 nights
Initial Integrative Nursing Consultation	1	1	Healthy Nutrition Consultation	1	1
Basic Blood and Urine Analysis	1	2	Nutrition Follow-up Consultation	2	3
Personalised Health Plan Consultation	1	1	Personalised Daily Nutritional Plan	*	*
Initial Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Test and Analytical Results Consultation	1	1	Welcome Massage	1	1
Follow-Up Integrative Medicine Consultation	-	1	Relaxing Massage	-	1
Final Integrative Medicine Consultation	1	1	Spa Experience	1	1
Digestive Health Consultation	1	-	Hydrodetox Cure Circuit	4	6
Revitalising & Bioregulatory Medicine Consultation	1	1	Manual Lymphatic Drainage	1	2
Healthy Ageing Consultation	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
Dermo-aesthetic Consultation	1	1	RLX Satori Treatment - Metawell	-	2
Cognitive Psychology Consultation	-	3	Oxypro Hyperbaric Chamber	1	1
Capillary Health Consultation	-	1	Dermatological Cryotherapy	2	2
Dental Health Consultation	-	1	Pressotherapy Combined with Cryotherapy	-	1
TCM Consultation + Acupuncture Session	2	1	Body Slimming Treatment	-	2
Acupuncture Session	3	6	"El Sahara" Ritual (with mud)	1	-
Oxidative & Heavy Metals Analysis	1	1	Unlimited Access to Wellness & Spa Area	*	*
Food Sensitivity Test for 270 foods	1	1	PHYSICAL PERFORMANCE		
TREATMENTS & MED TECH TESTS			Functional Assessment and Training	1	1
Dermatological Body Mapping	1	1	Personal Training	2	9
Facial Scan	1	1	Yoga - Various Styles	-	1
Dermo-aesthetic Body Scanner	1	1	Mindfulness	-	3
Electrocardiogram	1	1	ZEM COLLEGE		
Bioimpedance Test	5	1	Finca Althaya Visit	2	2
Serotherapy	1	4	Group Cooking Class	-	2
Hydrocolonotherapy	2	3			
Ozonotherapy	-	3			
Intravenous Laser	-	1			
				7 nights	14 nights
TOTAL SERVICES				49	83



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*

7 nights	from 12.000€
14 nights	from 21.000€
21 nights	from 31.000€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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 Weight Management					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	NUTRITION	7 nights	14 nights
Initial Integrative Nursing Consultation	1	1	Healthy Nutrition Consultation	1	1
Basic Blood and Urine Analysis	1	2	Nutrition Follow-up Consultation	2	2
Personalised Health Plan Consultation	1	1	Personalised Daily Nutritional Plan	*	*
Initial Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Test and Analytical Results Consultation	1	1	Welcome Massage	1	1
Follow-Up Integrative Medicine Consultation	-	1	Relaxing Massage	-	2
Final Integrative Medicine Consultation	1	1	Spa Experience	1	1
Digestive Health Consultation	1	-	Hydrodetox Cure Circuit	2	5
Revitalising & Bioregulatory Medicine Consultation	1	1	Pressotherapy Combined with Cryotherapy	1	2
Dermo-aesthetic Consultation	1	1	Body Slimming Treatment	1	2
Healthy Ageing Consultation	-	1	RLX Satori Treatment - Metawell	1	4
Dental Health Consultation	-	1	Signature ZEM Body Massage	1	-
Capillary Health Consultation	-	1	Unlimited Access to Wellness & Spa Area	*	*
TCM Consultation + Acupuncture Session	2	1	PHYSICAL PERFORMANCE		
Acupuncture Session	2	6	Functional Assessment and Training	1	1
Psychology Consultation	1	2	Personal Training	3	8
Cognitive Psychology Consultation	-	2	Yoga - Various Styles	-	2
Food Sensitivity Test for 270 foods	1	1	Mindfulness	-	6
Intestinal Dysbiosis Basic Test	1	1	ZEM COLLEGE		
Heavy Metals Analysis	1	-	Finca Althaya Visit	2	2
Oxidative & Heavy Metals Analysis	-	1	Group Cooking Class	-	2
TREATMENTS & MED TECH TESTS					
Dermatological Body Mapping	1	1			
Facial Scan	1	1			
Dermo-aesthetic Body Scanner	1	1			
Electrocardiogram	1	1			
Bioimpedance Test	4	5			
Corporal Indiba	1	1			
Serotherapy	1	4			
Hydrocolonotherapy	2	3			
Ozonotherapy	-	3			
				7 nights	14 nights
TOTAL SERVICES				46	88



