



ZEM

WELLNESS CLINIC ALTEA

PROGRAMMES AND BOOSTS



WELCOME TO ZEM WELLNESS CLINIC ALTEA

Located in Alicante, ZEM Wellness Clinic Altea is an exclusive health and wellness sanctuary where medical science, ancient wisdom and cutting-edge technology come together to help our guests live longer and better.

Connect with Mediterranean Longevity

ZEM Wellness Clinic Altea is devoted to guiding guests towards longer, more fulfilling lives, in a setting where medical excellence is paired with the refined elegance of a luxury hotel.

It is a place where you can find the wellbeing to reconnect with your true self, thanks to our state-of-the-art wellness area and the tranquillity of our gardens and natural surroundings.

Only here, where tranquillity and light suffuse every moment, can guests find the key to Mediterranean Longevity.

Discover the ZEM Philosophy

Throughout their stay, guests are invited to connect with the ZEM Philosophy and cultivate a more mindful lifestyle, guiding them towards their health and wellbeing goals. By the end of their time at ZEM, guests will have learned how to embrace the passage of time, restore balance to the body, mind and spirit and effectively manage stress.

Healing Nutrition

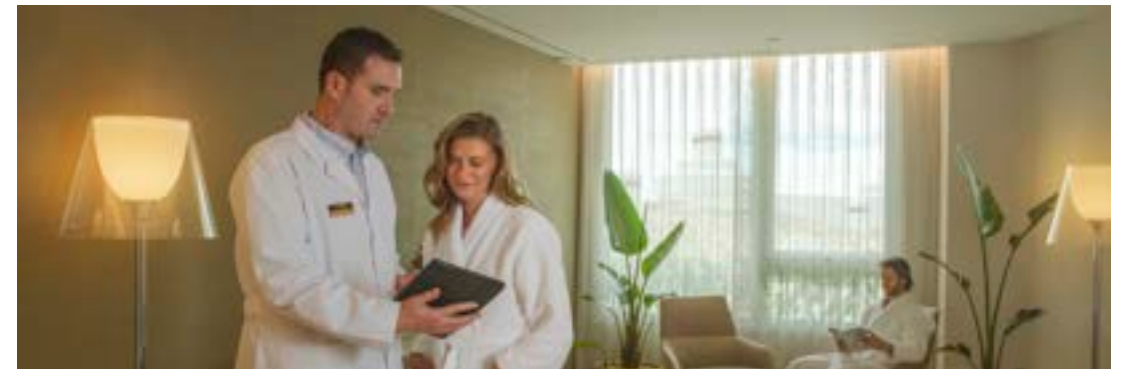
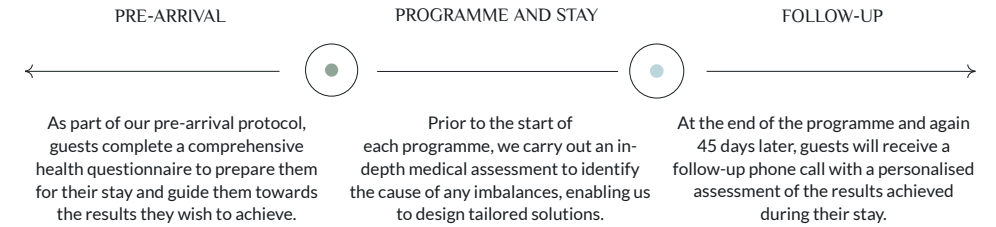
The healing power of nutrition is one of the cornerstones of ZEM Wellness Clinic Altea. All our nutritional plans are based on the countless health benefits of the Mediterranean diet, and are made with organically grown food from our own Finca Althaya.



PROGRAMMES & BOOSTS



THERE ARE 3 PHASES IN ALL OUR PROGRAMMES



WHAT ARE THE BENEFITS OF ZEM WELLNESS CLINIC ALTEA'S HEALTH PROGRAMMES?

At ZEM Wellness Clinic Altea, we view each guest as a whole that emerges from the delicate connection between mind, body and soul.

This holistic vision informs our health programmes, which integrate practices to improve physical, emotional, mental and spiritual wellbeing in an idyllic Mediterranean setting.

Our health programmes are at the heart of your experience at ZEM Wellness Clinic Altea. They represent our commitment to guiding each guest towards a healthier, more balanced life.

Each programme has been carefully developed by our team of doctors and specialist therapists to effectively address fundamental aspects of health. We pour our expertise and healing hospitality into every detail, ensuring lasting results that stand the test of time.

WHY COMPLEMENT YOUR HEALTH PROGRAMME WITH ONE OR MORE BOOSTS?

In consultation with our team, guests can complement their health programme with one or more of our specific reinforcement programmes, called *Boosts*.

Boosts allow us to target specific areas, providing effective solutions for those who wish to focus on particular health issues.

Boost Benefits

EFFECTIVENESS
Enhance the effects of the health programmes

ACCURACY
Focused attention on specific health issues

PERSONALISATION
Tailored to each guest's specific needs



PROGRAMMES

7 SPECIALISED HEALTH PROGRAMMES IN 2 MAIN AREAS OF FOCUS

BALANCE & VITALITY PROGRAMMES



ZEM ESSENTIAL



ZEM DETOX



ZEM WEIGHT MANAGEMENT

ZEM WEIGHT
MANAGEMENT & DETOX

LONGEVITY PROGRAMMES



ZEM PRO-AGEING



ZEM IMMUNE - REVITALISATION



ZEM REJUVENATING / AESTHETICS

BALANCE & VITALITY

With our ZEM Essential programme, you will experience a holistic and revitalising journey that is ideal for those seeking an introduction to ZEM Wellness Clinic Altea. By combining personalised therapies with a holistic approach that integrates body, mind and emotions, Essential is the perfect starting point for a healthier lifestyle.

