



**ZEM** BALANCE & VITALITY  
WELLNESS CLINIC ALTEA  
**ZEM ESSENTIAL PROGRAMME**

Designed as a refreshing break, this programme offers a revitalising experience for body and mind. Ideal to disconnect from routine, the Essential programme invites you to enjoy the essence of ZEM Wellness Clinic Altea



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

- \* Live an integrative and revitalising experience, designed for those seeking a first approach to ZEM Wellness Clinic Altea.
- \* The perfect starting point towards a healthier lifestyle
- \* Manage stress, restore guests' energy and rediscover their inner wellbeing.

### Methodology

- \* Combines personalised therapies with a holistic approach that integrates mind, body and emotions
- \* Mediterranean Diet based on organic and Km 0 products grown at Finca Althaya
- \* Supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers

### 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 Essential 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 Essential

3 nights | 22

7 nights | 42

14 nights | 61

#### MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS

	3 nights	7 nights	14 nights
ZEM Wellbeing Medical Examination	1	1	1
Basic Blood Analysis	-	1	1
Personalised Health Plan Consultation	-	1	1
Initial Bio-integrative Medicine Consultation	1	1	1
Test Results and Analysis Consultation	-	1	1
Final Bio-integrative Medicine Consultation	-	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	1
Derma-aesthetics and Cellular Regeneration Consultation	1	1	1
Biodental Consultation	-	-	1
Hair Health and Trichology Consultation	-	1	1
Emotional and Mental Wellbeing Consultation	-	-	1
Basic Gut Microbiota Assessment	-	-	1
Oxidative Stress Biomarkers	-	-	1

#### MED TECH TESTS & TREATMENTS

	3 nights	7 nights	14 nights
Facial Scan	1	2	3
Derma-Aesthetic Body Scan	1	2	3
Electrocardiogram	1	1	1
Bioimpedance Test	1	2	3
Antioxidants Test	-	1	1
Facial Indiba	-	1	1
Essential Serotherapy	-	1	1

#### NUTRITION

	3 nights	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1	1
Nutrition Follow-up Consultation	-	1	2
Personalised Essential Nutritional Plan	incl.	incl.	incl.

#### WELLBEING & NATURAL THERAPIES

	3 nights	7 nights	14 nights
Welcome Massage	1	1	1
Relaxing Massage	-	1	2
Spa Experience Sensorial Circuit	1	1	1
Oxygen therapy	-	1	2
Triple Detox (MLX i3DOME) Treatment - Metawell	1	1	1
Zestos Dryfloat Treatment - Metawell	1	1	1
MLX Quartz Treatment - Metawell	1	1	1
Welnamis Treatment - Metawell	1	2	3
RLX Satori Treatment - Metawell	1	2	3
Relounge Treatment - Metawell	-	-	1
Signature ZEM Body Massage	1	1	2
Personalised Organic Facial Treatment	1	1	1
Unlimited Access to Fitness & Spa Area	incl.	incl.	incl.

#### PHYSICAL PERFORMANCE

	3 nights	7 nights	14 nights
Functional Assesment	1	1	1
Personal Training	-	2	4
Yoga / Pilates - Individual Session	1	2	3
Mindfulness - Individual Session	1	2	3

#### ZEM COLLEGE

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..

	3 nights	7 nights	14 nights
Group Cooking Class	1	1	2

### Rates

3 nights from 5.000€\*  
7 nights from 8.000€\*  
14 nights from 16.000€\*  
21 nights from 24.000€\*