



BALANCE & VITALITY

ZEM WEIGHT MANAGEMENT & DETOX PROGRAMME

Adopting a holistic approach, the programme addresses both weight reduction and the removal of toxins from the body. Its ultimate goal is to promote cellular regeneration by restoring each individual's optimal nutritional balance.



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

- * Master and manage the body weight in a conscious and holistic way
- * Strengthen the body's cleansing process and establish healthy habits
- * Achieve the right balance between the energy ingested through food intake and the energy invested in daily activities

Methodology

- * Combines medical treatments with wellbeing therapies, physical exercise and activities in connection with nature
- * Mediterranean Diet based on organic and Km 0 products grown at Finca Althaya
- * Constant supervision by a multidisciplinary team that ensures a safe and inspiring approach to the programme

Nutritional Plan: Detox

The Detox Nutritional Plan is designed to restore balance to the body by promoting its natural physiological cleansing principles. Its food plan is based on seasonal vegetables, seeds, cultured foods, gluten-free cereals and natural supplements.

TOTAL OF SERVICES ZEM Weight Management & Detox

7 nights | 54

14 nights | 79

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS

	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1
Basic Blood Analysis	1	2
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
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	1
Food Sensitivity Test 270 foods	1	1
Oxidative and Heavy Metals Analysis	1	1

MED TECH TESTS & TREATMENTS

	7 nights	14 nights
Facial Scan	1	1
Dermo-Aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	2	3
Comprehensive Weight and Detox Serotherapy	2	3
Colon Hydrotherapy	2	3
O3 Reset: Detox and Metabolic Balance	1	3
Hair Mesotherapy	1	1

NUTRITION

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

WELLBEING & NATURAL THERAPIES

	7 nights	14 nights
Welcome Massage	1	1
Ayurveda Abhyanga Massage^	1	2
Underwater Massage	2	4
Cupping Detox Massage	2	4
Spa Experience Detox Circuit	1	1
TCM Consultation + Acupuncture Session	1	1
Hydrodetox Cure Circuit	2	4
Triple Detox Treatment (MLX i3DOME) - Metawell	2	3
RLX Satori Treatment - Metawell	1	2
Manual Lymphatic Drainage Massage	1	2
Lympha Press	2	3
Slimming Body Treatment	2	3
Indiba Body Sculpting	1	2
Unlimited Access to Fitness & Spa Area	incl.	incl.

PHYSICAL PERFORMANCE

	7 nights	14 nights
Functional Assessment	1	1
Personal Training	3	6
Yoga / Pilates - Individual Session	1	2
Mindfulness - Individual Session	1	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	7 nights	14 nights
	1	2

Rates

	In a Double* Room	In a Double Room (single occupancy)*
7 nights	€12,500	€15,300
14 nights	€22,000	€27,600
21 nights	€32,500	€40,900

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

Before beginning the ZEM Weight Management & Detox programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.