

ZEM
WELLNESS CLINIC ALTEA

Sleep Transformation

Improve sleep quality and restore deeper rest.

RATE · €2,200

THE BOOST

A focused boost combining sleep assessment, personalised neurotherapy, emotional wellbeing and complementary therapies within a coordinated approach designed to explore sleep patterns and support restorative rest.

THE BENEFITS

With ZEM Sleep Transformation, you gain a clearer understanding of your sleep and the factors affecting it. Tailored support helps encourage relaxation, nervous system balance and deeper, more restorative rest.

WHAT'S INCLUDED

Clinic and Wellness Services	QTY.
Sleep Consultation	1
Portable Polygraphy	1
Personalised Neurotherapy	2
Emotional Wellbeing Consultation	1
Traditional Chinese Medicine Consultation	1
Neuroregulatory Ayurvedic Massage	1
RLX BrainGym™ Metawell® Treatment	1