



BALANCE & VITALITY

ZEM DETOX PROGRAMME

As part of a holistic approach, the ZEM Detox Programme encourages an effective lifestyle change to improve the guest's health which includes digestive, mental, cognitive and physical detoxes.



Minimum duration of the programme: 7 nights
Recommended duration 14 / 21 nights

All our programmes are personalized 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

- Enhance the detoxification of the body and advocate an effective lifestyle change
- Improve health through physical, cognitive, emotional and mental cleansing
- Eliminate unwanted toxins, improve digestive health, increase energy and vitality to reduce stress and improve emotional wellbeing while strengthening the immune system

Methodology

- Personalized combination of nutritional advice, medical treatments and wellness therapies, alongside physical exercise
- State-of-the-art treatments with proven benefits for regeneration and improvement of the metabolism, and recovering sleep quality

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 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.

TOTAL OF SERVICES ZEM Detox	7 nights 48	14 nights 78
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MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Wellbeing Medical Examination	1	1
Basic Blood Analysis	1	2
Personalised Health Plan Consultation	1	1
Initial Bio-integrative Medicine Consultation	1	1
Test Results and Analysis Consultation	1	1
Follow-up Bio-integrative Medicine Consultation	-	1
Final Bio-integrative Medicine Consultation	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1
Healthy Pro-Ageing Consultation	1	1
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Neurocognition and Mental Performance Consultation	1	2
Hair Health and Trichology Consultation	-	1
Biodental Consultation	-	1
Oxidative and Heavy Metals Analysis	1	1
Food Sensitivity Test 270 foods	1	1

MED TECH TESTS & TREATMENTS	7 nights	14 nights
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	2
Electrocardiogram	1	1
Bioimpedance Test	2	3
Bio Detox Serotherapy: Regeneration and Toxin Removal	2	3
Colon Hydrotherapy	2	3
Revitalisation and Detox with Ozone	2	4
Intravenous Laser	1	2

NUTRITION	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	2	4
Personalised Detox Nutritional Plan	incl.	incl.

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
Welcome Massage	1	1
Bespoke Facial Cleansing	1	1
Cupping Detox Massage	2	4
Spa Experience Detox Circuit	1	1
TCM Consultation + Acupuncture Session	1	2
Hydrodetox Cure Circuit	2	4
Manual Lymphatic Drainage Massage	1	2
Tratamiento Triple Detox (MLX i3DOME) - Metawell	2	3
RLX Satori Treatment - Metawell	1	2
Oxypro Hyperbaric Chamber	1	2
Pressotherapy combined with Cryotherapy	1	2
Detox Body Treatment	1	2
Unlimited Access to Fitness & Spa Area	incl.	incl.

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assesment	1	1
Personal Training	2	3
Yoga / Pilates - Individual Session	1	2
Mindfulness - Individual Session	1	2

ZEM COLLEGE	7 nights	14 nights
Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya..		
Group Cooking Class	1	2

Rates

7 nights from 11.000€*
14 nights from 19.000€*
21 nights from 28.500€*

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