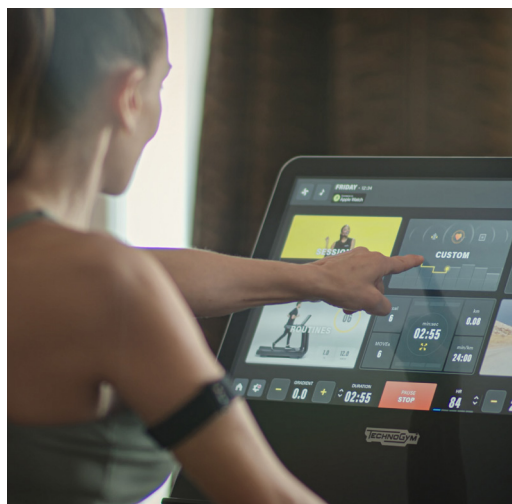




BALANCE & VITALITY

ZEM WEIGHT MANAGEMENT & DETOX PROGRAMME

Through a holistic approach, the programme addresses both weight loss 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 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

- * 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.

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.

TOTAL OF SERVICES ZEM Weight Management & Detox

7 nights | 54

14 nights | 79

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
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
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	1
Food Sensitivity Test 270 foods	1	1
Oxidative and Heavy Metals Analysis	1	1

MED TECH TESTS & TREATMENTS	7 nights	14 nights
Facial Scan	1	1
Dermo-Aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	2	3
Comprehensive Weight and Detox Serotherapy	2	3
Colon Hydrotherapy	2	3
O3 Reset: Detox and Metabolic Balance	1	3
Hair Mesotherapy	1	1

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

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
Welcome Massage	1	1
Ayurveda Abhyanga Massage^	1	2
Underwater Massage	2	4
Cupping Detox Massage	2	4
Spa Experience Detox Circuit	1	1
TCM Consultation + Acupuncture Session	1	1
Hydrodetox Cure Circuit	2	4
Triple Detox (MLX i3DOME) Treatment - Metawell	2	3
RLX Satori Treatment - Metawell	1	2
Manual Lymphatic Drainage Massage	1	2
Lympha Press	2	3
Slimming Body Treatment	2	3
Indiba Body Sculpting	1	2
Unlimited Access to Fitness & Spa Area	incl.	incl.

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assesment	1	1
Personal Training	3	6
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 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.