



# ZEM

WELLNESS CLINIC ALTEA

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ZEMNESS TREATMENTS







## WELCOME TO ZEMNESS & SPA

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Exemplary excellence is the core principle that inspires each of the holistic and integrative health treatments we offer at ZEM's Wellness & Spa. Here, time-honoured methods meet cutting-edge innovations to create a truly unparalleled wellness experience.

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### **Mediterranean Oasis**

Our ZEMness space is a quintessential Mediterranean wellness ecosystem, with 4,000m<sup>2</sup> dedicated entirely to nurturing and revitalising both the body and mind.

This serene oasis features a world-class Luxury Wellness centre with over 40 exquisitely designed treatment cabins, each meticulously designed to create an atmosphere of unparalleled tranquillity and relaxation. In these exclusive cabins, you'll discover a rich array of therapies expertly designed to achieve sublime harmony between mind, body and spirit.

A harmonious fusion of traditional wisdom and vanguard techniques helps you achieve your aspirations, from deeply restorative relaxation to invigorated physical vitality, enhanced muscle recovery or the most sophisticated aesthetic care.

ZEMWellnessClinicAlteapresentsanexquisite selection of services and treatments, inviting you to indulge in a wellness experience tailored with the utmost precision to your personal wellness needs and aspirations.



## TREATMENT CATALOGUE

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## SIGNATURES - EXCLUSIVE ZEM EXPERIENCES

Mediterranean tradition merges harmoniously with pioneering wellness technology and innovation in our signature collection of exclusive treatments

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	Description	Minutes	€
<b>Signature ZEM Massage - Sun, Moon and Earth</b>	An exquisitely choreographed Ayurvedic massage designed to balance your chakras, blending enveloping movements with the purest essences of aromatherapy to restore physical and emotional equilibrium. Succumb to the allure of this holistic journey as it channels the revitalising energy of the sun, the serene poise of the moon and the grounding stability of the earth, guiding you to a state of deep renewal and harmonious wellbeing.	60	300
<b>Signature Facial Massage by ZEM Collection</b>	This exclusive facial treatment offers a sensory symphony of rejuvenation, deeply nourishing the skin, invigorating the mind and enveloping you in complete wellness. The treatment begins with a facial ritual, followed by a luxurious hand treatment that imbues them with lasting softness and radiance. The experience culminates with a craniosacral massage that melts away tension, alleviates stress and leaves you feeling mentally at peace.	50	350
<b>Aquatic Vibrational Ritual</b>	An immersive experience that combines the gentle movement of water, the harmonious resonance of singing bowls and the depth of an aromatherapy massage. Through sound, touch and the movement of water, this ritual dissolves tension, balances the nervous system and induces deep relaxation, restoring both the body and mind to a state of complete serenity.	75	350
<b>Supreme Quartz Ritual</b>	A sumptuous wellness ritual that combines aromatherapy, Tibetan bowls and a poultices massage on <b>Metawell's</b> innovative MLX Quartz bed. The synergy of heat, minerals and essences provides deep relaxation, tension release and complete revitalisation, creating a unique experience of harmony and serenity.	75	400
<b>Serenity Journey</b>	An immersion into deep tranquillity, beginning with a guided meditation on <b>Metawell's</b> Welnamis, followed by a head massage, a soothing foot massage and aromatherapy to elevate the senses and promote deep peace and holistic balance.	90	400
<b>Mediterranean Alchemy for Wholeness</b>	This exclusive ritual pairs the deep relaxation of dry flotation in Metawell's Zestos Dryfloat with a revitalising wrap enriched with natural ingredients (chocolate and shea butter) for an experience that nourishes the skin, relieves tension and reconnects you with your inner wellness.	75	400
<b>Wellness Ritual for Two</b>	An exclusive experience designed for couples combining the power of dry heat, steam and aromatherapy massage in a completely private setting. Set in an elegant suite with twin treatment beds, a dry sauna and steam bath, this treatment invites deep relaxation, awakens the senses and renews the body and mind, bringing you into perfect harmony.	90	450



## AQUATIC THERAPIES

Harnessing the restorative essence of water, inspired by age-old Mediterranean wellness traditions

