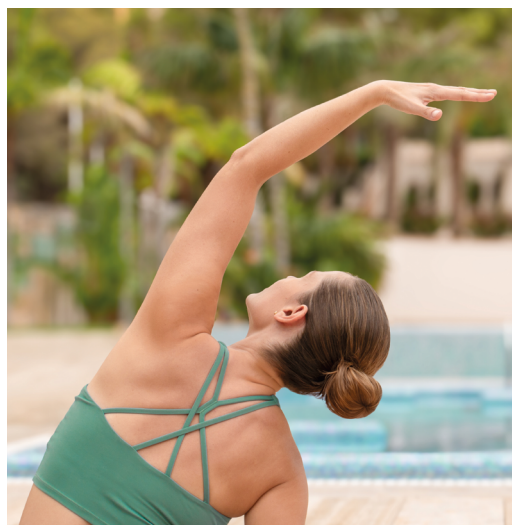




# BALANCE & VITALITY ZEM WEIGHT MANAGEMENT PROGRAMME

The ZEM Weight Management programme provides guests with a set of strategies and medical guidelines to attain and maintain a healthy body weight and improve their overall health.



**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

- \* Control and manage body weight in a conscious and comprehensive way
- \* Reduce body weight while acquiring a series of skills and healthy habits that can be maintained in the long run

## Methodology

- \* Exhaustive initial assessment, which integrates a detailed analysis of each guest's eating habits, level of physical activity and body composition
- \* Supervision by a multidisciplinary medical team of doctors, nutritionists, psychologists, therapists and personal trainers
- \* Promotion of the Mediterranean Diet thanks to the organic and Km 0 products grown on our Finca Althaya

## Nutritional Plan: Detox

The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

Before starting the ZEM Weight Management 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 Weight Management

7 nights | 46

14 nights | 88

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Health Recognition	1	1
Basic Blood and Urine Analysis	1	2
Personalised Health Plan Consultation	1	1
Initial Integrative Medicine Consultation	1	1
Test and Analytical Results Consultation	1	1
Follow-Up Integrative Medicine Consultation	-	1
Final Integrative Medicine Consultation	1	1
Digestive Health Consultation	1	-
Revitalising & Bioregulatory Medicine Consultation	1	1
Derma-aesthetic Consultation	1	1
Healthy Ageing Consultation	-	1
Dental Health Consultation	-	1
Capillar Health Consultation	-	1
TCM Consultation + Acupuncture Session	2	1
Acupuncture Session	2	6
Psychology Consultation	1	2
Cognitive Psychology Consultation	-	2
Food Sensitivity Test for 270 foods	1	1
Intestinal Dysbiosis Basic Test	1	1
Heavy Metals Analysis	1	-
Oxidative & Heavy Metals Analysis	-	1

TREATMENTS & MED TECH TESTS	7 nights	14 nights
Dermatological Body Mapping	1	1
Facial Scan	1	1
Derma-aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	4	5
Corporal Indiba	1	1
Weight Management Serotherapy	1	4
Colon Hydrotherapy	2	3
Ozonotherapy	-	3

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

## WELLBEING & NATURAL THERAPIES

	7 nights	14 nights
Welcome Massage	1	1
Relaxing Massage	-	2
Spa Experience	1	1
Hydrodetox Cure Circuit	3	5
Pressotherapy Combined with Cryotherapy	1	2
Body Slimming Treatment	2	2
RLX Satori Treatment - Metawell	2	4
Signature ZEM Body Massage	1	-
Unlimited Access to Wellness & Spa Area	*	*

## PHYSICAL PERFORMANCE

	7 nights	14 nights
Functional Assessment and Training	1	1
Personal Training	4	8
Yoga - Various Styles	-	2
Mindfulness	-	6

## ZEM COLLEGE

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

## Rates

7 nights from 12.000€\*  
14 nights from 21.000€\*  
21 nights from 31.000€\*

\* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) with Complete Nutritional Plan.