Restore balance to an overweight body with the ZEM Detox programme, an expertly designed detoxification experience that supports physical vitality, mental clarity, and emotional wellbeing. The Nutritional Detox Plan strengthens the immune system, improves digestive health, reduces stress and boosts energy through sports and natural foods.

Achieve and maintain a long-term healthy weight with the ZEM Weight Management programme. By combining the Mediterranean Diet, based on organic and locally sourced ingredients, with a tailored exercise regimen, this programme provides the perfect foundation for overall wellbeing. We help you set your targets with a comprehensive physical and psychological assessment under the supervision of our team of doctors, nutritionists, psychologists and trainers.

Experience the transformative synergy of weight management and detoxification with the ZEM Weight Management & Detox programme. With a holistic approach overseen by a multidisciplinary team, the programme brings your body, mind and spirit into balance. The Detox nutritional plan, which focuses on hepatic, intestinal and kidney cleansing, helps to manage weight and prevent diseases associated with chronic inflammation.

LONGEVITY

Our ZEM Pro-Ageing programme is specifically designed for those who wish to embrace ageing by prioritising health and wellbeing. Through advanced treatments we improve our guests' quality of life, optimising mental and physical performance while combating cellular stress and premature ageing. This programme is complemented by nutritional supplements and the RAW 80/20 nutritional plan, which cultivates the balance between body, mind and spirit for healthy and active ageing.

For guests who wish to strengthen their immune system, ZEM Immune-Revitalisation is a health-optimising programme for overall wellbeing. Cutting-edge techniques such as ozone therapy and nutritional therapy support cellular revitalisation, oxygenation and reduce oxidative stress, while the Revitalisation Nutritional Plan specifically focuses on fortifying the immune system.

The ZEM Rejuvenating / Aesthetics programme combats the visible signs of ageing, improves physical appearance and boosts confidence and emotional wellbeing. It offers non-invasive techniques with advanced treatments such as laser treatments with hyaluronic acid, PRP and Capilar skinification. The programme also includes a nutritional plan based on Mediterranean cuisine, which supports metabolic regeneration and ensures a complete wellness experience.

RATES*

ZEM ESSENTIAL

3 nights | From €5,000
7 nights | From €8,000
14 nights | From €16,000
21 nights | From €24,000

ZEM DETOX

7 nights | From €11,000
14 nights | From €19,000
21 nights | From €28,500

ZEM WEIGHT MANAGEMENT

7 nights | From €12,000
14 nights | From €21,000
21 nights | From €31,000

ZEM WEIGHT MANAGEMENT & DETOX

7 nights | From €12,500
14 nights | From €22,000
21 nights | From €32,500

ZEM PRO-AGEING

7 nights | From €13,000
14 nights | From €23,000
21 nights | From €33,500

ZEM IMMUNE - REVITALISATION

7 nights | From €11,500
14 nights | From €20,000€
21 nights | From €29,500

ZEM REJUVENATING/ AESTHETICS

7 nights | From €14,500
14 nights | From €26,000
21 nights | From €37,500

* Price per person, V.A.T. included. Accommodation in a Deluxe Room (double occupancy) with a Complete Nutritional Plan.

ZEM BOOSTS

6 SPECIALISED BOOSTS TO COMPLEMENT
THE HEALTH PROGRAMMES



ZEM DERMO-AESTHETICS BOOST



ZEM HEALTHY BRAIN BOOST



ZEM PAIN RELIEF BOOST



ZEM SLEEP BOOST



ZEM CAPILLARY BOOST



ZEM INTIMATE BOOST



ZEM DERMO-AESTHETICS BOOST

Price: €7,500*

Ideal for restoring your skin's natural vitality and radiance, this Boost addresses aesthetic imperfections and signs of ageing through advanced revitalising, nourishing and rejuvenating techniques. Restore elasticity, reduce wrinkles and improve the appearance of your skin.

ZEM HEALTHY BRAIN BOOST

Price: €5,500*

Designed to assess and improve your brain function from a science-based perspective, ZEM Healthy Brain Boost aims to nurture and strengthen brain health to prevent future problems, so that you can enjoy a healthy, active brain.

ZEM PAIN RELIEF BOOST

Price: €5,500*

Chronic pain not only affects the body, but also emotional wellbeing and quality of life. ZEM Pain Relief Boost is an innovative solution to relieve, manage and reduce pain. Our treatments focus on reducing pain in three distinct areas: spine, muscles and joints, allowing you to enjoy a more active and pleasant life.

* Price per person. V.A.T. included.

ZEM SLEEP BOOST

Price: €5,500*

Quality sleep is the foundation of overall wellbeing. That is why this boost focuses on improving sleep quality, ensuring that our guests can experience a proper, restorative night's sleep that benefits every part of their daily lives.

ZEM CAPILLARY BOOST

Price: €5,500*

With a holistic approach to Capilar repair, strengthening and protection, ZEM Capillary Boost complements our other programmes by quickly restoring your Capilar's softness, shine and healthy appearance. It also creates a protective barrier against future damage.

ZEM INTIMATE BOOST

Price: €4,500*

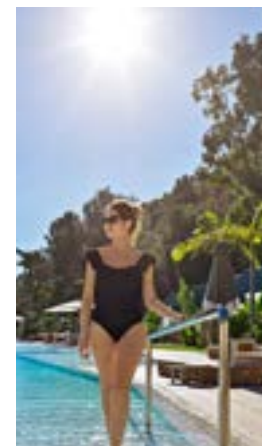
Rediscover your vitality and intimate wellbeing with treatments designed to revitalise and rejuvenate the intimate areas of both men and women. Sexology, gynaecology and urology consultations are included to determine the ideal treatments for each individual's profile.



