

BOOST
ZEM HEALTHY BRAIN

Enhance mental vitality and preserve cognitive sharpness. A programme designed to keep your brain active, balanced, and resilient against the effects of ageing.



OBJECTIVE Optimise brain function, strengthen neural plasticity, and enhance learning, attention, and emotional wellbeing, while preventing cognitive decline and promoting healthy brain ageing.

METHODOLOGY It begins with an advanced cognitive and emotional assessment. Using brain mapping and neurostimulation techniques, personalised strategies are designed to enhance brain activity and plasticity.

WHO IS IT FOR? For those wishing to preserve and enhance brain health, improve concentration and memory, or prevent long-term cognitive and emotional impairments.

WHAT DOES IT INCLUDE? A combination of medical and neuropsychological assessment with stimulation and relaxation therapies designed to optimise brain function and mental balance.

HEALTHY BRAIN	
Specialist Consultation	1
Automated Neuropsychological Assessment	1
Emotional State Assessment	1
Harvard Brain Health Test	1
Results Report	1
Home-TDCS	1
RLX Satori - Metawell	6
Mindfulness - Individual	3
Cranio-Cervical Massage	3

RATE 5.500€