	Description	Minutes	€
<b>Aqua Relax - Watsu</b>	A sublimely immersive aquatic therapy, featuring gentle, rhythmic movements synchronised with your breathing. By combining passive techniques with gentle body stretches, it improves circulation and induces deep relaxation while improving mobility, flexibility and sleep quality.	50	215
<b>Vichy Marine Algae Ritual</b>	An immersive sensory ritual that balances the body and mind, harnessing the natural power of water and the regenerative properties of the sea. Performed on the Libra Edge, this ritual includes underwater exfoliation and a massage with botanical algae oil to purify, revitalise and deeply nourish your skin.	60	275
<b>Underwater Massage</b>	A therapeutic hydromassage performed in a bath, combining draining, relaxing and therapeutic benefits to reduce swelling caused by lymphatic obstructions while stimulating blood and lymphatic circulation. It combats cellulite, restores skin elasticity and firmness, improves cell metabolism, promotes fat burning and reduces oxidation, providing an anti-ageing effect.	30	150
<b>Hydrodetox Cure Circuit</b>	A three-step detoxifying, purifying and regenerating treatment. It begins with a purifying draining bath, followed by a seaweed wrap and concludes with an invigorating and energising pressurised water treatment, combined with either a cranial or foot massage.	60	200
<b>Sacred Marine Bath</b>	A uniquely sumptuous experience that blends modern wisdom with ancient wellness rituals. Inspired by the traditions of Ancient Greece and Ayurveda, this opulent bathing ritual harnesses the power of superfoods, wildflowers and Mediterranean botanicals to purify, oxygenate and alkalises the mind, body and spirit.	45	150
<b>Ice Bath</b>	A reinvigorating immersion that stimulates circulation, reduces inflammation and strengthens both the body and mind. The thermal contrast of the icy water awakens vital energy, strengthens the immune system and promotes deep muscle recovery, leaving you with a profound sense of freshness, balance and complete renewal.	5	90



## MANUAL THERAPIES

Traditional and holistic techniques designed to restore physical and emotional wellness

ANCESTRAL HOLISTIC THERAPIES	Description	Minutes	€
<b>Ayurveda Abhyanga Massage</b>	A traditional Ayurvedic massage therapy using sesame oil infused with warm medicinal herbs, applied with deep, continuous movements that focus on vital energy points (life centres). This treatment improves circulation, revitalises body tissues, promotes restful sleep and supports eye health.	50	250
<b>Ayurveda Shirodhara Massage</b>	An ancient Ayurvedic experience that induces deep relaxation and mental balance. A continuous stream of warm oil gently flows over the forehead, stimulating the third eye and harmonising the nervous system. This treatment releases tension, quiets the mind, improves sleep quality and provides holistic wellness, enveloping the body and spirit in absolute serenity.	50	250
<b>Balinese Massage</b>	The Balinese massage is a revered technique that applies deep pressure across the body, designed to release tension in deep tissues, improve blood and lymphatic circulation and bring the body and mind into complete harmony. This treatment balances energy, revitalises the body, alleviates stress and tension, soothes muscle pain and induces complete relaxation. This treatment not only alleviates physical discomfort but also instils a profound sense of inner harmony and deep, restorative peace.	50	210
<b>Thai Massage</b>	Born of the fusion of Ayurvedic and Yoga traditions, this massage is a holistic experience that combines relaxation, mobility and energy alignment. It works on the body through a combination of assisted stretching and gentle pressure on key tension points, restoring the body's natural energy flow. Performed on the floor, on a futon, the massage treats the entire body, from head to toe.	50	210







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ANCESTRAL HOLISTIC THERAPIES	Description	Minutes	€
<b>Shiatsu</b>	A traditional Japanese practice, this manual therapy uses finger and palm pressure to restore the body's energy balance and activate its natural self-healing powers.	50	200
<b>Lomilomi Massage</b>	A holistic Hawaiian massage that works gently yet deeply, using long, flowing and rhythmic strokes performed with the thumbs, knuckles, forearms and elbows. This sensory journey invites you to renew your life force.	50	210
<b>Pinda Massage</b>	A massage that applies gentle pressure to the body using herbal compresses. Crafted to induce deep relaxation, relieve muscle tension and improve energy levels, this ritual nurtures the entire body.	50	250
<b>Traditional Chinese Medicine Consultation</b>	This consultation embraces a holistic approach to health, offering a comprehensive assessment of your overall wellness while identifying internal blockages or imbalances. Through a regenerative analysis of the body, this ancient medicine or medical philosophy focuses on optimising your body's natural balance.	20	300
<b>Acupuncture Session</b>	A revered alternative Chinese medicine treatment that involves the precise placement of ultra-fine needles at specific energy points on the body.	50	250
<b>Energy Balancing &amp; Moxibustion Therapy</b>	Rooted in acupuncture traditions, this therapy applies therapeutic heat to precise energy points, soothing the senses and promoting a balanced energy flow.	20	170