BALANCE & VITALITY PROGRAMMES

To help our guests achieve their goals effectively and to ensure that they are long-lasting, we have developed 4 specialised programmes that combine the most advanced science with a personalised approach.

Weight Management & Detox helps guests learn to adopt healthy habits, leading them on a journey of self-care from within to achieve visible results that will stand the test of time.



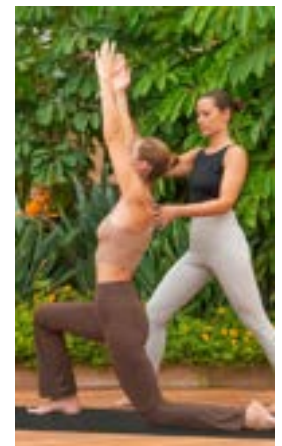
ZEM Essential



ZEM Detox



ZEM Weight Management



ZEM Weight Management
& Detox



ZEM ESSENTIAL PROGRAMME

Designed as a restorative retreat, this programme offers a revitalising experience for body and mind. Perfect for disconnecting from your everyday life, the Essential programme invites you to immerse yourself in the essence of ZEM Wellness Clinic Altea.



Minimum duration of the programme: **3 nights** | Recommended duration: **7 / 14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan**.

Objectives

This programme has been designed to provide a holistic and revitalising experience, ideal for those seeking a starting point for a healthier lifestyle and an introduction to ZEM Wellness Clinic Altea.

By combining medical treatments with wellness therapies, physical exercise and nature-based activities, the aim is to help guests develop healthy habits.

Methodology

Based on the data obtained from the guest's medical assessment, the medical team establishes the guidelines to be followed throughout the programme. These guidelines combine nutritional guidance, medical treatments and wellness therapies, together with physical exercise and outdoor activities.

The Mediterranean Diet is the basis of the specific nutritional plan used, featuring organic and local products grown by our team at Finca Althaya.

Ongoing supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers ensures that the guest's experience of the programme is safe and inspiring.



Nutritional Plan: Essential

The Essential Plan builds self-awareness, encouraging guests to explore and understand the relationship between body and mind. The guidelines it offers empower you to make informed choices based on your needs, while enjoying balanced meals based on the Mediterranean diet.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
3 nights	€5,000	€6,200
7 nights	€8,000	€10,800
14 nights	€16,000	€21,600
21 nights	€24,000	€32,400

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Essential programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.



ZEM ESSENTIAL PROGRAMME



ZEM Essential

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS				WELLBEING & NATURAL THERAPIES			
	3 nights	7 nights	14 nights		3 nights	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	1	Welcome Massage	1	1	1
Basic Blood Analysis	-	1	1	Relaxing Massage	-	1	2
Personalised Health Plan Consultation	-	1	1	Spa Experience Sensory Circuit	1	1	1
Initial Bio-Integrative Medicine Consultation	1	1	1	Oxygen Therapy	-	1	2
Test and Analysis Results Consultation	-	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	1	1	1
Final Bio-Integrative Medicine Consultation	-	1	1	Zestos Dryfloat Treatment - Metawell	1	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	1	MLX Quartz Treatment - Metawell	1	1	1
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	1	Welnamis Treatment - Metawell	1	2	3
Biodental Consultation	-	-	1	RLX Satori Treatment - Metawell	1	2	3
Capilar Health and Trichology Consultation	-	1	1	Relounge Treatment - Metawell	-	-	1
Emotional and Mental Wellbeing Consultation	-	-	1	ZEM Signature Body Massage	1	1	2
Basic Gut Microbiota Assessment	-	-	1	Personalised Organic Facial Treatment	1	1	1
Oxidative Stress Biomarkers	-	-	1	Unlimited Access to Fitness & Spa Area	incl.	incl.	incl.
MED TECH TESTS & TREATMENTS				PHYSICAL PERFORMANCE			
Facial Scan	1	2	3	Functional Assessment	1	1	1
Dermo-Aesthetic Body Scan	1	2	3	Personal Training	-	2	4
Electrocardiogram	1	1	1	Yoga / Pilates - Individual Session	1	2	3
Bioimpedance Test	1	2	3	Mindfulness - Individual Session	1	2	3
Antioxidant Test	-	1	1				
Facial Indiba	-	1	1	ZEM COLLEGE			
Essential Serotherapy	-	1	1	Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.			
NUTRITION				Group Cooking Class	1	1	2
Nutritional Assessment and Metabolic Bioregulation	1	1	1				
Nutrition Follow-Up Consultation	-	1	2				
Personalised Essential Nutritional Plan	incl.	incl.	incl.				
TOTAL SERVICES				3 nights	7 nights	14 nights	
				22	42	61	



ZEM DETOX PROGRAMME

As part of a holistic approach, the ZEM Detox Programme encourages guests to make effective lifestyle changes that will improve their health, including digestive, mental, cognitive and physical detoxification.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan**.

Objectives

This programme is designed to enhance the body's natural detoxification processes. It promotes effective lifestyle changes that lead to overall health improvement through physical, cognitive, emotional and mental cleansing.

The ZEM Detox Programme combines medical treatments with wellness therapies, physical exercise and nature-based activities to eliminate unwanted toxins, improve digestive health and increase energy and vitality. In doing so, the programme reduces stress and improves emotional wellbeing while strengthening the immune system through healthy lifestyle habits that improve physical appearance.

