



# LONGEVITY

## ZEM PRO-AGEING PROGRAMME

Our ZEM Pro-Ageing Programme is specifically designed for those who wish to embrace the passage of time with prevention, health and wellbeing.



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 Room and all the guest's meals from their specific nutritional plan.**

Before beginning the ZEM Pro-Ageing programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.

### Objectives

- \* Promote healthy ageing
- \* Reduce stress
- \* Improving emotional wellbeing
- \* Practice of a healthy, sustainable and conscious lifestyle
- \* Improve vitality and energy
- \* Optimise skin health
- \* Strengthen cognitive function

### Methodology

- \* Rigorous study to identify each guest's clinical problems or needs
- \* Determine the holistic therapeutic approach
- \* Innovative treatments which deliver powerful anti-stress effects to strengthen a healthy longevity
- \* Nutritional supplements developed exclusively for ZEM Wellness Clinic Altea
- \* Possibility of completing the programme with an extensive range of advanced medical treatments
- \* Reinforcement techniques - Boosts - covering all areas of health and wellness

### Nutritional Plan: Raw 80/20

The Raw 80/20 plan is designed to strengthen the body's cells and keep oxidative stress and chronic inflammation under control, helping to prevent cellular ageing. It consists of 80% raw food intake versus 20% cooked food intake.

### TOTAL OF SERVICES ZEM Pro-Ageing

7 nights | 54

14 nights | 75

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1
Basic Blood Analysis	1	2
Oxidative Stress Biomarkers	1	1
Immune Ageing Analysis	1	1
Telomeric Length Analysis	1	1
Personalised Health Plan Consultation	1	1
Initial Bio-integrative Medicine Consultation	1	1
Test and Analysis Results Consultation	1	1
Final Bio-integrative Medicine Consultation	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1
Healthy Pro-Ageing Consultation	1	1
Regenerative Medicine Consultation	1	1
Biodental Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	2
Neurocognition and Mental Performance Consultation	1	2
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Hair Health and Trichology Consultation	1	1

### MED TECH TESTS & TREATMENTS.

Facial Scan	1	1
Dermo-Aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	1	1
Dental Cleaning	1	1
Hydrafacial	-	1
Facial Indiba	1	2
Corporal Indiba	1	2
Whole Body Densitometry	1	1
Colon Hydrotherapy	1	3
EternaDrip Serotherapy: Youth from Within	1	2
O3 VitalAge: Regeneration and Longevity	1	2
Intravenous Laser	1	1
Hypoxia-Hyperoxia Session	1	2
Hair Mesotherapy	-	1
Harvard Brain Health Test	1	1

NUTRITION	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	2	4
Personalised Raw 80/20 Nutritional Plan	incl.	incl.

### WELLBEING & NATURAL THERAPIES

Welcome Massage	1	1
ZEM Signature Body Massage	1	1
Spa Experience Sensorial Circuit	1	1
Ayurveda Shirodhara Massage	1	2
Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
Zestos Dryfloat Treatment - Metawell	1	1
MLX Quartz Treatment - Metawell	1	2
Welnamis Treatment - Metawell	1	1
RLX Satori Treatment - Metawell	2	2
Pro-Ageing Lux Facial Treatment	1	1
Aquatic Vibrational Ritual	1	1
Oxypro Hyperbaric Chamber	1	1
Pro-Ageing Cure Circuit in 3 steps	1	1
Facial Cryotherapy	2	2
Unlimited Access to Fitness & Spa Area	incl.	incl.

### PHYSICAL PERFORMANCE

Functional Assessment	1	1
Yoga / Pilates - Individual Session	1	2
Mindfulness - Individual Session	1	2
Personal Training	2	4

### ZEM COLLEGE

Includes free access to a weekly programme of educational and preventive activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.

Group Cooking Class	1	2
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### Rates

In a Double\* Room In a Double Room (single occupancy)\*

7 nights	€13,000	€15,800
14 nights	€23,000	€28,600
21 nights	€33,500	€41,900

\* Price per person, VAT included. 7 nights' accommodation in Deluxe Room (double use) with Complete Nutritional Plan.