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 strengthening 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*

7 nights	from 12.500€
14 nights	from 22.000€
21 nights	from 32.500€

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) 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	7 nights	14 nights	NUTRITION	7 nights	14 nights
Initial Integrative Nursing Consultation	1	1	Healthy Nutrition Consultation	1	1
Basic Blood and Urine Analysis	1	2	Nutrition Follow-up Consultation	2	3
Personalised Health Plan Consultation	1	1	Personalised Daily Nutritional Plan	*	*
Initial Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Test and Analytical Results Consultation	1	1	Welcome Massage	1	1
Final Integrative Medicine Consultation	1	1	Relaxing Massage	-	2
Digestive Health Consultation	1	-	Spa Experience	1	1
Revitalising & Bioregulatory Medicine Consultation	1	1	Hydrodetox Cure Circuit	2	4
Healthy Ageing Consultation	1	1	Manual Lymphatic Drainage	1	-
Derma-aesthetic Consultation	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	1	-
Dental Health Consultation	-	1	Pressotherapy Combined with Cryotherapy	1	2
Capillary Health Consultation	-	2	Signature ZEM Body Massage	1	1
TCM Consultation + Acupuncture Session	1	1	Body Slimming Treatment	1	6
Acupuncture Session	2	5	Welnamis Treatment - Metawell	1	-
Psychology Consultation	2	3	RLX Satori Treatment - Metawell	-	2
Food Sensitivity Test for 270 foods	1	1	Unlimited Access to Wellness & Spa Area	*	*
Oxidative & Heavy Metals Analysis	1	1	PHYSICAL PERFORMANCE		
TREATMENTS & MED TECH TESTS			Functional Assessment and Training	1	1
Dermatological Body Mapping	1	1	Personal Training	3	8
Facial Scan	1	1	Yoga - Various Styles	-	3
Derma-aesthetic Body Scanner	1	1	Mindfulness	-	5
Electrocardiogram	1	1	ZEM COLLEGE		
Bioimpedance Test	4	5	Finca Althaya Visit	2	2
Serotherapy	1	3	Group Cooking Class	-	2
Hydrocolonotherapy	2	3			
Ozonotherapy	-	3			
				7 nights	14 nights
TOTAL SERVICES				47	86



BOOSTS

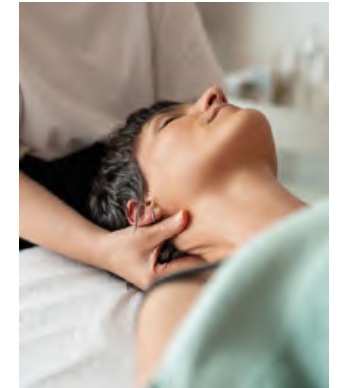
Each Boost is carefully designed to provide additional benefits that enhance the results of our health programmes. These Boosts are versatile and can be combined with any of the programmes, offering a customised and adaptable solution to each guest's individual needs.



