



ZEM Essential Programme

The foundation of conscious longevity.

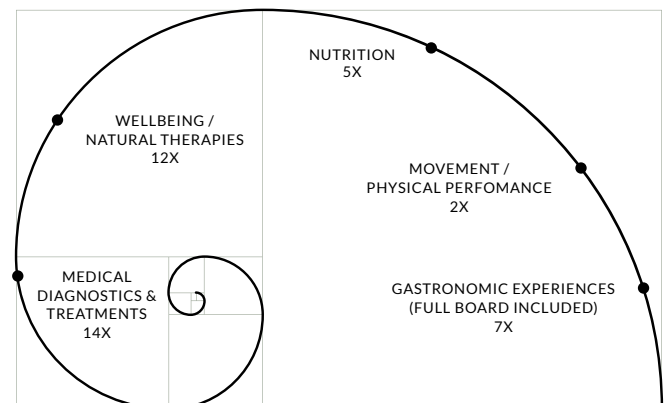
3 or 7 nights



7-NIGHT PROGRAMME STRUCTURE

EXPECTED RESULTS

A comprehensive recalibration of physical and mental balance. Improved clarity, stable energy and restorative sleep, supported by a precise medical assessment of metabolic and cellular health. The programme concludes with a personalised plan that supports informed and sustainable health decisions.



WHO IS IT FOR?

Adults seeking to restore balance and energy within a short period of time. Particularly suited to those looking for a comprehensive medical evaluation and a structured metabolic reset. A clinical and Mediterranean experience, delivered over 7 days.

REASONS TO CHOOSE IT

A structured clinical introduction to the ZEM Method, combining medical diagnostics, Mediterranean nutrition and restorative therapies in a balanced format. It supports the recovery of physiological rhythm and clarity, establishing a solid foundation for future health decisions.

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 Essential Programme

Medical Consultations and Complementary Diagnostic Tests	3N	7N
Basic Blood Analysis	-	1
Clinical Analysis – Essential Programme • Oxidative Stress and Free Radicals Test	-	1
ZEM Wellness Medical Assessment • Skin Body Scan • Cardisio Test (ECG)	1	1
Initial Biointegrative Medicine Consultation	1	1
Informative Aesthetic Medicine and Cellular Regeneration Consultation	-	1
Rejuvenation and Longevity Medicine Consultation	1	1
Healthy Pro-Ageing Medicine Consultation	-	1
Test and Analysis Results Consultation	-	1
Personalised IV Treatment	-	1
Ozonated Serum Treatment	1	1
Final Biointegrative Medicine Consultation	-	1

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

Wellbeing and Natural Therapies	3N	7N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
MLX i³Dome Triple Detox Metawell® Treatment	1	1
Private Body-Mind Connection Session	1	1
ZEM Signature Body Massage	1	1
OxyPro™ Hyperbaric Oxygen Chamber Treatment	-	1
INDIBA® Body Remodelling Treatment	-	1
Underwater Massage	-	1
Hair Assessment	1	1
ReLounge Metawell® Treatment	-	1
Zestós DryFloat Metawell® Treatment	1	-
RLX BrainGym™ Metawell® Treatment	-	1
Personalised Organic Facial Treatment	1	1

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

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