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THERAPEUTIC & SENSORY MASSAGES	Description	Minutes	€
Welcome Massage	A warm welcome treatment designed to ease travel-induced fatigue, release tension and restore balance to your body and mind. With gentle movements and essential oils, this massage sets the perfect tone for an indulgent stay.	50	120
Hot Stone Massage	A luxurious fusion of heat and expert massage techniques, this deeply soothing therapy employs warm volcanic stones to dissolve muscular tension, improve circulation and instil an unrivalled sense of relaxation.	75	275
Relaxing Massage	A serene, deeply restorative massage, designed to gently dissipate stress and evoke a state of profound tranquillity. Using rhythmic movements and essential oils, reconnects you with your inner sense of wellness.	50	200
Deep Tissue Massage	A powerfully therapeutic massage that penetrates the deepest layers of muscle tissue and fascia to relieve and release tension. This technique uses firm pressure.	50	220
Four Hands Massage	A mesmerising, synchronised massage performed by two therapists working in perfect harmony. Through an orchestrated blend of kneading and precise tension-release techniques of varying intensity and pressure, this experience immerses you in a state of deep relaxation.	50	360
Foot Reflexology	An Eastern massage that treats different parts of the body through the nerve endings found in the feet. This technique restores balance to the body by skilfully manipulating the feet's reflex points, which are connected to different areas of the body.	50	200
Neck, Shoulder and Back Treatment	This targeted massage focuses on the back, neck and head, using pressure points drawing on Shiatsu techniques. It relieves discomfort, stimulates the immune system, supports the body's self-healing process and enhances overall physical and mental wellness. Recommended for back and neck issues.	30	170
Lymphatic Drainage Massage	This therapeutic massage uses gentle traction to stimulate the lymphatic system, primarily by activating subcutaneous circulation and helping lymphatic vessels and nodes to improve interstitial fluid and lymphatic drainage. Recommended for oedema, post-surgery treatment and cellulite reduction.	50	220
Cranio-Cervical Massage	A relaxing therapeutic ritual that dissolves accumulated tension in the head, neck and shoulders, relieving muscle pain and stress to leave you with a sense of complete wellness.	30	170
Light Legs Massage	Designed to relieve the sensation of, heavy tired legs, this treatment uses gentle movements to equalise pressure and drain accumulated fluid.	30	170



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Traditional and holistic techniques designed to restore physical and emotional wellness

<b>BODY TREATMENTS</b>	<b>Description</b>	<b>Minutes</b>	<b>€</b>
<b><u>Body Exfoliation</u></b>			
<b>Detox</b>	A purifying treatment that eliminates dead skin cells, refines texture and elevates your body's natural glow. The treatment includes a full-body exfoliation, followed by a refreshing shower and the application of moisturising and nourishing ingredients to deeply hydrate your skin, leaving it soft and radiant.	30	150
<b>Firming</b>	A revitalising exfoliation designed to stimulate cellular renewal and improve skin firmness.	30	150
<b>Relaxing</b>	Body exfoliation using exfoliating salts and soothing essential oils.	30	150
<b>Slimming</b>	Body exfoliation with a sculpting effect that stimulates and revitalises the skin.	30	150
<b><u>Body Treatments</u></b>			
<b>Slimming</b>	Body exfoliation and wrap with a silhouette-refining effect that stimulates and rejuvenates the skin.	50	300
<b>Rejuvenating</b>	Personalised skin rejuvenation therapy for every skin type.	50	250
<b>Relaxing</b>	A treatment that begins with an exfoliation to stimulate circulation and remove impurities, followed by a hydrating wrap that promotes skin renewal and deep moisture replenishment.	50	200
<b>Detox</b>	An intensive treatment that eliminates toxins and impurities at the dermal level to complete the body's natural purification and cleansing processes at the metabolic level.	50	250
<b>Body Sculpting with INDIBA</b>	Tighten your skin, reduce localised fat and enhance your figure using regenerative radiofrequency technology. By stimulating cellular renewal, this advanced treatment smooths cellulite, firms the skin and improves circulation for a more sculpted, toned appearance.	60	300
<b>Cupping Detox Massage</b>	An advanced lymphatic drainage treatment that boosts metabolism, stimulates cellular regeneration and enhances weight and volume reduction treatments. Using the groundbreaking Lymphodrainer device, this specialised therapy stimulates circulation and accelerates the removal of retained fluids and toxins, promoting cellular oxygenation.	75	300
		50	250
<b>Lympha Press</b>	An advanced compression therapy treatment that stimulates the lymphatic system, improving circulation, reducing fluid retention and helping to eliminate toxins.	30	110
<b>Body Contouring Treatment with Icoone®</b>	Advanced technology that reduces volume, combats cellulite, and improves firmness from the very first session. It stimulates lymphatic drainage, boosts circulation, and reshapes the silhouette in a non-invasive, safe, and effective way.	50	300



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Traditional and holistic techniques designed to restore physical and emotional wellness

