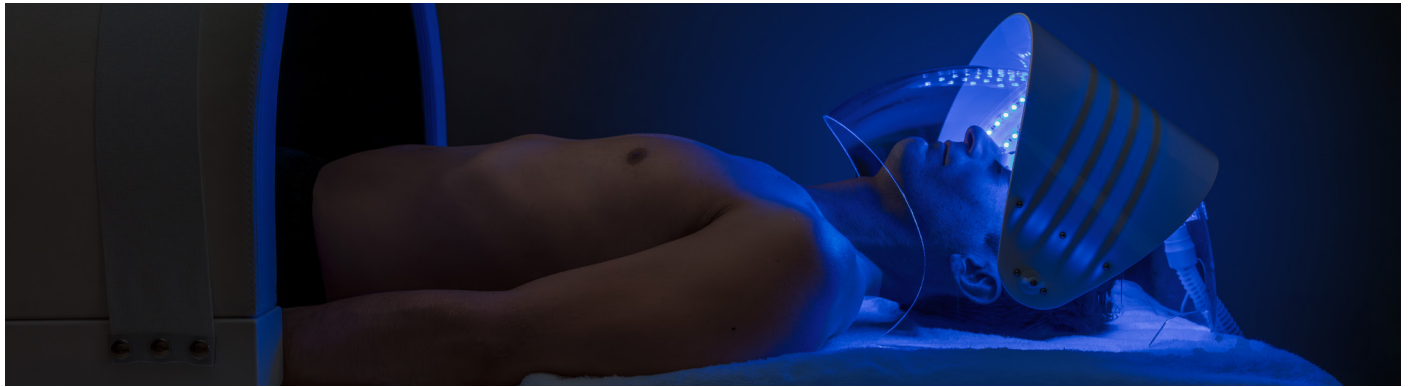




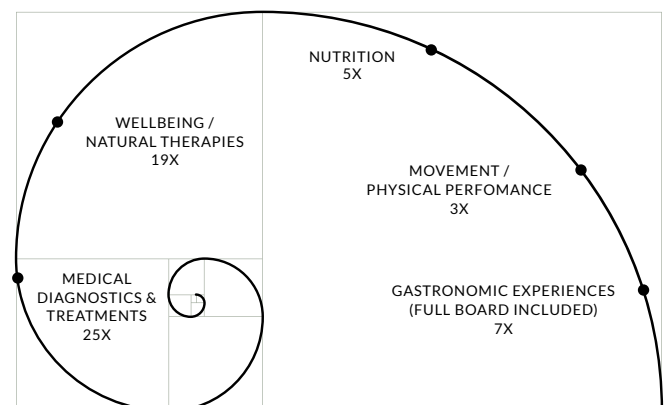
# ZEM Prime Longevity Programme

Biological vitality. Sustained youthfulness.

7 or 14 nights



## 7-NIGHT PROGRAMME STRUCTURE



## EXPECTED RESULTS

Optimisation of cellular health and age-related processes. The programme supports stable energy levels, enhanced mental clarity and metabolic balance, contributing to sustained vitality and measurable wellbeing indicators.

## WHO IS IT FOR?

Individuals seeking to maintain functional health, cognitive performance and vital energy over time. Particularly suited to those focused on preventive strategies addressing cellular ageing through advanced medicine and Mediterranean lifestyle principles.

## REASONS TO CHOOSE IT

A comprehensive programme combining advanced diagnostics, intravenous therapy and regenerative and neurocognitive treatments. ZEM Prime Longevity addresses longevity from a structured clinical and preventive perspective, supporting informed and long-term health management.

## 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 Prime Longevity Programme

Medical Consultations and Complementary Diagnostic Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Prime Longevity Programme		
• Oxidative Stress and Free Radicals Test	1	1
• Telomere Length Determination	-	1
• NAD+ Level Determination	1	1
ZEM Wellness Medical Assessment		
• Skin Body Scan	1	1
• Cardiso 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		
• Aesthetic Facial Scan	1	1
Healthy Pro-Ageing Medicine Consultation	1	1
Pro-Ageing Performance IV Treatment	1	2
Test and Analysis Results Consultation	1	1
Neurocognition and Mental Performance Consultation		
• Personalised Neurotherapy	1	2
Emotional and Mental Wellbeing Consultation	1	2
Bone Densitometry	1	1
Biodental Consultation	1	1
O3 Vitalage Ozone – Regeneration and Longevity	1	2
Hypoxia-Hyperoxia Treatment	2	3
Hair Health Diagnostic 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
Personalised Health Plan Consultation	1	1

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
MLX i³Dome Triple Detox Metawell® Treatment	2	3
ReLounge Metawell® Treatment	2	2
OxyPro™ Hyperbaric Oxygen Chamber Treatment	2	3
Cryotherapy Treatment	1	2
Private Body-Mind Connection Session	2	3
Vibrational Aquatic Ritual – Watsu®	1	2
Hydrafacial® Treatment	1	1
INDIBA® Facial Treatment	1	2
INDIBA® Body Treatment	1	2
Ice Bath and Conscious Breathing	1	1
Pro-Ageing 3-Step Circuit	1	2
ZEM Signature Body Massage	1	1
RLX BrainGym™ Metawell® Treatment	1	2

Physical Performance	7N	14N
Functional Age Physical Assessment	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