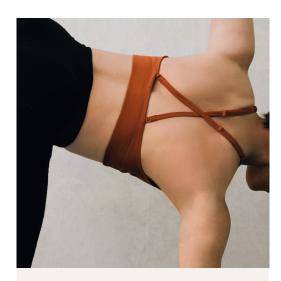


BALANCE & VITALITY

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
- 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		
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
Ozonetherapy	-	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		

WELLBEING & NATURAL THERAPIES		
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		
Functional Assessment and Training	1	1
Personal Training	3	8
Yoga - Various Styles	-	3
Mindfulness	-	5

ZEM COLLEGE		
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.

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

Rates

²¹ nights from 32.500€*