SENSORY RITUALS	Description	Minutes	€
Deep Sea Ritual	A transformative detox treatment that begins with a purifying sea salt exfoliation, followed by a nourishing superfood-infused wrap to renew the skin. The ritual concludes with an aromatherapy massage designed to dissolve tension and revitalise the body and mind.	120	400
Alchemy of Light and Cocoa Ritual	A relaxing ritual that combines an exfoliation with a cocoa and white clay wrap, followed by a deeply nourishing and calming massage and an organic facial, leaving you with a profound sense of peace and renewal.	120	400
Bali Flower Ritual	A revitalising experience that includes a frangipani exfoliation, a nourishing wrap and a holistic massage, designed to relax your body and mind into a state of complete peace and harmony.	120	400
Paradise Breeze Ritual	A tropical treatment that begins with a tiaré flower exfoliation to renew the skin, followed by a deeply nourishing shea butter wrap. The experience concludes with a holistic massage that relaxes and revitalises, bringing the body into perfect harmony.	120	400



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<b>FACIAL TREATMENTS</b>	<b>Description</b>	<b>Minutes</b>	<b>€</b>
<b>Pro-Ageing Luxe Facial</b>	An exclusive, high-performance facial that fuses Indiba radiofrequency with expert manual techniques to awaken collagen production, restore firmness, and revitalise the skin. From the very first session, the complexion appears lifted, luminous, and beautifully redefined.	90	400
<b>Personalised Organic Facial Treatment</b>	A personalised treatment using natural ingredients tailored to your skin's specific needs. No chemicals are used, eliminating any potential adverse effects.	50	350
<b>Premium Hydration Facial</b>	An exclusive deep hydrating treatment that rejuvenates and nourishes the skin. With low-molecular-weight hyaluronic acid and advanced formulas, it restores elasticity, firmness and radiance, leaving your skin thoroughly hydrated and visibly revitalised.	60	300
<b>Bespoke Radiance Facial</b>	A personalised treatment that cleanses with targeted skincare products to achieve your desired results: hydration to stimulate the skin's ability to maintain itself or radiance, using active ingredients to reduce and prevent dark spots. The skin is left feeling purified, soft, balanced, hydrated, and beautifully luminous.	60	300
<b>Detox Facial Cleansing</b>	A deep treatment that combines bioenergetic essential oils with cupping therapy to drain toxins, stimulate circulation, and revitalise the skin. The complexion regains radiance, firmness, and freshness in a unique sensory experience.	50	300
<b>Bespoke Men's Expert Facial</b>	A personalised facial designed specifically for men, using products with highly concentrated active ingredients for optimal absorption. This treatment is tailored to the specific needs of male skin.	50	350
<b>Facial Rejuvenation with INDIBA</b>	Firm, hydrate and revitalise your skin with regenerative radiofrequency technology. This advanced treatment stimulates collagen and elastin production to reduce wrinkles, improve elasticity and restore your skin's natural radiance.	60	300
<b>Facial Rejuvenating Icoone®</b>	An advanced facial treatment that combines targeted microstimulation and laser light technology to support detoxification, tone the tissues, and reactivate collagen production. It visibly improves skin firmness, softens fine lines, and redefines facial contours. Ideal for skin showing signs of fatigue, sagging, or fluid retention.	50	300













## TECHNOLOGICAL THERAPIES

Experiences that combine advanced Metawell technology with holistic therapies to optimise recovery, restore mind-body balance and promote deep wellness

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	Description	Minutes	€
<b>Triple Detox (MLX i3DOME) Session - Metawell</b>	A contact-free detox treatment that delivers a triple effect. Far infrared rays gradually raise body temperature to accelerate detoxification, boost metabolism and alleviate inflammation and pain. Plasma therapy works through the skin and inhalation to reduce stress and increase energy levels. Finally, light therapy enhances skin rejuvenation and detoxification.	40	300
<b>MLX Quartz Session - Metawell</b>	A multi-sensory journey using heated quartz stones. It begins with an immersion in a bed of warm quartz, followed by a poultice massage, a gravity inversion and a dynamic wave massage built into the treatment bed. Aromatherapy diffusion and the resonant sound of singing bowls enhance the session, creating a unique, immersive experience - with or without physical contact.	50	300
<b>Welnamis Session - Metawell</b>	A treatment that replicates the soothing rhythm of ocean waves, using sound to slow down your mind. Vibrating frequencies promote deep relaxation by specifically targeting at the body's energy centres (chakras).	50 30	300 200
<b>RLX SATORI Session - Metawell</b>	A vibro-acoustic therapy with binaural sound, designed to fully synchronise the body and mind. The treatment may include a guided meditation (in English). It offers 9 programmes targeting different objectives. Headphones and an eye mask ensure complete immersion in the experience.	25	250
<b>Zestos Dryfloat Session - Metawell</b>	Experience the unique sensation of floating weightlessly on a waterbed, promoting deep relaxation as the heat soothes the muscles and improves circulation. This treatment helps alleviate anxiety, stress and depression, while also promoting better quality sleep.	30	250
<b>Relounge Session - Metawell</b>	A breakthrough in back pain management, this treatment combines electro-stimulation, targeted heat, TENS and massage in a single device. Engineered for neck, back and shoulder pain relief.	30	300
<b>Libra Edge Session - Metawell</b>	A synergy between technology and nature, this treatment offers an unparalleled sensory experience with a choreography of varying water temperatures and pressures, touches, colours, aromas and sounds.	50	225

## RECOVERY THERAPIES

Advanced recovery powered by state-of-the-art technology: Cryotherapy and innovative treatments designed for optimal regeneration, peak performance and holistic wellness.

