

PROGRAMME ZEM ESSENTIAL

A programme designed to reconnect with what truly matters – rest, mindful nourishment, and the body's natural rhythm – marking the beginning of a more balanced and vibrant way of life.



OBJECTIVE To restore harmony between body and mind, activate vital energy, and lay the foundations for a healthy lifestyle guided by science and Mediterranean serenity.

METHODOLOGY A comprehensive initial assessment and the design of a personalised plan combining wellbeing therapies, gentle physical activity, and education in regenerative habits. Each step is supported by our clinical team.

NUTRITIONAL PLAN Balanced Mediterranean cuisine made with organic, locally sourced ingredients. The Essential Plan offers a culinary approach that nourishes and educates, helping you extend the benefits of the programme beyond your stay.

DURATION Minimum: 3 nights
Recommended: 7 / 14 / 21 nights

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	3 NIGHTS	7 NIGHTS	14 NIGHTS
ZEM Wellbeing Medical Assessment	1	1	1
Basic Blood Analysis	-	1	1
Personalised Health Plan Consultation	-	1	1
Initial Bio-Integrative Medicine Consultation	1	1	1
Final Bio-Integrative Medicine Consultation	-	1	1
Test and Analysis Results Consultation	-	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	1
Dermo-Aesthetics and Cellular Regeneration Consultation	1	1	1
Biodental Consultation	-	-	1
Hair Health and Trichology Consultation	-	1	1
Emotional and Mental Wellbeing Consultation	-	-	1
Oxidative Stress Biomarkers	-	-	1
Basic Gut Microbiota Assessment	-	-	1

MED TECH TESTS & TREATMENTS	3 NIGHTS	7 NIGHTS	14 NIGHTS
Facial Scan	1	2	3
Dermo-Aesthetic Body Scan	1	2	3
Electrocardiogram	1	1	1
Bioimpedance Test	1	2	3
Facial Indiba	-	1	1
Essential Serotherapy	-	1	1
Antioxidants Test	-	1	1

NUTRITION	3 NIGHTS	7 NIGHTS	14 NIGHTS
Nutritional Assessment and Metabolic Bioregulation	1	1	1
Nutrition Follow-Up Consultation	-	1	2
Personalised Essential Nutritional Plan	Yes	Yes	Yes

WELLBEING & NATURAL THERAPIES	3 NIGHTS	7 NIGHTS	14 NIGHTS
Welcome Massage	1	1	1
Relaxing Massage	-	1	2
ZEM Signature Body Massage	1	1	2
Spa Experience Sensory Circuit	1	1	1
Oxygentherapy	-	1	2
Personalised Organic Facial Treatment	1	1	1
MLX Quartz - Metawell	1	1	1
Relounge - Metawell	-	-	1
RLX Satori - Metawell	1	2	3
Triple Detox (MLX i3DOME) - Metawell	1	1	1
Welnamis - Metawell	1	2	3
Zestos Dryfloat - Metawell	1	1	1
Fitness & Spa Unlimited Access	Yes	Yes	Yes

PHYSICAL PERFORMANCE	3 NIGHTS	7 NIGHTS	14 NIGHTS
Functional Assesment	1	1	1
Personal Training	-	2	4
Mindfulness - Individual	1	2	3
Yoga/Pilates - Individual	1	2	3

ZEM EXPERIENCE	3 NIGHTS	7 NIGHTS	14 NIGHTS
Group Cooking Class	1	1	2
Access to learning and wellbeing activities, such as classes, workshops, talks, yoga, mindfulness, and walks at Finca Althaya.	Yes	Yes	Yes

SERVICES	3 NIGHTS	7 NIGHTS	14 NIGHTS
Total	22	42	61

RATES	3 NIGHTS	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	5.000€	8.000€	16.000€	24.000€
Double Room Single Occupancy	6.200€	10.800€	21.600€	32.400€

*Price per person. Price includes VAT.

*Before starting the ZEM Essential 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.