



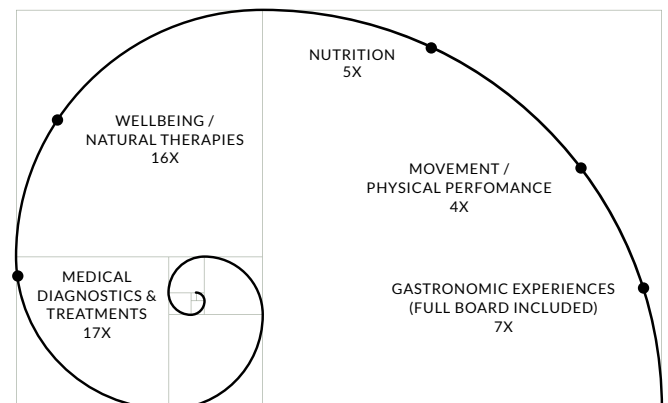
ZEM Detox Programme

Deep purification. Balance you can feel.

7 or 14 nights



7-NIGHT PROGRAMME STRUCTURE



EXPECTED RESULTS

Cellular detoxification, reduced inflammation and a sense of physical lightness. Improved digestion, energy and mental clarity, alongside supported liver and lymphatic function, balanced metabolism and enhanced skin appearance.

WHO IS IT FOR?

Adults experiencing fatigue, fluid retention, sluggish digestion or mental fog. Particularly suited to those seeking a structured physiological reset supported by clinical detox protocols and Mediterranean nutrition.

REASONS TO CHOOSE IT

Designed to address fatigue, digestive slowdown, inflammation and metabolic overload. Supports liver and lymphatic function through clinical and oxygenation therapies, integrating scientific protocols with Mediterranean balance. An appropriate starting point before other longevity or metabolic programmes.

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 Detox Programme

Medical Consultations and Complementary Diagnostic Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Detox Programme		
• Food Sensitivity Test (270 Foods)	-	1
• Mineral and Heavy Metals Analysis	1	1
ZEM Wellness Medical Assessment		
• Skin Body Scan	1	1
• Cardisio Test (ECG)		
Initial Biointegrative Medicine Consultation	1	1
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Detox IV Treatment	2	3
Colon Hydrotherapy	1	2
Healthy Pro-Ageing Medicine Consultation	1	1
Test and Analysis Results Consultation	1	1
Informative Aesthetic Medicine and Cellular Regeneration Consultation		
• Aesthetic Facial Scan	1	1
Emotional and Mental Wellbeing Consultation	1	2
Final Biointegrative Medicine Consultation	1	1

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

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
Sahara Hammam Ritual	1	1
MLX i ³ Dome Triple Detox Metawell® Treatment	2	4
Hydrodetox Cure Circuit	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
Icoone® Body Slimming Treatment	2	3
Underwater Massage	1	2
Lymphatic Pressotherapy	1	2
Detox Cupping Massage	2	3
Hydrafacial® Treatment	1	1
Detox Body Exfoliation	1	2
Private Body–Mind Connection Session	-	1

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

Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1
Strength Session	1	1
HIIT Burn Session	1	1