Methodology

Based on the data obtained from the guest's medical assessment, the medical team establishes the guidelines to be followed throughout the programme. These guidelines are a personalised combination of nutritional advice, medical treatments and wellness therapies, alongside physical exercise and nature-based activities.

The programme includes state-of-the-art treatments with proven benefits for regeneration and metabolic improvement, as well as specific treatments to improve and restore sleep quality, a key factor in managing and reducing stress.



Nutritional Plan: Detox

The Detox Nutritional Plan is designed to restore balance to the body by promoting its natural physiological cleansing principles. Its food plan is based on seasonal vegetables, seeds, cultured foods, gluten-free cereals and natural supplements.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
7 nights	€11,000	€13,800
14 nights	€19,000	€21,600
21 nights	€28,500	€36,900

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Detox programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.

A hand is shown pouring a vibrant green sauce from a white ceramic pitcher onto a light-colored, textured plate. The plate features a sophisticated arrangement of ingredients: several large, pinkish-white shrimp are curled around five scallops, each topped with a dollop of white cream. The dish is garnished with small, dark brown cubes, delicate yellow edible flowers, and tiny green leaves. The background is a dark, speckled surface.

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1		
Basic Blood Analysis	1	2		
Personalised Health Plan Consultation	1	1		
Initial Bio-Integrative Medicine Consultation	1	1		
Test and Analysis Results Consultation	1	1		
Follow-Up Bio-Integrative Medicine Consultation	-	1		
Final Bio-Integrative Medicine Consultation	1	1		
Advanced Rejuvenation and Longevity Medicine Consultation	1	1		
Healthy Pro-Ageing Consultation	1	1		
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1		
Neurocognition and Mental Performance Consultation	1	2		
Capilar Health and Trichology Consultation	-	1		
Biodental Consultation	-	1		
Oxidative and Heavy Metals Analysis	1	1		
Food Sensitivity Test 270 foods	1	1		
MED TECH TESTS & TREATMENTS				
Facial Scan	1	2		
Dermo-Aesthetic Body Scan	1	2		
Electrocardiogram	1	1		
Bioimpedance Test	2	3		
Bio Detox Serotherapy: Regeneration and Toxin Removal	2	3		
Colon Hydrotherapy	2	3		
Revitalisation and Detox with Ozone	2	4		
Intravenous Laser	1	2		
NUTRITION				
Nutritional Assessment and Metabolic Bioregulation	1	1		
Nutrition Follow-Up Consultation	2	4		
Personalised Detox Nutritional Plan	incl.	incl.		
WELLBEING & NATURAL THERAPIES				
Welcome Message	1	1		
Detox Facial Cleansing	1	1		
Cupping Detox Massage	2	4		
Spa Experience Detox Circuit	1	1		
TCM Consultation + Acupuncture Session	1	2		
Hydrodetox Cure Circuit	2	4		
Lymphatic Drainage Massage	1	2		
Triple Detox Treatment (MLX i3DOME) - Metawell	2	3		
RLX Satori Treatment - Metawell	1	2		
Oxypro Hyperbaric Chamber	1	2		
Pressotherapy Combined with Cryotherapy	1	2		
Detox Body Treatment	1	2		
Unlimited Access to Fitness & Spa Area	incl.	incl.		
PHYSICAL PERFORMANCE				
Functional Assessment	1	1		
Personal Training	2	3		
Yoga / Pilates - Individual Session	1	2		
Mindfulness - Individual Session	1	2		
ZEM COLLEGE				
Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.				
Group Cooking Class	1	2		
TOTAL SERVICES				
7 nights14 nights				
4878				



ZEM WEIGHT MANAGEMENT PROGRAMME

The ZEM Weight Management programme offers guests a set of strategies and medical guidelines to achieve and maintain a healthy body weight, while improving their overall health.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan**.

Objectives

This programme is designed to help guests learn how to control and manage their body weight in a conscious and holistic way.

It focuses on reducing body weight, while helping guests develop skills and healthy habits to ensure that the results achieved can be maintained in the long term.

Methodology

An in-depth initial assessment is conducted, which includes a detailed analysis of each guest's eating habits, physical activity levels and body composition, in order to set their specific goals.

Ongoing supervision by our multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers ensures that the guest's experience of the programme is safe, inspiring and delivers sustainable long-term results.

Thanks to the organic and local products grown on our Finca Althaya, the Mediterranean Diet plays a key role in the programme, inspiring the innovative cuisine of each of our Nutritional Plans.



Nutritional Plan: Detox

The Detox Nutritional Plan is designed to restore balance to the body by promoting its natural physiological cleansing principles. Its food plan is based on seasonal vegetables, seeds, cultured foods, gluten-free cereals and natural supplements.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
7 nights	€12,000	€14,800
14 nights	€21,000	€26,600
21 nights	€31,000	€39,400

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Weight Management programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.



