



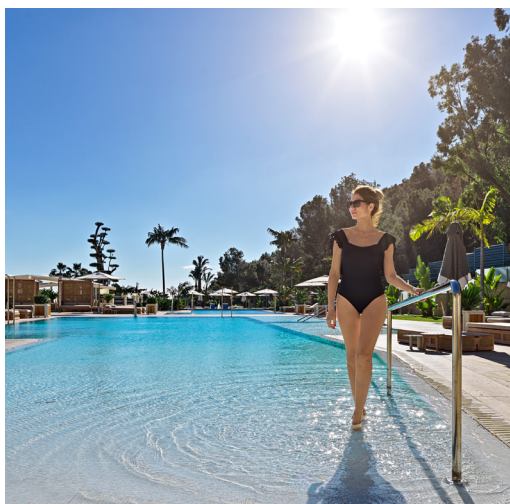
ZEM

BALANCE & VITALITY

ZEM ESSENTIAL PROGRAMME

WELLNESS CLINIC ALTEA

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: 3 nights
Recommended duration 7 / 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 Essential programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.

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.

TOTAL OF SERVICES ZEM Essential	3 nights 22	7 nights 42	14 nights 61
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MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	3 nights	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	1
Basic Blood Analysis	-	1	1
Personalised Health Plan Consultation	-	1	1
Initial Bio-integrative Medicine Consultation	1	1	1
Test and Analysis Results Consultation	-	1	1
Final Bio-integrative Medicine Consultation	-	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	1
Dermo-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			
Facial Scan	1	2	3
Dermo-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			
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 Sensory 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
ZEM Signature Body Massage	1	1	2
Personalised Organic Facial Treatment	1	1	1
Unlimited Access to Fitness & Spa Area	incl.	incl.	incl.

PHYSICAL PERFORMANCE			
Functional Assessment	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 a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.

Group Cooking Class	1	1	2
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Rates		In a Double* Room	In a Double Room (single occupancy)*
3 nights	€5,000	€6,200	
7 nights	€8,000	€10,800	
14 nights	€16,000	€21,600	
21 nights	€24,000	€32,400	

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