

PROGRAMME ZEM REJUVENATING/AESTHETICS

A regenerative experience that blends aesthetic medicine with clinical wellness to restore radiance, firmness, and balance to the body and face from within.



OBJECTIVE Address the visible signs of ageing while preserving naturalness and harmony, with a positive impact on physical vitality and personal confidence.

METHODOLOGY Comprehensive medical and aesthetic assessment with regenerative therapies, dermo-aesthetic techniques, and wellness programmes designed to enhance beauty through health.

NUTRITIONAL PLAN Mediterranean-inspired Essential Plan, balanced and antioxidant-rich, that promotes hydration, elasticity, and skin regeneration, naturally extending the results.

DURATION Minimum: 7 nights
Recommended: 14 / 21 nights

*Before starting the ZEM Rejuvenating/Aesthetics 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
Basic Analysis Essential Nutrients	1	1
Heavy Metals 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
Dermo-Aesthetics and Cellular Regeneration Follow-Up Consultation	1	2
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Neurocognition and Mental Performance Consultation	1	2
Emotional and Mental Wellbeing Consultation	1	2

MED TECH TESTS & TREATMENTS	7 NIGHTS	14 NIGHTS
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	1
Electrocardiogram	1	1
Bioimpedance Test	1	1
Whole Body Densitometry	1	1
Colon Hydrotherapy	1	2
Hydrafacial	1	2
Facial Indiba	1	2
Corporal Indiba	1	2
Intravenous Laser	1	2
Dental Cleaning	1	1
Hair Mesotherapy	1	1
OzoneYouth: Rejuvenation and Deep Vitality	2	3
DermaVital Serotherapy: Deep Moisturising and Recovery	2	3
Ultraformer MPT	1	1

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

WELLBEING & NATURAL THERAPIES	7 NIGHTS	14 NIGHTS
Welcome Massage	1	1
Ayurveda Abhyanga Massage	1	2
Underwater Massage	1	2
Spa Experience Sensorial Circuit	1	1
Oxypro Hyperbaric Chamber	2	2
Alchemy Light and Cocoa Ritual	1	2
Slimming Body Treatment	1	1
Rejuvenating Body Treatment	1	2
Signature Facial Treatment	1	2
Libra Edge - Metawell	1	2
MLX Quartz - Metawell	1	1
RLX Satori - Metawell	-	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	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.	Si	Si

SERVICES	7 NIGHTS	14 NIGHTS
Total	53	76

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	14.500€	26.000€	37.500€
Double Room Single Occupancy	17.300€	31.600€	45.900€

*Price per person. Price includes VAT.