

PROGRAMME ZEM IMMUNE-REVITALISATION

A deep restoration process that strengthens the immune system, revitalises energy, and enhances the body's natural ability to adapt and regenerate.



OBJECTIVE Optimise immune function and vital energy, strengthening the body's protective, repair, and regulatory systems.

METHODOLOGY Personalisation based on immune and metabolic analyses. The programme integrates therapies that modulate inflammation, oxygenation, and oxidative stress, with continuous medical monitoring.

NUTRITIONAL PLAN Revitalisation Plan rich in antioxidants, phytonutrients, and essential micronutrients that strengthen the immune system, balance the microbiota, and boost sustained cellular energy.

DURATION Minimum: 7 nights
Recommended: 14 / 21 nights

*Before starting the ZEM Immune-Revitalisation 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	1
Immune Ageing Analysis	1	1
Viral Serology Analysis	1	1
Personalised Health Plan Consultation	1	1
Initial Bio-Integrative Medicine Consultation	1	1
Follow-Up Bio-integrative Medicine Consultation	1	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	2
Dermo-Aesthetics and Cellular Regeneration Consultation	1	1
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Neurocognition and Mental Performance Consultation	1	2
Regenerative Medicine Consultation	1	2
Basic Gut Microbiota Assessment	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	1	1
Whole Body Densitometry	1	1
Colon Hydrotherapy	1	2
Intravenous Laser	1	2
OzoneShield: Revitalisation and Cellular Defence	2	4
Deep Plasma Revitalisation	1	2
Protection and Strengthening Serotherapy	1	2

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

WELLBEING & NATURAL THERAPIES	7 NIGHTS	14 NIGHTS
Welcome Massage	1	1
Manual Lymphatic Drainage Massage	2	2
Poultices Massage	-	1
Underwater Massage	2	2
Spa Experience Therapeutic Circuit	1	1
Oxypro Hyperbaric Chamber	1	2
TCM Consultation + Acupuncture Session	1	1
Cryotherapy	1	2
Lympha Press	2	2
Arabesque Revital Ritual	1	2
Aquatic Vibrational Ritual	1	1
Libra Edge - Metawell	2	2
MLX Quartz - Metawell	1	2
Relounge - Metawell	1	1
RLX Satori - Metawell	1	2
Triple Detox (MLX i3DOME) - Metawell	1	1
Fitness & Spa Unlimited Access	Yes	Yes

PHYSICAL PERFORMANCE	7 NIGHTS	14 NIGHTS
Functional Assesment	1	1
Personal Training	1	2
Mindfulness - Individual	1	2
Yoga/Pilates - Individual	2	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	55	75

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	11.500€	20.000€	29.500€
Double Room Single Occupancy	14.300€	25.600€	37.900€

*Price per person. Price includes VAT.