



ZEM Neuro Balance Programme

Restore calm. Reset the inner rhythm.

7 or 14 nights



7-NIGHT PROGRAMME STRUCTURE

EXPECTED RESULTS

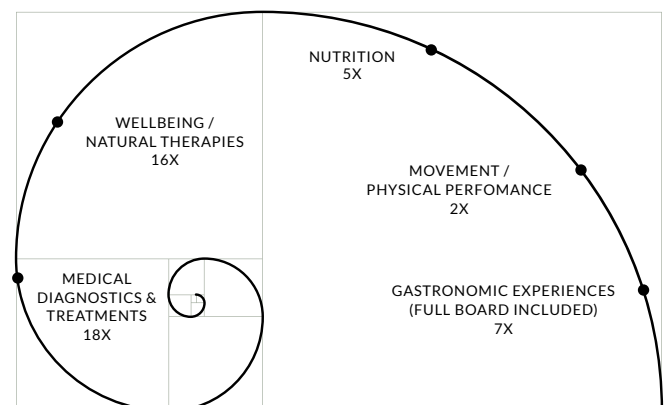
Improved emotional balance, deeper rest and enhanced mental clarity. The programme reduces physiological stress, supports nervous system regulation and promotes more stable mental energy through clinical therapies, neuromodulation and evidence-based mind-body practices.

WHO IS IT FOR?

Individuals experiencing mental fatigue, insomnia or prolonged stress who wish to restore neurophysiological balance. Particularly suited to executives, creatives and high-demand profiles seeking improved focus, sleep quality and emotional calm.

REASONS TO CHOOSE IT

A clinical approach combining precision medicine, wellness technology and natural therapies. Neuro Balance acts on the nervous and hormonal systems, improves sleep quality and reduces overall stress load, providing a structured foundation for sustained emotional resilience.



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 Neuro Balance Programme

Medical Consultations and Complementary Diagnostic Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Neuro Balance Programme		
• Salivary Cortisol and DHEA Analysis	1	1
• Oxidative Stress and Free Radicals Test	-	1
ZEM Wellness Medical Assessment		
• Skin Body Scan	1	1
• Cardisio Test (ECG)		
Initial Biointegrative Medicine Consultation	1	1
Emotional and Mental Wellbeing Consultation	2	3
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Stress Release IV Treatment with Intravenous Laser	1	2
Neurocognition and Mental Performance Consultation	1	2
Personalised Neurotherapy	2	3
Test and Analysis Results Consultation	1	1
Hypoxia–Hyperoxia Treatment	-	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation		
• Aesthetic Facial Scan	1	1
Neurocognition and Mental Performance Follow-Up Consultation	1	2
Healthy Pro-Ageing Medicine Consultation	-	1

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

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Neuro Relax Ritual	1	2
Vibrational Aquatic Ritual – Watsu®	1	1
Private Body–Mind Connection Session	3	6
Libra Edge Metawell® Treatment	1	1
Zestós DryFloat Metawell® Body Treatment	1	2
RLX BrainGym™ Metawell® Treatment	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
ZEM Signature Body Massage	1	1
Conscious Breathing Session	1	1
Relaxing Body Treatment	1	1
Relaxing Massage	1	2
MLX Quartz Metawell® Treatment	-	1
Aqua Relax Treatment – Watsu®	-	1
Shirodhara Ayurvedic Massage	-	1
Cryotherapy Treatment	-	1
Abhyanga Ayurvedic Massage	1	1

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

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