



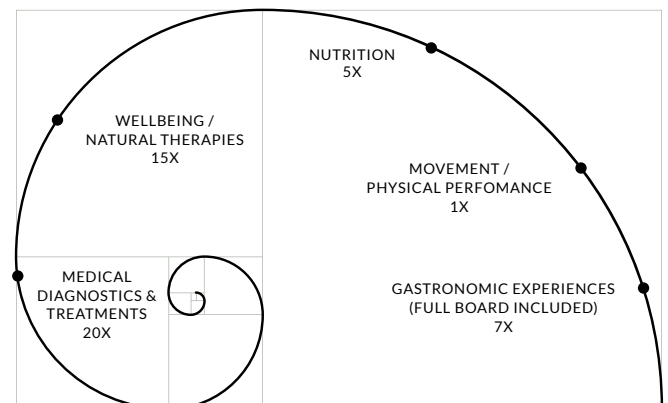
ZEM Immunity Programme

Balanced defences. Sustained vitality.

7 or 14 nights



7-NIGHT PROGRAMME STRUCTURE



EXPECTED RESULTS

Progressive reinforcement of immune function, reduced inflammation and improved adaptability to physical and environmental stress. The programme supports cellular function, oxygenation and more efficient energy recovery.

WHO IS IT FOR?

Individuals with weakened immunity, recurrent fatigue or delayed recovery following illness, frequent travel or periods of increased demand. Particularly recommended as preventive support ahead of seasonal changes or phases of higher physical or mental load.

REASONS TO CHOOSE IT

A comprehensive clinical approach combining advanced immunological diagnostics, intravenous therapy and ozone therapy with structured nutrition and regenerative rest. It supports cellular defence mechanisms, contributing to a more robust and sustainable immune foundation.

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 Immunity Programme

Medical Consultations and Complementary Diagnostic Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Immunity Programme		
• Complete ILMI Test	1	1
• Autoimmunity and Immunodeficiency Profile	1	1
• Intestinal Microbiota Analysis – Clinical Profile	-	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
Colon Hydrotherapy	1	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1
• Aesthetic Facial Scan		
Healthy Pro-Ageing Medicine Consultation	1	1
Test and Analysis Results Consultation	1	1
Ozoneshield – Revitalisation and Cellular Defence	2	3
Biodental Consultation	1	1
ZEM Immune Booster IV Treatment with Intravenous Laser	1	2
Emotional and Mental Wellbeing Consultation	1	2
Final Biointegrative Medicine Consultation	1	1

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

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Immune Ritual	1	1
MLX i³Dome Triple Detox Metawell® Treatment	1	2
Detox Cupping Massage	1	1
OxyPro™ Hyperbaric Oxygen Chamber Treatment	2	4
Cryotherapy Treatment	2	4
Pro-Ageing 3-Step Circuit	1	2
Ice Bath and Conscious Breathing	1	2
Manual Lymphatic Drainage Massage	1	2
Private Body–Mind Connection Session	1	2
Aqua Relax Treatment – Watsu®	1	2
Abhyanga Ayurvedic Massage	1	2
Libra Edge Metawell® Treatment	-	1
Pinda Massage	-	1
Thermal Immunomodulation Ritual	1	2

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

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