



BALANCE & VITALITY

ZEM WEIGHT MANAGEMENT PROGRAMME

The ZEM Weight Management programme offers guests a set of strategies and medical guidelines to achieve and maintain a healthy body weight, while improving their overall health.



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

Objectives

- * Control and manage body weight in a conscious and comprehensive way
- * Reduce body weight while acquiring a series of skills and healthy habits that can be maintained in the long run

Methodology

- * Exhaustive initial assessment, which integrates a detailed analysis of each guest's eating habits, level of physical activity and body composition
- * Supervision by a multidisciplinary medical team of doctors, nutritionists, psychologists, therapists and personal trainers
- * Promotion of the Mediterranean Diet thanks to the organic and Km 0 products grown on our Finca Althaya

Nutritional Plan: Detox

The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

TOTAL OF SERVICES ZEM Weight Management	7 nights 53	14 nights 78
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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
Follow-up Bio-integrative Medicine Consultation	1	2
Final Bio-integrative Medicine Consultation	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Healthy Pro-Ageing Consultation	-	1
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	1
Neurocognition and Mental Performance Consultation	1	1
Food Sensitivity Test 270 foods	1	1
Basic Gut Microbiota Assessment	1	1
Heavy Metals Analysis	1	1
Oxidative and Heavy Metals Analysis	-	1

MED TECH TESTS & TREATMENTS	7 nights	14 nights
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	2
Electrocardiogram	1	1
Bioimpedance Test	1	2
Corporal Indiba	1	1
Energy Regulating Serotherapy	2	3
Colon Hydrotherapy	2	3
Oxygen Cell Therapy for Weight Management	1	2
Coolsculpting + Facial Indiba	1	2

NUTRITION	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	2	2
Personalised Detox Nutritional Plan and Raw 80/20	incl.	incl.

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

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assestment	1	1
Personal Training	4	6
Yoga / Pilates - Individual Session	1	2
Mindfulness - Individual Session	1	2

ZEM COLLEGE	7 nights	14 nights
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

Rates	In a Double* Room	In a Double Room (single occupancy)*
7 nights	€12,000	€14,800
14 nights	€21,000	€26,600
21 nights	€31,000	€39,400

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