	Description	Minutes	€
e°CABIN™ Cryotherapy Treatment	A cabin treatment session exposing the body to ultra-low temperatures (from -80°C to -160°C) in a controlled environment for approximately 3 minutes.	3	120
Pressotherapy Combined with Cryotherapy	A dual-action recovery therapy that applies air pressure to the legs and arms through a pneumatic suit to stimulate lymphatic drainage and improve venous circulation.	20	110
Oxypro Hyperbaric Chamber	A high-performance oxygen therapy delivering pure oxygen in a pressurised environment.	30	300
X°CRYO™ Localised Cryotherapy Instant Recovery	A safe and effective treatment that delivers high-speed cold air to reduce inflammation, relieve pain and revitalise the skin in minutes. Ideal for muscle recovery, joint relief and overall wellbeing.	5	50
X°CRYO™ Facial - Instant Rejuvenation with Cryotherapy	An innovative facial cryotherapy treatment to revitalise and purify the skin. It stimulates circulation and promotes intense oxygenation, helping to eliminate toxins, reduce inflammation and make the skin more radiant. The tightening effect of the cold minimises pores, firms the skin and restores natural firmness for an instantly refreshed, glowing and rejuvenated complexion.	5	50
<b><u>Recovery Circuit</u></b>		<b>83</b>	<b>650</b>
e°CABIN™ Cryotherapy Treatment	A comprehensive recovery experience designed to revitalise the body, accelerate regeneration and optimise physical and mental wellness. This circuit combines advanced technologies to reduce inflammation, increase cellular oxygenation and promote muscle recovery.	3	120
Oxypro Hyperbaric Chamber		30	300
Pressotherapy Combined with Cryotherapy		20	110
Metawell Relounge		30	300
<b><u>Detox &amp; Recovery Circuit</u></b>		<b>103</b>	<b>800</b>
e°CABIN™ Cryotherapy Treatment	A deep recovery and detoxification treatment designed to regenerate the body, revitalise energy and improve physical and mental wellness using advanced technology.	3	120
Oxypro Hyperbaric Chamber		30	300
Metawell Relounge		30	300
Metawell MLXiDOME Triple Detox Treatment		40	300



HYPERBARIC OXYGEN THERAPY  
OXYPRO™ CTM

HYPERBARIC OXYGEN THERAPY  
OXYPRO™ CTM





## BEAUTY

## HAIRDRESSING

	Minutes	€
Nail Polish Removal (semi-permanent)	45	50
ZEM Express Manicure (no nail polish)	50	120
ZEM Express Pedicure (no nail polish)	50	120
ZEM Manicure	80	150
ZEM Pedicure	80	150



