



LONGEVITY 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 personalised 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

- * Optimise health in general
- * Revitalise the cells' natural repair and adaptation mechanisms.

Methodology

- * Strategies to care for and strengthen the immune system
- * Neutralise free radicals
- * Promotes oxygenation, revitalisation, detoxification and reduction of oxidative stress in the guest's cells
- * Improves epigenic mechanisms and cellular health.
- * Combination of treatments alongside the use of vitamin supplements, minerals and essential nutrients
- * Improves the metabolism, leading to an increase in energy and an improved immune system.

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.

TOTAL SERVICES ZEM Immune-Revitalisation	7 nights 47	14 nights 86
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MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Health Recognition	1	1
Basic Blood and Urine Analysis	1	1
Viral Serology Analysis	1	1
Immune Ageing Analysis	1	1
Personalised Health Plan Consultation	1	1
Initial Integrative Medicine Consultation	1	1
Follow-Up Integrative Medicine Consultation	-	2
Test and Analytical Results Consultation	1	1
Final Integrative Medicine Consultation	1	1
Revitalising & Bioregulatory Medicine Consultation	1	1
Healthy Ageing Consultation	-	2
Digestive Health Consultation	1	-
Regenerative Medicine Consultation	1	-
Dental Health Consultation	2	1
Cognitive Psychology Consultation	-	3
Dermo-Aesthetic Consultation	-	1
Capillar Health Consultation	-	1
TCM Consultation + Acupuncture Session	1	1
Acupuncture Session	2	4
Intestinal Dysbiosis Basic Test	1	1

TREATMENTS & MED TECH TESTS	7 nights	14 nights
Dermatological Body Mapping	1	1
Facial Scan	1	1
Dermo-aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	1	1
Whole Body Densitometry	1	1
Colon Hydrotherapy	2	3
Immune-Revitalisation Serotherapy	1	3
Ozonotherapy	-	3
Dermatological Cryotherapy	1	1
Intravenous Laser	1	2

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

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
Welcome Massage	1	1
Relaxing Massage	-	1
Spa Experience	2	1
Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
MLX Quartz Treatment - Metawell	1	3
Welnamis Treatment - Metawell	1	1
RLX Satori Treatment - Metawell	-	2
Oxypro Hyperbaric Chamber	1	2
Manual Lymphatic Drainage	2	2
Pressotherapy Combined with Cryotherapy	-	1
Aqua Relax	1	-
Hydrodetox Cure Circuit	-	3
Body Slimming Treatment	-	2
Unlimited Access to Wellness & Spa Area	*	*

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assessment and Training	1	1
Personal Training	-	5
Mindfulness	1	3
Yoga - Various Styles	2	2

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

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.