ZEM WEIGHT MANAGEMENT PROGRAMME



ZEM Weight Management					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	NUTRITION	7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	Nutritional Assessment and Metabolic Bioregulation	1	1
Basic Blood Analysis	1	2	Nutrition Follow-Up Consultation	2	2
Personalised Health Plan Consultation	1	1	Personalised Detox Nutritional Plan and Raw 80/20	incl.	incl.
Initial Bio-Integrative Medicine Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Test and Analysis Results Consultation	1	1	Welcome Massage	1	1
Follow-Up Bio-Integrative Medicine Consultation	1	2	Cupping Detox Massage	2	3
Final Bio-Integrative Medicine Consultation	1	1	Lymphatic Drainage Massage	1	2
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Underwater Massage	1	2
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	Spa Experience Detox Circuit	1	1
Healthy Pro-Ageing Consultation	-	1	TCM Consultation + Acupuncture Session	1	2
Biodental Consultation	1	1	Hydrodetox Cure Circuit	2	3
Capilar Health and Trichology Consultation	1	1	Lympha Press	1	2
Emotional and Mental Wellbeing Consultation	1	1	Slimming Body Treatment	2	3
Neurocognition and Mental Performance Consultation	1	1	RLX Satori Treatment - Metawell	1	2
Food Sensitivity Test 270 foods	1	1	Triple Detox Treatment (MLX i3DOME) - Metawell	2	3
Basic Gut Microbiota Assessment	1	1	Unlimited Access to Fitness & Spa Area	incl.	incl.
Heavy Metals Analysis	1	1	PHYSICAL PERFORMANCE		
Oxidative and Heavy Metals Analysis	-	1	Functional Assessment	1	1
MED TECH TESTS & TREATMENTS			Personal Training	4	6
Facial Scan	1	2	Yoga / Pilates - Individual Session	1	2
Dermo-Aesthetic Body Scan	1	2	Mindfulness - Individual Session	1	2
Electrocardiogram	1	1	ZEM COLLEGE		
Bioimpedance Test	1	2	Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.		
Corporal Indiba	1	1	Group Cooking Class	1	2
Energy Regulating Serotherapy	2	3			
Colon Hydrotherapy	2	3			
Oxygen Cell Therapy for Weight Management	1	2			
Coolsculpting + Facial Indiba	1	2			
TOTAL SERVICES				7 nights	14 nights
				53	78



ZEM WEIGHT MANAGEMENT & DETOX PROGRAMME

Adopting a holistic approach, the programme addresses both weight reduction and the removal of toxins from the body. Its ultimate goal is to promote cellular regeneration by restoring each individual's optimal nutritional balance.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan**.

Objectives

This programme is designed to teach our guests how to control and manage their body weight in a conscious and holistic way, while enhancing the purification of the body.

It aims to help guests develop healthy habits by combining medical treatments with wellbeing therapies, physical exercise and nature-based activities. In doing so, the programme supports both weight management and detoxification, leading to an improvement in overall health.

Methodology

To achieve the right balance between the energy consumed in food and the energy expended in daily activities, the programme combines medical treatments with wellness therapies, physical exercise and activities in contact with nature.

The Mediterranean Diet is the basis of the specific nutritional plan used, featuring organic and local products grown by our team at Finca Althaya.

Ongoing supervision by a multidisciplinary team of doctors, nutritionists, psychologists, therapists and personal trainers ensures that the guest's experience of the programme is safe and inspiring.



Nutritional Plan: Detox

The Detox Nutritional Plan is designed to restore balance to the body by promoting its natural physiological cleansing principles. Its food plan is based on seasonal vegetables, seeds, cultured foods, gluten-free cereals and natural supplements.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
7 nights	€12,500	€15,300
14 nights	€22,000	€27,600
21 nights	€32,500	€40,900

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Weight Management & Detox programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.



ZEM Weight Management & Detox

MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			WELLBEING & NATURAL THERAPIES		
	7 nights	14 nights		7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	Welcome Massage	1	1
Basic Blood Analysis	1	2	Ayurveda Abhyanga Massage	1	2
Personalised Health Plan Consultation	1	1	Underwater Massage	2	4
Initial Bio-Integrative Medicine Consultation	1	1	Cupping Detox Massage	2	4
Test and Analysis Results Consultation	1	1	Spa Experience Detox Circuit	1	1
Final Bio-Integrative Medicine Consultation	1	1	TCM Consultation + Acupuncture Session	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Hydrodetox Cure Circuit	2	4
Healthy Pro-Ageing Consultation	1	1	Triple Detox (MLX i3DOME) Treatment - Metawell	2	3
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	RLX Satori Treatment - Metawell	1	2
Biodental Consultation	1	1	Lymphatic Drainage Massage	1	2
Capilar Health and Trichology Consultation	1	1	Lympha Press	2	3
Emotional and Mental Wellbeing Consultation	1	1	Slimming Body Treatment	2	3
Food Sensitivity Test 270 foods	1	1	Indiba Body Sculpting	1	2
Oxidative and Heavy Metals Analysis	1	1	Unlimited Access to Fitness & Spa Area	incl.	incl.
MED TECH TESTS & TREATMENTS			PHYSICAL PERFORMANCE		
Facial Scan	1	1	Functional Assessment	1	1
Dermo-Aesthetic Body Scan	1	1	Personal Training	3	6
Electrocardiogram	1	1	Yoga / Pilates - Individual Session	1	2
Bioimpedance Test	2	3	Mindfulness - Individual Session	1	2
Comprehensive Weight and Detox Serotherapy	2	3			
Colon Hydrotherapy	2	3			
O3 Reset: Detox and Metabolic Balance	1	3			
Capilar Mesotherapy	1	1			
NUTRITION			ZEM COLLEGE		
Nutritional Assessment and Metabolic Bioregulation	1	1	Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.		
Nutrition Follow-Up Consultation	2	2	Group Cooking Class	1	2
Personalised Detox Nutritional Plan	incl.	incl.			
				7 nights	14 nights
TOTAL SERVICES				54	79



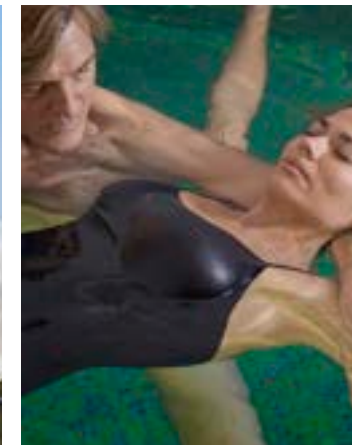
LONGEVITY PROGRAMMES

Our 3 longevity programmes address the factors that contribute to a fuller and longer life, with a positive understanding of the passage of time.