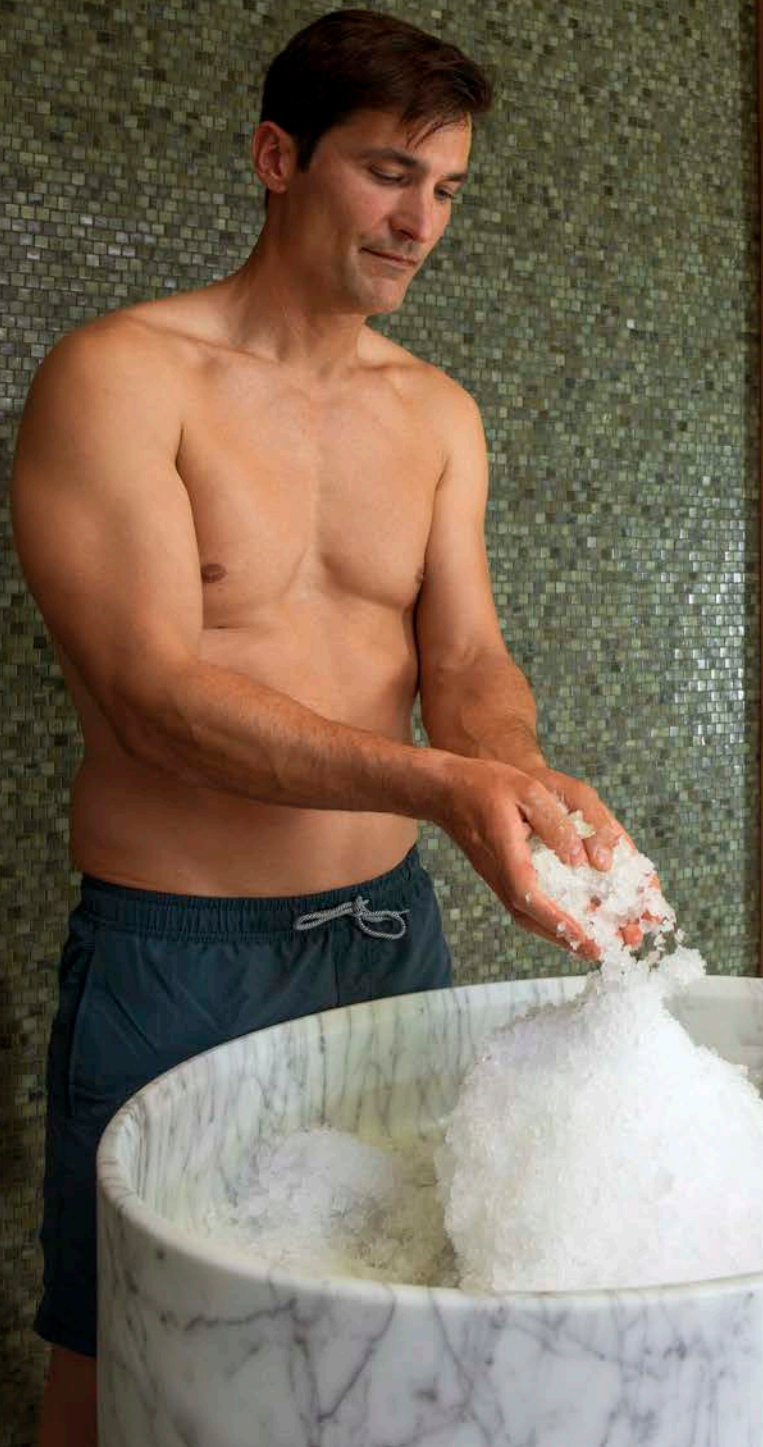
	Minutes	€
Hair Diagnosis with Micro-camera + Cleaning and Hydro-Dhara	65	120
Scalp Cleanse	20	30
Rebalancing Scalp Treatment	35	50
Soothing Scalp Treatment	35	50
Purifying Scalp Treatment	35	50
Densifying Scalp Treatment - Hair Loss	35	50
Rebuilding Hair Treatment	110	200
Hair Treatment - Purifying/Nourishing/Hydrating/Volumising	20	30
Bright Illumination Hair Treatment	110	200
Root Touch-Up	45	80
Extra Colouring	10	30
Full Head Highlights (Babylights, Traditional, Balayage, etc.)	170	200
Half Head Highlights	130	150
Colour Refresh (Colour Bath)	80	80
Organic Straightening - Short	110	300
Organic Straightening - Medium	170	450
Organic Straightening - Long	240	550
Organic Straightening - Extra Long	350	800
Organic Frizz Reducer	110	250
Blow-Dry - Short	20	40
Blow-Dry - Medium	30	50
Blow-Dry - Long	40	70
Blow-Dry - Extra-Long/Extensions	50	110
Women's Haircut	20	40
Men's Haircut	30	40
Haircut + Styling (Blow-Dry) - Short	50	70
Haircut + Styling (Blow-Dry) - Medium	60	90
Haircut + Styling (Blow-Dry) - Long	70	110
Haircut + Styling (Blow-Dry) - Extra Long/Extensions	80	150
Beard Grooming	20	50
Men's Haircut and Beard Trim	80	150
Beard Touch-Up (Trim for Facial Treatments)	20	25

## SPA EXPERIENCE

A revitalising experience that combines three unique circuits - Sensory, Therapeutic and Detox - with 22 exclusive facilities, including saunas, thermal contrasts, a snow cabin and pools, designed to deeply rejuvenate both the body and mind

