

PROGRAMME ZEM WEIGHT MANAGEMENT & DETOX

An intelligent combination that purifies the body and supports safe weight loss, helping the body regain its natural balance and lightness.



OBJECTIVE

Reduce weight and eliminate toxins simultaneously by regulating metabolic and hormonal processes to enhance overall health and body composition.

METHODOLOGY

Clinical programme combining exercise, detoxifying therapies, and education on healthy habits. Continuous medical monitoring ensures controlled, personalised progress.

NUTRITIONAL PLAN

Detox Plan with an anti-inflammatory and microbiota-regulating focus, centred on fresh foods, natural ferments, and high-quality proteins, complemented by tailored supplementation.

DURATION

Minimum: 7 nights
Recommended: 14 / 21 nights

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
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	1
Food Sensitivity Test 270 foods	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	2	3
Colon Hydrotherapy	2	3
Hair Mesotherapy	1	1
O3 Reset: Detox and Metabolic Balance	1	3
Comprehensive Weight and Detox Serotherapy	2	3

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

WELLBEING & NATURAL THERAPIES	7 NIGHTS	14 NIGHTS
Welcome Massage	1	1
Ayurveda Abhyanga Massage	1	2
Cupping Detox Massage	2	4
Manual Lymphatic Drainage Massage	1	2
Underwater Massage	2	4
Spa Experience Detox Circuit	1	1
Hydrodetox Cure Circuit	2	4
TCM Consultation + Acupuncture Session	1	1
Lympha Press	2	3
Indiba Body Sculpting	1	2
Slimming Body Treatment	2	3
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	3	6
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	79

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	12.500€	22.000€	32.500€
Double Room Single Occupancy	15.300€	27.600€	40.900€

*Price per person. Price includes VAT.

*Before starting the ZEM Weight Management & 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.