



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 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

- * 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
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	NUTRITION	
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	WELLBEING & NATURAL THERAPIES	
Personalised Health Plan Consultation	1	1	Welcome Massage	1 1
Initial Integrative Medicine Consultation	1	1	Relaxing Massage	- 1
Test and Analytical Results Consultation	1	1	Spa Experience	1 1
Final Integrative Medicine Consultation	1	1	Hydrodetox Cure Circuit	- 2
Capillar Health Consultation	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	2 1
Revitalising & Bioregulatory Medicine Consultation	1	1	MLX Quartz Treatment - Metawell	1 1
Healthy Ageing Consultation	-	1	Welnamis Treatment - Metawell	2 1
Dermo-aesthetic Consultation	1	1	RLX Satori Treatment - Metawell	- 2
Dermo-aesthetic Follow-up Consultation	1	-	Libra Edge Treatment - Metawell	1 1
Dental Health Consultation	1	1	Oxygen therapy	1 -
TCM Consultation + Acupuncture Session	1	1	Oxypro Hyperbaric Chamber	1 1
Acupuncture Session	2	5	Pressotherapy Combined with Cryotherapy	- 1
Psychology Consultation	1	4	Body Slimming Treatment	- 1
Cognitive Psychology Consultation	-	1	"El Sahara" Ritual (with mud)	- 1
TREATMENTS & MED TECH TESTS			Unlimited Access to Wellness & Spa Area	* *
Dermatological Body Mapping	1	1	PHYSICAL PERFORMANCE	
Facial Scan	1	1	Functional Assessment and Training	1 1
Dermo-aesthetic Body Scan	1	1	Personal Training	1 4
Electrocardiogram	1	1	ZEM COLLEGE	
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	-		
			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.