

PROGRAMME ZEM WEIGHT MANAGEMENT

A clinical approach that redefines the relationship with the body, helping it achieve a healthy weight while restoring balance, energy, and lasting emotional wellbeing.



OBJECTIVE Achieve and maintain an optimal weight, enhancing body composition, daily vitality, and a mindful connection with food.

METHODOLOGY Evaluación funcional y metabólica, con seguimiento médico y asesoramiento personalizado. Incluye actividad física adaptada, terapias reguladoras y apoyo emocional para consolidar resultados sostenibles.

NUTRITIONAL PLAN Personalised Detox Plan that promotes fat loss and improves digestion through fresh, organic, and anti-inflammatory foods tailored to each guest's individual needs.

DURATION Minimum: 7 nights
Recommended: 14 / 21 nights

*Before starting the ZEM Weight Management 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
Heavy Metals Analysis	1	1
Oxidative and Heavy Metals Analysis	-	1
Health Plan Consultation	1	1
Initial Bio-Integrative Medicine Consultation	1	1
Follow-Up Bio-Integrative Medicine Consultation	1	2
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
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
Neurocognition and Mental Performance Consultation	1	1
Food Sensitivity Test 270 foods	1	1
Basic Gut Microbiota Assessment	1	1

MED TECH TESTS & TREATMENTS	7 NIGHTS	14 NIGHTS
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	2
Electrocardiogram	1	1
Bioimpedance Test	1	2
Coolsculpting + Facial Indiba	1	2
Colon Hydrotherapy	2	3
Corporal Indiba	1	1
Energy Regulating Serotherapy	2	3
Oxygen Cell Therapy for Weight Management	1	2

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
Cupping Detox Massage	2	3
Manual Lymphatic Drainage Massage	1	2
Underwater Massage	1	2
Spa Experience Detox Circuit	1	1
Hydrodetox Cure Circuit	2	3
TCM Consultation + Acupuncture Session	1	2
Lympha Press	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	4	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	53	78

RATES	7 NIGHTS	14 NIGHTS	21 NIGHTS
Double Room	12.000€	21.000€	31.000€
Double Room Single Occupancy	14.800€	26.600€	39.400€

*Price per person. Price includes VAT.