



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.**

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.

### Objectives

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

### Methodology

- \* Strategies to care for and strengthen the immune system
- \* 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.

TOTAL OF SERVICES ZEM Immune-Revitalisation			7 nights   55		14 nights   75	
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			7 nights	14 nights		
ZEM Wellbeing Medical Assessment	1	1				
Basic Blood Analysis	1	1				
Viral Serology Analysis	1	1				
Immune Ageing Analysis	1	1				
Personalised Health Plan Consultation	1	1				
Initial Bio-integrative Medicine Consultation	1	1				
Follow-up 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	2				
Regenerative Medicine Consultation	1	2				
Biodental Consultation	1	1				
Neurocognition and Mental Performance Consultation	1	2				
Dermo-aesthetics and Cellular Regeneration Consultation	1	1				
Hair Health and Trichology Consultation	1	1				
Basic Gut Microbiota Assessment	1	1				
MED TECH TESTS & TREATMENTS						
Facial Scan	1	1				
Dermo-Aesthetic Body Scan	1	1				
Electrocardiogram	1	1				
Bioimpedance Test	1	1				
Whole Body Densitometry	1	1				
Colon Hydrotherapy	1	2				
OzoneShield: Revitalisation and Cellular Defence	2	4				
Intravenous Laser	1	2				
Deep Plasma Revitalisation	1	2				
Protection and Strengthening Serotherapy	1	2				
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.		
PHYSICAL PERFORMANCE						
Functional Assestment			1	1		
Personal Training			1	2		
Mindfulness - Individual Session			1	2		
Yoga / Pilates - Individual Session			2	2		
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	2		
Rates						
			In a Double* Room	In a Double Room (single occupancy)		
7 nights			€11,500	€14,300		
14 nights			€20,000	€25,600		
21 nights			€29,500	€37,900		
* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe Room (double use) with Complete Nutritional Plan.						