



# LONGEVITY 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

- \* Address the visible signs of aging to achieve one's desired physical appearance.
- \* Focus on increasing people's self-confidence as well as their physical and emotional wellbeing

## Methodology

- \* Advanced techniques to revitalise guests' skin restoring its youthful and healthy appearance
- \* Specialities, such as nutrition, Bio-Dental unit or psychology
- \* Dermo-aesthetic treatments, facial and body massages, fitness routine and outdoor activities
- \* Supervised by a 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.

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.

TOTAL SERVICES ZEM Rejuvenating Aesthetics			7 nights   49	14 nights   79
<b>MEDICAL CONSULTATIONS &amp; COMPLEMENTARY TESTS</b>	<b>7 nights</b>	<b>14 nights</b>	<b>NUTRITION</b>	<b>7 nights</b>   <b>14 nights</b>
ZEM Health Recognition	1	1	Healthy Nutrition Consultation	1   1
Basic Blood and Urine Analysis	1	2	Nutrition Follow-up Consultation	2   2
Essential Nutrients Basic Analysis	1	1	Personalised Daily Nutritional Plan	*   *
Heavy Metals Analysis	1	1		
Personalised Health Plan Consultation	1	1	<b>WELLBEING &amp; NATURAL THERAPIES</b>	
Initial Integrative Medicine Consultation	1	1	Welcome Massage	1   1
Test and Analytical Results Consultation	1	1	Relaxing Massage	-   1
Final Integrative Medicine Consultation	1	1	Spa Experience	1   1
Capillar Health Consultation	1	1	Hydrodetox Cure Circuit	-   2
Revitalising & Bioregulatory Medicine Consultation	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	2   1
Healthy Ageing Consultation	-	1	MLX Quartz Treatment - Metawell	1   1
Dermo-aesthetic Consultation	1	1	Welnamis Treatment - Metawell	2   1
Dermo-aesthetic Follow-up Consultation	1	-	RLX Satori Treatment - Metawell	-   2
Dental Health Consultation	1	1	Libra Edge Treatment - Metawell	1   1
TCM Consultation + Acupuncture Session	1	1	Oxygen therapy	1   -
Acupuncture Session	2	5	Oxypro Hyperbaric Chamber	1   1
Psychology Consultation	1	4	Pressotherapy Combined with Cryotherapy	-   1
Cognitive Psychology Consultation	-	1	Body Slimming Treatment	-   1
			"El Sahara" Ritual (with mud)	-   1
			Unlimited Access to Wellness & Spa Area	*   *
<b>TREATMENTS &amp; MED TECH TESTS</b>			<b>PHYSICAL PERFORMANCE</b>	
Dermatological Body Mapping	1	1	Functional Assessment and Training	1   1
Facial Scan	1	1	Personal Training	1   4
Dermo-aesthetic Body Scan	1	1		
Electrocardiogram	1	1	<b>ZEM COLLEGE</b>	
Bioimpedance Test	1	1	Finca Althaya Visit	2   2
Facial Indiba	-	2	Group Cooking Class	-   2
Corporal Indiba	2	3		
Whole Body Densitometry	1	-		
Hydrfacial	1	-		
Intravenous Laser	1	2		
Rejuvenating Aesthetics Serotherapy	1	3		
Ozonated Salt Serum	1	-		
Ozonotherapy	-	3		
Colon Hydrotherapy	-	3		
Dermatological Cryotherapy	1	1		
Capillar Mesotherapy	-	1		
Ultraformer MPT	1	-		
			<b>Rates</b>	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.