



ZEM LONGEVITY
WELLNESS CLINIC ALTEA

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 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

- * Promote healthy ageing
- * Reduce stress
- * Improving emotional wellbeing
- * Practice of a healthy, sustainable and conscious lifestyle
- * Improve vitality and energy
- * Optimise skin health
- * Strengthen cognitive function

Methodology

- * Rigorous study to identify each guest's clinical problems or needs
- * Determine the holistic therapeutic approach
- * Innovative treatments which deliver powerful anti-stress effects to strengthen a healthy longevity
- * Nutritional supplements developed exclusively for ZEM Wellness Clinic Altea
- * Possibility of completing the programme with an extensive range of advanced medical treatments
- * Reinforcement techniques - Boosts - covering all areas of health and wellness

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.

TOTAL SERVICES ZEM Pro-Ageing	7 nights 43	14 nights 90
-------------------------------	---------------	----------------

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Health Recognition	1	1
Basic Blood and Urine Analysis	1	2
Oxidative Stress Test	1	1
Immune Ageing Analysis	1	1
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
Capillar Health Consultation	-	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
Hydrfacial	-	1
Facial Indiba	1	2
Corporal Indiba	1	2
Dental Whitening	1	1
Whole Body Densitometry	1	1
Colon Hydrotherapy	1	3
Pro-Ageing Serotherapy	1	3
Ozonotherapy	-	3
Intravenous Laser	1	1
Hypoxia-Hyperoxia Session	1	2
Capillar Mesotherapy	-	1
Dermatological Cryotherapy	1	3

NUTRITION	7 nights	14 nights
Healthy Nutrition Consultation	1	1
Nutrition Follow-up Consultation	1	4
Personalised Daily Nutritional Plan	*	*

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
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
Oxypro Hyperbaric Chamber	1	1
Hydrodetox Cure Circuit	-	1
Unlimited Access to Wellness & Spa Area	*	*

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assessment and Training	1	1
Yoga - Various Styles	2	1
Midfunness Session	-	5
Personal Training	-	9

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

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.