



ZEM

BALANCE & VITALITY
WELLNESS CLINIC ALTEA

ZEM ESSENTIAL PROGRAMME

Designed as a refreshing break, this programme offers a revitalising experience for body and mind. Ideal to disconnect 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 7 / 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

- * Live an integrative and revitalising experience, designed for those seeking a first approach to ZEM Wellness Clinic Altea.
- * The perfect starting point towards a healthier lifestyle
- * Manage stress, restore guests' energy and rediscover their inner wellbeing.

Methodology

- * Combines personalised therapies with a holistic approach that integrates mind, body and emotions
- * Mediterranean Diet based on organic and Km 0 products grown at Finca Althaya
- * Supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers

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 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.

TOTAL SERVICES ZEM Essential

7 nights | 47

14 nights | 86

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	3 nights	7 nights	14 nights
ZEM Health Examination	1	1	1
Basic Blood and Urine Analysis	-	1	1
Personalised Health Plan Consultation	-	1	1
Initial Integrative Medicine Consultation	1	1	1
Test Results and Analysis Consultation	-	1	1
Final Integrative Medicine Consultation	-	1	1
Revitalising and Bioregulatory Medicine Consultation	-	1	1
Dermo-Aesthetic Consultation	1	1	1
Dental Health Consultation	-	-	1
Hair Health Consultation	-	-	1
TCM Consultation + Acupuncture Session	-	-	1
Acupuncture Session	-	-	2
Cognitive Psychology Consultation	-	-	1
Basic Intestinal Dysbiosis Test	-	1	-
Oxidative Stress Test	-	-	1

MED TECH TESTS & TREATMENTS	3 nights	7 nights	14 nights
Dermatological Body Mapping	1	1	1
Facial Scan	1	1	1
Dermo-Aesthetic Body Scanner	1	1	1
Electrocardiogram	1	1	1
Bioimpedance Test	1	1	1
Adrenal Stress Test - Control & DHEA in Saliva	1	-	-
Indiba Facial	-	1	-
Detox Serotherapy	-	1	1

NUTRITION	3 nights	7 nights	14 nights
Healthy Nutrition Consultation	1	1	1
Nutrition Follow-up Consultation	-	1	2
Personalised Daily Nutritional Plan	*	*	*

NUTR WELLBEING & NATURAL THERAPIES	3 nights	7 nights	14 nights
Welcome Massage	1	1	1
Relaxing Massage	-	-	2
Spa Experience	2	1	1
Oxypro Hyperbaric Chamber	-	1	-
Triple Detox (MLX i3DOME) Treatment- Metawell	1	-	-
Zestos Dryfloat Treatment - Metawell	1	1	1
MLX Quartz Treatment- Metawell	1	1	1
Welnamis Treatment - Metawell	-	1	-
RLX Satori Treatment - Metawell	-	2	4
Relounge Treatment - Metawell	-	-	1
Signature ZEM Body Massage	-	1	-
Body Slimming Treatment	-	1	-
Unlimited Access to Wellness & Spa Area	*	*	*

PHYSICAL PERFORMANCE	3 nights	7 nights	14 nights
Functional Assesment and Training	1	1	1
Personal Training	-	3	5
Yoga - Various Styles	1	-	9
Mindfulness Session	1	3	6

ZEM COLLEGE	3 nights	7 nights	14 nights
Finca Althaya Visit	1	2	6
Group Cooking Class	1	-	2

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

Enjoy a discount on 2025 bookings with code **#OPENING2025**

Contact us for further information