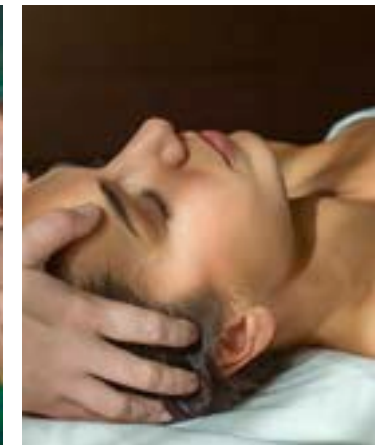
They are based on a comprehensive approach that combines the latest scientific research with holistic practices to support the guest's long-term wellbeing, optimise their vitality and extend their quality of life.



ZEM Pro - Ageing



ZEM Immune - Revitalisation



ZEM Rejuvenating / Aesthetics



ZEM PRO-AGEING PROGRAMME

Our ZEM Pro-Ageing Programme is specifically designed for those who wish to embrace the passage of time by prioritising prevention, health and wellbeing.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan**.



Objectives

The aim of this programme is to promote healthy ageing and reduce stress, while improving emotional wellbeing through the practice of a healthy, sustainable and mindful lifestyle. It provides an effective way to boost vitality and energy levels, optimise skin health and strengthen cognitive function.

Methodology

The programme is based on an in-depth assessment, which identifies each guest's clinical problems or needs in order to determine the most appropriate holistic therapeutic approach. It includes innovative treatments that deliver powerful anti-stress effects to support healthy longevity.

The programme uses nutritional supplements, formulated with a rich blend of vitamins and minerals, developed exclusively for ZEM Wellness Clinic Altea. Guests are also invited to indulge in a comprehensive selection of advanced medical treatments and targeted reinforcement guidelines—Boosts—to cover every area of health and wellbeing.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

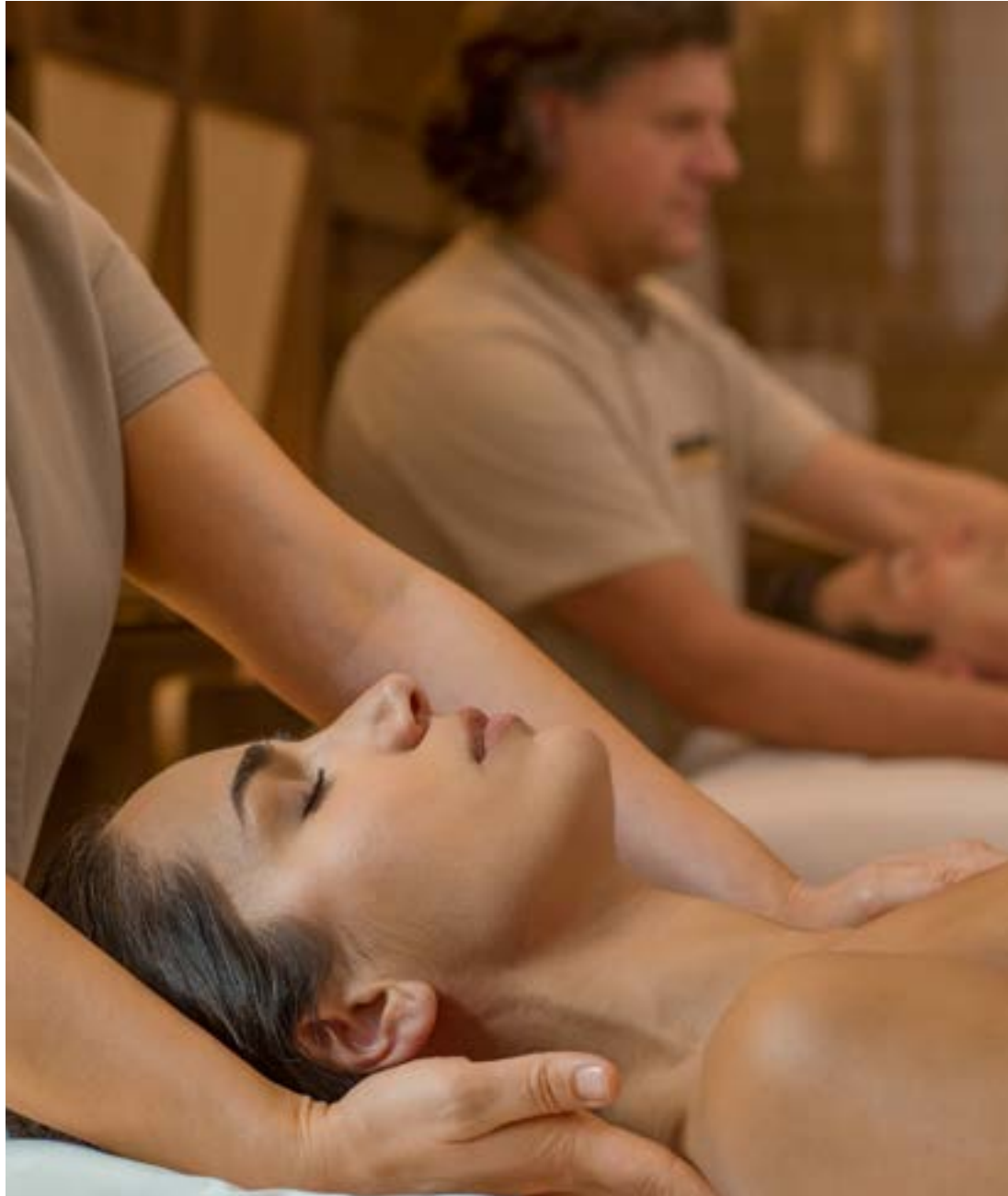
	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
7 nights	€13,000	€15,800
14 nights	€23,000	€28,600
21 nights	€33,500	€41,900

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Nutritional Plan: Raw 80/20

The Raw 80/20 plan is designed to strengthen the body's cells and keep oxidative stress and chronic inflammation under control, helping to prevent cellular ageing. It consists of eating 80% raw foods and 20% cooked foods.

