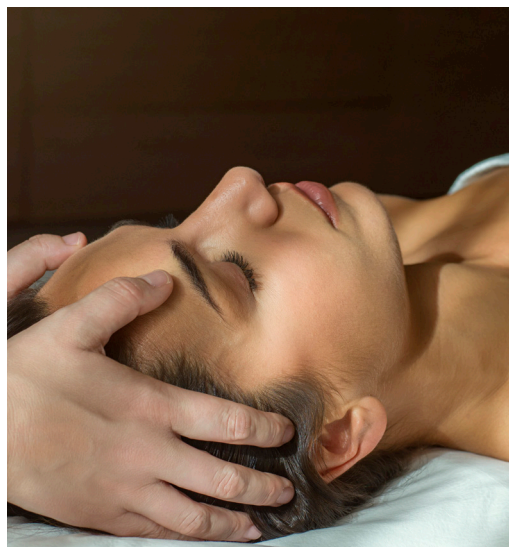




LONGEVITY

ZEM REJUVENATING / AESTHETICS PROGRAMME

ZEM Rejuvenating/Aesthetics focuses on improving people's self-confidence and emotional wellbeing by addressing visible signs of ageing.



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 Rejuvenating / Aesthetics programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.

Objectives

- * Address the visible signs of aging to achieve one's desired physical appearance
- * Focus on increasing people's self-confidence as well as their physical and emotional wellbeing

Methodology

- * Advanced techniques to revitalise guests' skin restoring its youthful and healthy appearance
- * Specialities, such as nutrition, Bio-Dental unit or psychology
- * Dermo-aesthetic treatments, facial and body massages, fitness routine and outdoor activities
- * Supervised by a team of medical and aesthetic professionals

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 Rejuvenating Aesthetics

7 nights | 53

14 nights | 76

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS

	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1
Basic Blood Analysis	1	2
Heavy Metals Analysis	1	1
Basic Analysis Essential Nutrients	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
Hair Health and Trichology Consultation	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1
Healthy Pro-Ageing Consultation	1	1
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Dermo-aesthetic and Cellular Regeneration Follow-up Consultation	1	2
Biodental Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	2
Neurocognition and Mental Performance Consultation	1	2

MED TECH TESTS & TREATMENTS

Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	1	1
Facial Indiba	1	2
Corporal Indiba	1	2
Whole Body Densitometry	1	1
Hydrafacial	1	2
Intravenous Laser	1	2
DermaVital Serotherapy: Deep Moisturising & Recovery	2	3
OzoneYouth: Rejuvenation and Deep Vitality	2	3
Colon Hydrotherapy	1	2
Hair Mesotherapy	1	1
Ultraformer MPT	1	1
Biodental Cleaning	1	1

NUTRITION

	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	2	4
Personalised Essential Nutritional Plan	incl.	incl.

WELLBEING & NATURAL THERAPIES

Welcome Massage	1	1
Ayurveda Abhyanga Massage	1	2
Spa Experience Sensorial Circuit	1	1
Alchemy of Light and Cocoa Ritual	1	2
Underwater Massage	1	2
Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
MLX Quartz Treatment - Metawell	1	1
RLX Satori Treatment - Metawell	-	2
Libra Edge Treatment - Metawell	1	2
Signature Facial Treatment	1	2
Oxypro Hyperbaric Chamber	2	2
Slimming Body Treatment	1	1
Rejuvenating Body Treatment	1	2
Unlimited Access to Fitness & Spa Area	incl.	incl.

PHYSICAL PERFORMANCE

Functional Assesment	1	1
Personal Training	2	2

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 (single occupancy)*

7 nights	€14,500	€17,300
14 nights	€26,000	€31,600
21 nights	€37,500	€45,900

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