	Description	Minutes	€
<b>Spa Experience</b>	An invigorating journey through our exclusive wellness facilities, featuring saunas, hydrotherapy and thermal contrasts to improve circulation, eliminate toxins and relax the body and mind.	50	<b>Free Access</b>
<b>"The Sahara" Ritual (with Rhassoul)</b>	A traditional Hammam treatment that combines black soap, exfoliation with a Kessa glove, and Rhassoul clay to cleanse, nourish and revitalize the skin, leaving a deep sense of freshness and wellbeing.	60	300
<b>"Arabesque" Ritual Revitalisation &amp; Immunity Boost</b>	A holistic ritual inspired by the Hammam, designed to strengthen the immune system, invigorate the body and restore your vital essence. It begins with an exfoliation using luxurious black soap and a Kessa glove to stimulate circulation and eliminate toxins. Next, a thermal mud wrap deeply remineralises the skin and promotes muscle recovery. This is followed by a holistic massage with magnesium oils to release tension and harmonise energy. The experience culminates in invigorating aromatherapy and a refreshing cold herbal antioxidant tea.	90	450
<b>"Midsummer Night's Dream" VIP Ritual</b>	An exclusive and indulgent wellness ritual for one or two guests, combining thermal contrasts, aromatherapy and traditional techniques incorporating birch branches. Alternating between sauna sessions, contrast showers and deeply restorative moments of relaxation with foot, head and body massages, this treatment stimulates circulation, alleviates muscle tension and rejuvenates both the body and mind.	120	450
<b><u>Detox Circuit</u></b>		<b>90</b>	
<b>Bio-Sauna</b>	<p>The primary aim of the Detox Circuit is to facilitate the elimination of harmful toxins, support healthy circulation and restore natural metabolic equilibrium while harmonising the body's energy.</p>	15	<b>Free Access</b>
<b>Dry Sauna</b>		15-20	
<b>Steam Cabin</b>		10	
<b>Ice Pool or Snow Cabin</b>		3-5	
<b>Sensory Shower</b>		5	
<b>Hydrojet Pool</b>		30-40	
<b>Contrast Baths (Cold/Hot Well)</b>		3-5	









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	Description	Minutes	€
<b><u>Therapeutic Circuit</u></b>			
		<b>90</b>	
Infrared Sauna	A specialised circuit designed to alleviate musculoskeletal discomfort and pain. It improves mobility and supports the body's natural recovery process.	15-20	<b>Free Access</b>
Steam Cabin		10	
Ice Pool or Snow Cabin		3-5	
Sensory Shower		5	
Hydrojet Pool		20-30	
Contrast Baths (Cold/Hot Well)		3-5	
Contrast Baths (Cold/Hot Well)		3-5	
<b><u>Sensory Relaxation Circuit</u></b>			
		<b>120</b>	
Bio-Sauna	This circuit delivers a multi-sensory experience designed to induce deep relaxation, alleviate stress and invigorate the senses.	15-20	<b>Free Access</b>
Salt Cabin (Halotherapy)		30	
Steam Cabin		10-15	
Ice Pool or Snow Cabin		3-5	
Sensory Shower		5	
Seasonal Shower		3-5	
Hydrojet Pool		20-30	

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**Bio-Sauna**  
(65°C, 10% humidity)

A gentle yet invigorating sauna infused with lavender or orange aromas, combining soothing heat and low humidity. Ideal for muscle relaxation, skin purification and stress relief.

**Infrared Sauna**  
(50°C, 0% humidity)

Advanced technology that penetrates deep into tissues to stimulate circulation, ease muscle soreness and promote deep perspiration.

**Finnish Dry Sauna**  
(90°C, 0% humidity)

The intense heat improves circulation, fortifies the immune system and deeply relaxes the body.

**Hamam**  
(35°C, 100% humidity)

A traditional citrus-scented steam for skin purification, detoxification and total relaxation.

**Steam Cabin**  
(55°C, 100% humidity)

A steam experience infused with eucalyptus and mint essences, ideal for clearing airways, soothing muscles and detoxifying the body.

**Salt Cabin**  
(30°C, 65% humidity)

A space enriched with salt micro-particles designed to improve respiratory health, boost immunity and nourish the skin.

**Mud Cabin**  
(30°C, 80% humidity)

A space designed for mud therapy treatments that nourish the skin, reduce inflammation and promote deep relaxation.





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**Ice Fountain**  
(3-5 min, intense cold)

An invigorating contrast that stimulates circulation, reduces inflammation and tones the skin.

**Snow Cabin**  
(-5°C, 65% humidity)

A unique experience of extreme cold that invigorates the immune system and revitalises and tones the body.

**Sensory Shower**  
(10°C - 40°C)

A journey through five showers with varying intensity and temperature designed to invigorate and relax the body and stimulate circulation.

Initial Stimulus

The journey begins with a gentle rainfall that prepares the skin and activates circulation.

Revitalising Rain

A blend of mist, rain and waterfall hydrate and refresh the body.

Mist Spray

Fine particles of cold water tone and refresh the skin.

Thermo-Sensory Shower

A blend of mist, rain and waterfall hydrate and refresh the body.

Sensory Waterfall

An enveloping stream of water provides deep relaxation and stress relief.

**Rain Effect Shower**  
(15°C - 5°C)

A gentle spray that awakens the senses and revitalises the skin.