Before beginning the ZEM Pro-Ageing programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.



ZEM Pro-Ageing					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			NUTRITION		
	7 nights	14 nights		7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	Nutritional Assessment and Metabolic Bioregulation	1	1
Basic Blood Analysis	1	2	Nutrition Follow-Up Consultation	2	4
Oxidative Stress Biomarkers	1	1	Personalised Raw 80/20 Nutritional Plan	incl.	incl.
Immune Ageing Analysis	1	1	WELLBEING & NATURAL THERAPIES		
Telomeric Length Analysis	1	1			
Personalised Health Plan Consultation	1	1	Welcome Massage	1	1
Initial Bio-Integrative Medicine Consultation	1	1	ZEM Signature Body Massage	1	1
Test and Analysis Results Consultation	1	1	Spa Experience Sensory Circuit	1	1
Final Bio-Integrative Medicine Consultation	1	1	Ayurveda Shirodhara Massage	1	2
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Triple Detox (MLX i3DOME) Treatment - Metawell	1	1
Healthy Pro-Ageing Consultation	1	1	Zestos Dryfloat Treatment - Metawell	1	1
Regenerative Medicine Consultation	1	1	MLX Quartz Treatment - Metawell	1	2
Biodental Consultation	1	1	Welnamis Treatment - Metawell	1	1
Emotional and Mental Wellbeing Consultation	1	2	RLX Satori Treatment - Metawell	2	2
Neurocognition and Mental Performance Consultation	1	2	Pro-Ageing Lux Facial Treatment	1	1
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	Aquatic Vibrational Ritual	1	1
Capilar Health and Trichology Consultation	1	1	Oxypro Hyperbaric Chamber	1	1
MED TECH TESTS & TREATMENTS.			Pro-Ageing Cure Circuit in 3 Steps	1	1
			Unlimited Access to Fitness & Spa Area	incl.	incl.
Facial Scan	1	1	PHYSICAL PERFORMANCE		
Dermo-Aesthetic Body Scan	1	1			
Electrocardiogram	1	1	Functional Assessment	1	1
Bioimpedance Test	1	1	Yoga / Pilates - Individual Session	1	2
Biodental Cleaning	1	1	Mindfulness - Individual Session	1	2
Hydrafacial	-	1	Personal Training	2	4
Facial Indiba	1	2	ZEM COLLEGE		
Corporal Indiba	1	2			
Whole Body Densitometry	1	1	Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.		
Colon Hydrotherapy	1	3			
EternaDrip Serotherapy: Youth from Within	1	2	Group Cooking Class	1	2
O3 VitalAge: Regeneration and Longevity	1	2			
Intravenous Laser	1	1			
Hypoxia-Hyperoxia Session	1	2			
Capilar Mesotherapy	-	1			
Harvard Brain Health Test	1	1			
TOTAL SERVICES				7 nights	14 nights
				54	75



ZEM IMMUNE-REVITALISATION PROGRAMME

The ZEM Immune-Revitalisation Programme is designed to strengthen the immune system, creating a powerful defence against disease and stress.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan.**



Objectives

The main objective is to improve the guest's overall health by revitalising the cells' natural repair and adaptation mechanisms.

Methodology

Based on the guest's specific profile, the programme uses a number of different strategies to care for and strengthen the immune system.

Targeted treatments work to neutralise free radicals by promoting oxygenation, revitalisation, detoxification and reduced oxidative stress in the guest's cells—key factors in improving epigenetic responses and cellular health.

By combining these treatments with carefully selected vitamins, minerals and essential nutrients, the programme helps to improve the guest's metabolism, resulting in increased energy levels and an improved immune system.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

Rates*

	In a Double* Room	In a Double Room (single occupancy)*
7 nights	€11,500	€14,300
14 nights	€20,000	€25,600
21 nights	€29,500	€37,900

Nutritional Plan: Revitalisation

The Revitalisation Plan is designed to optimise the function of vital organs, with a special focus on the immune system. By promoting cellular detoxification and regeneration, it works to restore the body's physiological nutritional values.

*Price per person, VAT included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Immune-Revitalisation programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.



