



ZEM Weight Management Programme

Stabilise metabolism. Feel lighter.

7 or 14 nights



EXPECTED RESULTS

Progressive and sustainable reduction in weight and abdominal circumference. Improved metabolic efficiency, digestion and hormonal balance, with increased energy and improved sleep quality. The programme concludes with a personalised medical-nutritional plan designed to support long-term results.

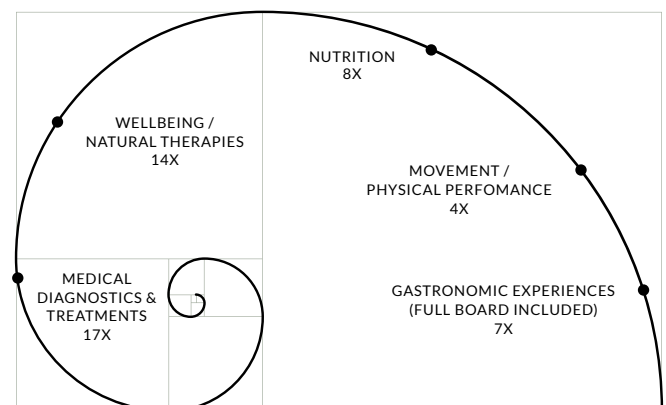
WHO IS IT FOR?

Individuals seeking to improve body composition in a healthy and sustainable manner, optimise metabolism or prevent imbalances such as insulin resistance or persistent fatigue. Particularly suited to those aiming to adjust habits and restore physical and mental balance.

REASONS TO CHOOSE IT

A clinical programme integrating precision diagnostics, structured nutrition and advanced metabolic therapies. Its medical and Mediterranean approach supports functional metabolic improvement, promoting a lighter, more efficient and balanced body over time.

7-NIGHT PROGRAMME STRUCTURE



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 Weight Management Programme

Medical Consultations and Complementary Diagnostic Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Weight Management Programme		
• Food Sensitivity Test (270 Foods)	1	1
• Basic Intestinal Microbiota Assessment	-	1
ZEM Wellness Medical Assessment		
• Skin Body Scan	1	1
• Cardisio Test (ECG)		
Initial Biointegrative Medicine Consultation	1	1
Colon Hydrotherapy	1	2
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Weight Balance IV Treatment	2	3
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
Biodental Consultation	-	1
Healthy Pro-Ageing Medicine Consultation	1	1
Final Biointegrative Medicine Consultation	1	1

Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation		
• Bioimpedance Test	1	1
Nutrition Follow-Up Consultation	1	2
Personalised Health Plan Consultation	1	1
Weight Control	2	4

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
Icoone® Body Slimming Treatment	2	3
Hydrodetox Cure Circuit	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
MLX i³Dome Triple Detox Metawell® Treatment	1	2
Underwater Massage	1	2
Sculping Massage	1	2
INDIBA® Body Remodelling Treatment	2	4
Private Body-Mind Connection Session	-	1
Body Slimming Treatment	2	3
Cryotherapy Treatment	-	1

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

Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1
Fat Burn Circuit Session	1	1