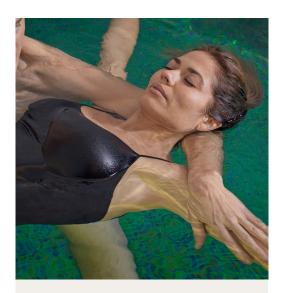


## LONGEVITY

# ZEM IMMUNE-REVITALISATION **PROGRAMME**

The aim of the ZEM Immune-Revitalisation programme is to optimise the guest's immune system, providing a strong and effective barrier against disease and stress.



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.

### Objectives

- Optimise health in general
- Revitalise the cells' natural repair and adaptation mechanisms.

## Methodology

- Strategies to care for and strengthen the immune
- Neutralise free radicals
- Promotes oxygenation, revitalisation, detoxification and reduction of oxidative stress in the guest's cells
- Improves epigenic mechanisms and cellular health
- Combination of treatments alongside the use of vitamin supplements, minerals and essential nutrients
- Improves the metabolism, leading to an increase in energy and an improved immune system

#### **Nutritional Plan: Revitalisation**

The Revitalisation Plan is designed to optimise vital organ function with a special focus on the immune system. It focuses on cellular detoxification to promote regeneration at the cellular level and restore each guest's physiological nutritional values.

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

TOTAL OF SERVICES ZEM Immune-Revitalisation			
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	WEL
ZEM Wellbeing Medical Assessment	1	1	Wel
Basic Blood Analysis	1	1	Poul
Viral Serology Analysis	1	1	Und
Immune Ageing Analysis	1	1	Arab
Personalised Health Plan Consultation	1	1	Spal
Initial Bio-integrative Medicine Consultation	1	1	TCM
Follow-up Bio-integrative Medicine Consultation	1	1	Tripl Meta
Test and Analysis Results Consultation	1	1	MLX
Final Bio-integrative Medicine Consultation	1	1	Relo RLX
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Libra
Healthy Pro-Ageing Consultation	1	2	Оху
Regenerative Medicine Consultation	1	2	Cryc
Biodental Consultation	1	1	Man
Neurocognition and Mental Performance Consultation	1	2	Lym <sub>l</sub> Aqua
Dermo-aesthetics and Cellular Regeneration Consultation	1	1	Unli
Hair Health and Trichology Consultation	1	1	
Basic Gut Microbiota Assessment	1	1	PHY
MED TECH TESTS & TREATMENTS			Fund Pers
Facial Scan	1	1	Mino
Dermo-Aesthetic Body Scan	1	1	Yoga
Electrocardiogram	1	1	
Bioimpedance Test	1	1	ZEM
Whole Body Densitometry	1	1	
Colon Hydrotherapy	1	2	Inclui tative
OzoneShield: Revitalisation and Cellular Defence	2	4	Mind
Intravenous Laser	1	2	Grou
Deep Plasma Revitalisation	1	2	Rate
Protection and Strengthening Serotherapy	1	2	Rate

NUTRITION		
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	1	3
Personalised Revitalisation Nutritional Plan	incl.	incl.

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
Welcome Massage	1	1
Poultices Massage	-	1
Underwater Massage	2	2
Arabesque Revital Ritual	1	2
Spa Experience Therapeutic Circuit	1	1
TCM Consultation + Acupuncture Session	1	1
Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
MLX Quartz Treatment - Metawell	1	2
Relounge Treatment - Metawell	1	1
RLX Satori Treatment - Metawell	1	2
Libra Edge Treatment - Metawell	2	2
Oxypro Hyperbaric Chamber	1	2
Cryotherapy	1	2
Manual Lymphatic Drainage Massage	2	2
Lympha Press	2	2
Aquatic Vibrational Ritual	1	1
Unlimited Access to Fitness & Spa Area	incl.	incl.

7 nights | 55

14 nights | 75

PHYSICAL PERFORMANCE		
Functional Assesment	1	1
Personal Training	1	2
Mindfulness - Individual Session	1	2
Yoga / Pilates - Individual Session	2	2

#### ZEM COLLEGE

Rates

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		

7 nights €11,500 €14,300

14 nights €20,000 €25,600 €37,900 21 nights €29,500

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