ZEM Dermo-Aesthetics Boost



ZEM Emo-Digestive Boost



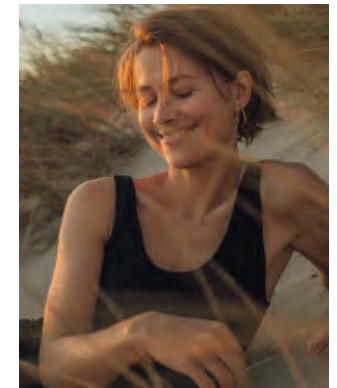
ZEM Pain Boost



ZEM Sleep Boost



ZEM Capilar Boost

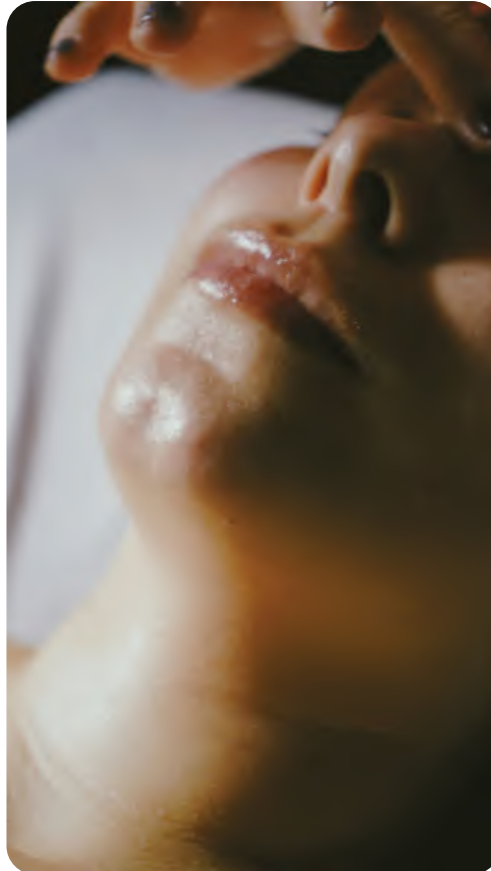


ZEM Intimate Boost



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 EMO-DIGESTIVE BOOST

Achieving an optimal **connection** between the **stomach and the brain** to attain an integral and long-lasting wellbeing.



Objectives

The purpose of ZEM Emo-Digestive Boost is to modulate the gut-brain axis to correct and improve intestinal dysbiosis. It is based on a combination of strategies aimed at regulating the gut microbiota by acting on emotional and digestive factors.

Methodology

This guideline is based on the performance of different clinical tests to assess the gut microbiota and the guests' emotional wellbeing. Based on these results, a personalised intervention plan is drawn out that includes prebiotics, probiotics, psycho-emotional therapies and nutritional habit modifications.

Who is it aimed at?

It is beneficial for those seeking a solution that addresses both digestive health and emotional wellbeing. It is ideal for anyone experiencing chronic digestive problems and dealing with high levels of stress, anxiety or emotional imbalances.

Price: 5.500€



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

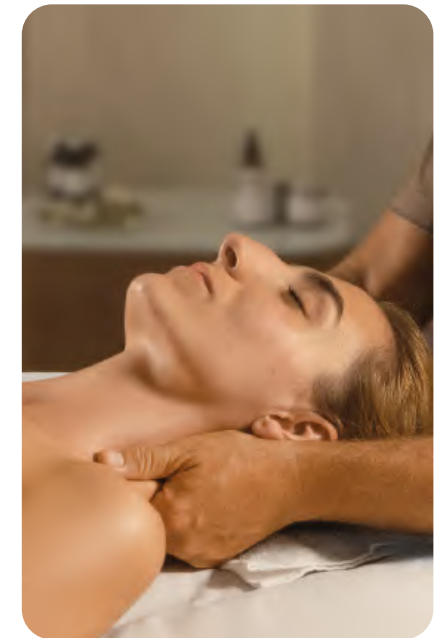
To improve overall health and wellbeing by helping our guest to tackle insomnia and regulate sleep cycles to improve overall quality of life.

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.

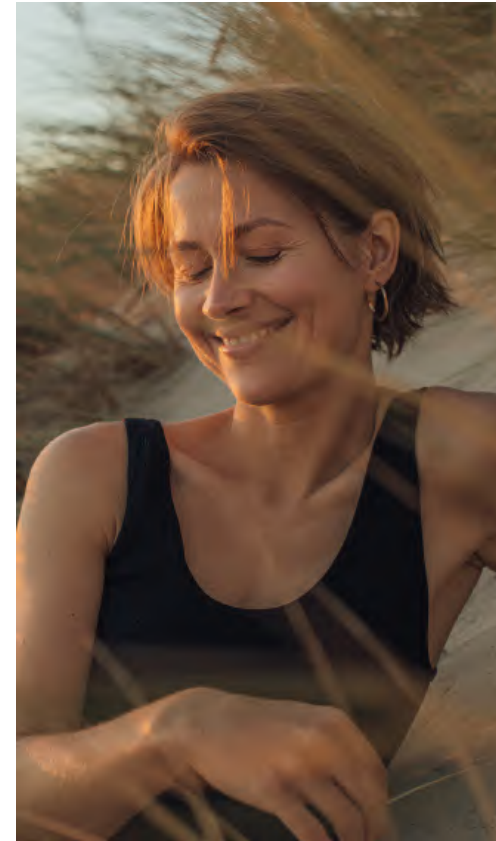
Who is it aimed at?

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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