



BALANCE & VITALITY ZEM WEIGHT MANAGEMENT & DETOX PROGRAMME

Through a holistic approach, the programme addresses both weight control and body detoxification. Its main aim is overall regeneration by restoring each person's physiological nutritional values.



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

- * Master and manage the body weight in a conscious and holistic way
- * Strengthen the body's cleansing process and establish healthy habits
- * Achieve the right balance between the energy ingested through food intake and the energy invested in daily activities

Methodology

- * Combines medical treatments with wellbeing therapies, physical exercise and activities in connection with nature
- * Mediterranean Diet based on organic and Km 0 products grown at Finca Althaya
- * Constant supervision by a multidisciplinary team that ensures a safe and inspiring approach to the programme

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.

TOTAL SERVICES ZEM Weight Management & Detox	7 nights 47	14 nights 86
--	---------------	----------------

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
Final Integrative Medicine Consultation	1	1
Digestive Health Consultation	1	-
Revitalising & Bioregulatory Medicine Consultation	1	1
Healthy Ageing Consultation	1	1
Dermo-aesthetic Consultation	1	1
Dental Health Consultation	-	1
Capillar Health Consultation	-	2
TCM Consultation + Acupuncture Session	1	1
Acupuncture Session	2	5
Psychology Consultation	2	3
Food Sensitivity Test for 270 foods	1	1
Oxidative & Heavy Metals Analysis	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	4	5
WM&D Serotherapy	2	3
Colon Hydrotherapy	2	3
Ozonotherapy	-	3
Capillar Mesotherapy	-	1

NUTRITION	7 nights	14 nights
Healthy Nutrition Consultation	1	1
Nutrition Follow-up Consultation	2	3
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	2	4
RLX Satori Treatment - Metawell	-	2
Pressotherapy Combined with Cryotherapy	1	2
Signature ZEM Body Massage	1	1
Body Slimming Treatment	2	6
Unlimited Access to Wellness & Spa Area	*	*

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assessment and Training	1	1
Personal Training	3	8
Yoga - Various Styles	-	3
Mindfulness	-	5

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

Before starting the ZEM Weight Management & Detox programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

Rates

7 nights from 12.500€*
14 nights from 22.000€*
21 nights from 32.500€*

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