

PROGRAMME ZEM PRO-AGEING

A preventive and regenerative approach that enhances vitality, mental clarity, and cellular health, supporting a life of fullness and balance as time passes.



OBJECTIVE

Promote healthy ageing, with increased energy, greater resilience, and overall wellbeing, while preserving biological youthfulness and cognitive function.

METHODOLOGY

Comprehensive analysis of biomarkers and oxidative stress to design a personalised medical plan including regenerative treatments, physical activity, and lifestyle guidelines.

NUTRITIONAL PLAN

Antioxidant and anti-inflammatory Detox Plan that protects cells, enhances mitochondrial function, and supports tissue regeneration and metabolic longevity.

DURATION

Minimum: 7 nights
Recommended: 14 / 21 nights

*Before starting the ZEM Pro-Ageing 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
Immune Ageing Analysis	1	1
Telomeric Length Analysis	1	1
Personalised Health Plan Consultation	1	1
Initial 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	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	2
Neurocognition and Mental Performance Consultation	1	2
Oxidative Stress Biomarkers	1	1
Regenerative Medicine Consultation	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	3
Hydrafacial	-	1
Facial Indiba	1	2
Corporal Indiba	1	2
Intravenous Laser	1	1
Dental Cleaning	1	1
Hair Mesotherapy	-	1
O3 VitalAge: Regeneration and Longevity	1	2
Hypoxia-Hyperoxia Session	1	2
EternaDrip Serotherapy: Youth from Within	1	2
Harvard Brain Health Test	1	1

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
Ayurveda Shirodhara Massage	1	2
ZEM Signature Body Massage	1	1
Spa Experience Sensorial Circuit	1	1
Oxypro Hyperbaric Chamber	1	1
Pro-Ageing Cure Circuit 3 Steps	1	1
Aquatic Vibrational Ritual	1	1
Pro-Ageing Lux Facial Treatment	1	1
MLX Quartz - Metawell	1	2
RLX Satori - Metawell	2	2
Triple Detox (MLX i3DOME) - Metawell	1	1
Welnamis - Metawell	1	1
Zestos Dryfloat - Metawell	1	1
Fitness & Spa Unlimited Access	Yes	Yes

PHYSICAL PERFORMANCE	7 NIGHTS	14 NIGHTS
Functional Assesment	1	1
Personal Training	2	4
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	54	75

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	13.000€	23.000€	33.500€
Double Room Single Occupancy	15.800€	28.600€	41.900€

*Price per person. Price includes VAT.