

PROGRAMME ZEM DETOX

A deep reset that frees the body from toxins, renews energy, and restores physical and mental clarity, preparing the body for lighter, longer-lasting health.



OBJECTIVE Promote the elimination of toxins, restore metabolic vitality, and reduce accumulated inflammation and stress, fostering a state of lightness and holistic balance.

METHODOLOGY Initial clinical assessment and the design of a personalised plan integrating advanced detoxification treatments, sleep regulation, restorative therapies, and tailored physical activity.

NUTRITIONAL PLAN Mediterranean-inspired Detox Plan, based on seasonal vegetables, natural ferments, and whole grains, complemented by specific supplementation to optimise the liver, intestines, and microbiota.

DURATION Minimum: 7 nights
Recommended: 14 / 21 nights

*Before starting the ZEM Detox programme, it is essential to undergo the ZEM health assessment to confirm its suitability for each guest's specific needs and goals.

**All our programmes are personalised and tailored to each guest's physical condition and needs, and include accommodation in a Deluxe room with the corresponding nutritional plan.

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 NIGHTS	14 NIGHTS
ZEM Wellbeing Medical Assessment	1	1
Basic Blood Analysis	1	2
Oxidative and Heavy Metals Analysis	1	1
Personalised Health Plan Consultation	1	1
Initial Bio-Integrative Medicine Consultation	1	1
Follow-Up Bio-Integrative Medicine Consultation	-	1
Final Bio-Integrative Medicine Consultation	1	1
Test and Analysis Results 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
Hair Health and Trichology Consultation	-	1
Neurocognition and Mental Performance Consultation	1	2
Food Sensitivity Test 270 foods	1	1

MED TECH TESTS & TREATMENTS	7 NIGHTS	14 NIGHTS
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	2
Electrocardiogram	1	1
Bioimpedance Test	2	3
Colon Hydrotherapy	2	3
Intravenous Laser	1	2
Bio Detox Serotherapy: Regeneration and Toxin Removal	2	3
Revitalisation and Detox with Ozone	2	4

NUTRITION	7 NIGHTS	14 NIGHTS
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-Up Consultation	2	4
Personalised Detox Nutritional Plan	Yes	Yes

WELLBEING & NATURAL THERAPIES	7 NIGHTS	14 NIGHTS
Welcome Massage	1	1
Cupping Detox Massage	2	4
Manual Lymphatic Drainage Massage	1	2
Spa Experience Detox Circuit	1	1
Oxypro Hyperbaric Chamber	1	2
Hydrodetox Cure Circuit	2	4
TCM Consultation + Acupuncture Session	1	2
Bespoke Facial Cleansing	1	1
Pressotherapy Combined Cryotherapy	1	2
Detox Body Treatment	1	2
RLX Satori - Metawell	1	2
Triple Detox (MLX i3DOME) - Metawell	2	3
Fitness & Spa Unlimited Access	Yes	Yes

PHYSICAL PERFORMANCE	7 NIGHTS	14 NIGHTS
Functional Assesment	1	1
Personal Training	2	3
Mindfulness - Individual	1	2
Yoga/Pilates - Individual	1	2

ZEM EXPERIENCE	7 NIGHTS	14 NIGHTS
Group Cooking Class	1	2
Access to learning and wellbeing activities, such as classes, workshops, talks, yoga, mindfulness, and walks at Finca Althaya.	Yes	Yes

SERVICES	7 NIGHTS	14 NIGHTS
Total	48	78

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	11.000€	19.000€	28.500€
Double Room Single Occupancy	13.800€	21.600€	36.900€

*Price per person. Price includes VAT.