**Snow Shower**  
(15°C - 5°C)

Micro-particles of ice water relax and tone the body.

**Hydrojet Pool**  
(32°C)

A hydromassage experience with 23 air and water jets to relax, relieve muscle tension and stimulate circulation.

**Cold Well**  
(10°C)

An invigorating contrast bath that tones the skin and improves circulation.

**Hot Well**  
(37°C)

An immersion in warm water to relax the muscles, relieve stress and increase oxygenation.

## FITNESS, YOGA & MINDFULNESS

State-of-the-art fitness area equipped with Technogym technology, offering mind-body training such as Yoga, Pilates and Mindfulness

	Description	Minutes	€
<b><u>Yoga - Various Styles</u></b>	A practice that integrates physical postures (asanas), controlled breathing (pranayama) and meditation to enhance flexibility, strength, balance and the mind-body connection. Through fluid and intentional movement, it aligns the body, calms the mind and promotes deep relaxation. Designed to meet the needs of different levels and personal goals, our classes foster overall wellbeing, reduce stress and cultivate a deeper awareness of both the body and mind.	50	180
Series of 3 training sessions (110%)			490
Series of 6 training sessions (115%)			920
<b><u>Mindfulness Session</u></b>	A mindfulness practice that focuses on bringing your attention to the present moment, consciously and without judgement. Through breathing techniques, meditation and mindful observation, this session enhances your awareness of thoughts, emotions and physical sensations, promoting deep relaxation, stress reduction and emotional wellbeing. Mindfulness nurtures the vital connection between mind and body, helping you to develop superior emotional management skills while cultivating deeper inner peace for your daily life.	50	180
Series of 3 training sessions (110%)			490
Series of 6 training sessions (115%)			920
<b><u>Outdoor Fitness Activities</u></b>	A complete outdoor training experience in an extraordinary natural setting. The programme includes hikes through the stunning landscapes of Altea and the surrounding area, walks and activities on Finca Althaya, outdoor functional training sessions and aquatic exercise in the swimming pool.	50	300
Series of 3 training sessions (110%)			490
Series of 6 training sessions (115%)			920
<b>Aqua Fitness</b>	A fitness session set in the water that combines aerobic exercise, muscle toning, improved flexibility and relaxation. Thanks to the natural resistance of water, this low-impact workout is ideal for strengthening the body, improving circulation and releasing tension - an invigorating yet safe experience suitable for all ages.	50	180
<b>Aquacycling</b>	A training experience featuring underwater stationary cycling. Combining the benefits of cycling with the natural resistance of water, this low-impact yet remarkably effective workout improves cardiovascular fitness, tones muscles and stimulates circulation. Ideal for all ages and fitness levels, it minimises injury risk whilst promoting optimal muscle recovery.	50	180



## FITNESS, YOGA & MINDFULNESS

State-of-the-art fitness area equipped with Technogym technology, offering mind-body training such as Yoga, Pilates and Mindfulness

	Description	Minutes	€
<b>Functional Assessment + Training</b>	This comprehensive assessment measures physical capacity through a series of specialised tests and exercises, using advanced technology to determine your fitness level, strength, flexibility, endurance and mobility. The objective is to identify your strengths, potential muscle imbalances and areas for improvement in order to design a personalised and highly effective training programme exclusively for you. The assessment examines the functionality of your body as an integrated whole, evaluating performance in everyday movements and sporting activities.	80	300
<b>Personal Training</b>	A fully personalised session with specific, measurable goals designed to optimise your overall wellbeing. Through structured planning precisely adjusted to your unique characteristics, abilities and needs, we aim to improve your physical performance, prevent injuries and promote healthy habits. Sessions can be held in the outdoor pool area, yoga studio or personal training area.	50	180
<b><u>Apparatus Pilates</u></b>	A workout using specialised equipment such as the Reformer, Cadillac and Chair to perform exercises that combine resistance with adjustable support. These apparatuses provide precise deep muscle activation to improve core stability, postural alignment and flexibility. Each session is carefully designed to suit your specific abilities and goals, supporting effective rehabilitation, injury prevention and functional muscle strengthening through controlled, personalised movement.	50	180
Series of 3 training sessions (!10%)			490
Series of 6 training sessions (!15%)			920
<b><u>Mat Pilates</u></b>	A mat-based workout that uses body weight and accessories such as bands, balls or hoops to provide optimal resistance. The exercises focus on strengthening the core while improving flexibility, postural alignment and stability. Each movement is performed with precision and control, with special attention to breathing and posture, to effectively engage deep muscles, prevent injury and improve overall body balance.	50	180
Series of 3 training sessions (!10%)			490
Series of 6 training sessions (!15%)			920





# ZEM

WELLNESS CLINIC ALTEA

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ZEMNESS TREATMENTS

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