



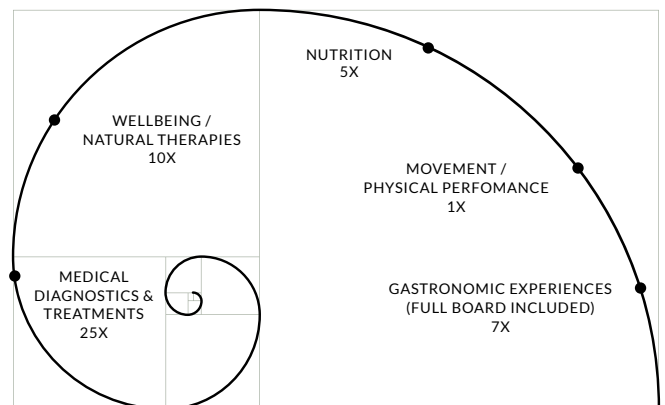
ZEM Advanced Aesthetics Programme

Beauty rooted in health.

3, 7 or 14 nights



7-NIGHT PROGRAMME STRUCTURE



EXPECTED RESULTS

Visible and natural improvement in skin firmness, luminosity and texture. The programme supports cellular regeneration and tissue oxygenation, contributing to a more rested and balanced appearance aligned with internal wellbeing.

WHO IS IT FOR?

Individuals seeking to improve skin health and address signs of ageing through a medical and regenerative approach. Particularly suited to those looking for natural, non-invasive results and a progressive improvement in skin condition.

REASONS TO CHOOSE IT

A clinical approach integrating advanced aesthetic medicine, targeted intravenous therapy and precision technology. ZEM Advanced Aesthetics supports deep skin regeneration, promoting coherence between skin health, radiance and natural expression.

IMPORTANT INFORMATION

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
- All programmes include accommodation in a Deluxe Room and full board, based on their nutritional approach and aligned with the therapeutic process.
- Unlimited access to Spa, Fitness and Wellness areas is included throughout the stay.
- Prior to commencing the experience, each guest needs to undergo the ZEM Wellness Medical Assessment, which confirms programme suitability and allows for the precise adjustment of every intervention.
- Activities listed under Group Experiences are scheduled upon the guest's arrival.



Services / ZEM Advanced Aesthetics Programme

Medical Consultations and Complementary Diagnostic Tests	3N	7N	14N
Basic Blood Analysis		1	1
Clinical Analysis – Advanced Aesthetics Programme			
• Vitamin Analysis – Extended Profile	-	1	1
• Oxidative Stress and Free Radicals Test	-	-	1
ZEM Wellness Medical Assessment	1	1	1
• Skin Body Scan			
• Cardisio Test (ECG)			
Initial Biointegrative Medicine Consultation	1	1	1
Rejuvenation and Longevity Medicine Consultation	1	1	1
Ozoneyouth – Deep Rejuvenation and Vitality	-	2	3
Aesthetic Medicine and Cellular Regeneration Consultation	1	1	1
• Aesthetic Facial Scan			
Test and Analysis Results Consultation	-	1	1
Biodental Consultation	-	1	1
Biodental Cleaning	1	1	1
Hair Health Diagnostic Consultation	-	1	1
Healthy Pro-Ageing Medicine Consultation	-	1	1
ZEM Glow Skin IV Treatment	1	2	3
EMSculpt NEO® Treatment	-	3	4
Emotional and Mental Wellbeing Consultation	-	-	1
Aesthetic Medicine and Cellular Regeneration Follow-Up Consultation	-	1	1
Exion™ Facial Treatment	1	-	-
Fractional Exion™ Facial Treatment	-	1	1
Hair Mesotherapy	1	1	1

Nutrition	3N	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1	1
• Bioimpedance Test			
Nutrition Follow-Up Consultation	-	-	1
Personalised Health Plan Consultation	-	1	1

Wellbeing and Natural Therapies	3N	7N	14N
Spa Experience Circuit	1	1	1
Mediterranean Welcome Massage	1	1	1
Icoone® Body Slimming Treatment	1	2	3
Sahara Hammam Ritual	-	-	1
INDIBA® Body Remodelling Treatment	1	1	2
Hydrafacial® Scalp Treatment	-	-	1
Hydrafacial® Treatment	1	1	1
Body Rejuvenation Treatment	-	1	3
Facial Lifting Massage	-	1	2
Underwater Massage	-	1	2
INDIBA® Facial Rejuvenation Treatment	-	1	2
Hair Assessment	1	-	-

Physical Performance	3N	7N	14N
Functional Age Physical Assessment	-	-	1
Private Physical Performance Session (Personal Training / Pilates)	-	1	2

Group Experiences	3N	7N	14N
Visit to Finca Althaya	1	1	1
Cooking Class	-	1	1