ZEM

IMMUNE-REVITALISATION

PROGRAMME



ZEM Immune-Revitalisation					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			NUTRITION		
	7 nights	14 nights		7 nights	14 nights
ZEM Wellbeing Medical Assessment	1	1	Nutritional Assessment and Metabolic Bioregulation	1	1
Basic Blood Analysis	1	1	Nutrition Follow-Up Consultation	1	3
Viral Serology Analysis	1	1	Personalised Revitalisation Nutritional Plan	incl.	incl.
Immune Ageing Analysis	1	1	WELLBEING & NATURAL THERAPIES		
Personalised Health Plan Consultation	1	1			
Initial Bio-Integrative Medicine Consultation	1	1	Welcome Massage	1	1
Follow-Up Bio-Integrative Medicine Consultation	1	1	Poultices Massage	-	1
Test and Analysis Results Consultation	1	1	Underwater Massage	2	2
Final Bio-Integrative Medicine Consultation	1	1	Arabesque Revital Ritual	1	2
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Spa Experience Therapeutic Circuit	1	1
Healthy Pro-Ageing Consultation	1	2	TCM Consultation + Acupuncture Session	1	1
Regenerative Medicine Consultation	1	2	Triple Detox Treatment (MLX i3DOME) - Metawell	1	1
Biodental Consultation	1	1	MLX Quartz Treatment - Metawell	1	2
Neurocognition and Mental Performance Consultation	1	2	Relounge Treatment - Metawell	1	1
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	RLX Satori Treatment - Metawell	1	2
Capilar Health and Trichology Consultation	1	1	Libra Edge Treatment - Metawell	2	2
Basic Gut Microbiota Assessment	1	1	Oxypro Hyperbaric Chamber	1	2
MED TECH TESTS & TREATMENTS			Cryotherapy	1	2
			Lymphatic Drainage Massage	2	2
Facial Scan	1	1	Lympha Press	2	2
Dermo-Aesthetic Body Scan	1	1	Aquatic Vibrational Ritual	1	1
Electrocardiogram	1	1	Unlimited Access to Fitness & Spa Area	incl.	incl.
Bioimpedance Test	1	1	PHYSICAL PERFORMANCE		
Whole Body Densitometry	1	1			
Colon Hydrotherapy	1	2	Functional Assessment	1	1
OzoneShield: Revitalisation and Cellular Defence	2	4	Personal Training	1	2
Intravenous Laser	1	2	Mindfulness - Individual Session	1	2
Deep Plasma Revitalisation	1	2	Yoga / Pilates - Individual Session	2	2
Protection and Strengthening Serotherapy	1	2	ZEM COLLEGE		
			Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.		
			Group Cooking Class	1	2
				7 nights	14 nights
TOTAL SERVICES				55	75



ZEM REJUVENATING / AESTHETICS PROGRAMME

ZEM Rejuvenating/Aesthetics focuses on improving people's self-confidence and emotional wellbeing by addressing the visible signs of ageing.



Minimum duration of the programme: **7 nights** | Recommended duration: **14 / 21 nights**
All our programmes are personalised and tailored to each guest's needs and physical condition.
Each programme includes **accommodation in a Deluxe Room** and **all the guest's meals from their specific nutritional plan.**

Objectives

This programme targets the visible signs of ageing, helping guests achieve their ideal physical appearance.

ZEM Rejuvenating/Aesthetics is dedicated to enhancing both the physical and emotional wellbeing of individuals, boosting their self-confidence. The aim is to foster self-acceptance while nurturing aspects that contribute to improving the guest's self-esteem and overall wellbeing.

Methodology

Using cutting-edge techniques and the latest technologies, the programme's treatments help to revitalise the guest's skin, restoring it to a youthful and healthy appearance.

The guest's health and wellness agenda includes consultations with different specialists, including those from our nutrition, Bio-Dental and psychology units. In addition to the programme's dermo-aesthetic treatments, guests can also enjoy facial and body massages, a fitness routine and outdoor activities.

All procedures are performed and supervised by our team of medical and aesthetic specialists to ensure precise and effective results.



Nutritional Plan: Essential

The Essential Plan builds self-awareness, encouraging guests to explore and understand the relationship between body and mind. The guidelines it offers empower you to make informed choices based on your needs, while enjoying balanced meals based on the Mediterranean diet.

The Nutritional Plan is tailored to each guest's physical condition and individual needs.

	In a Double* Room	In a Double Room (single occupancy)*
Rates*		
7 nights	€14,500	€17,300
14 nights	€26,000	€31,600
21 nights	€37,500	€45,900

*Price per person. V.A.T. included. Accommodation in a Deluxe Room with a Complete Nutritional Plan.

Before beginning the ZEM Rejuvenating/Aesthetics programme, guests must undergo the ZEM health check to ensure the programme is safe and suitable for their individual needs.

A close-up photograph of a woman lying down with her eyes closed, appearing to be in a state of relaxation or sleep. Her head is resting on a white surface, and her face is being gently massaged by a pair of hands. The lighting is soft and warm, highlighting the contours of her face and the texture of the white fabric. The background is dark and out of focus, suggesting an indoor setting like a spa or a bedroom.

ZEM Rejuvenating/Aesthetics					
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS			NUTRITION		
ZEM Wellbeing Medical Assessment	7 nights	14 nights	Nutritional Assessment and Metabolic Bioregulation	7 nights	14 nights
Basic Blood Analysis	1	2	Nutrition Follow-Up Consultation	1	1
Heavy Metals Analysis	1	2	Personalised Essential Nutritional Plan	2	4
Basic Analysis Essential Nutrients	1	1		incl.	incl.
Personalised Health Plan Consultation	1	1	WELLBEING & NATURAL THERAPIES		
Initial Bio-Integrative Medicine Consultation	1	1	Welcome Massage	1	1
Test and Analysis Results Consultation	1	1	Ayurveda Abhyanga Massage	1	2
Final Bio-Integrative Medicine Consultation	1	1	Spa Experience Sensory Circuit	1	1
Capilar Health and Trichology Consultation	1	1	Alchemy of Light and Cocoa Ritual	1	2
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	Underwater Massage	1	2
Healthy Pro-Ageing Consultation	1	1	Triple Detox (MLX i3DOME) Treatment - Metawell	1	1
Dermo-Aesthetic and Cellular Regeneration Consultation	1	1	MLX Quartz Treatment - Metawell	1	1
Dermo-Aesthetic and Cellular Regeneration Follow-Up Consultation	1	2	RLX Satori Treatment - Metawell	-	2
Biodental Consultation	1	1	Libra Edge Treatment - Metawell	1	2
Emotional and Mental Wellbeing Consultation	1	2	Signature Facial Treatment	1	2
Neurocognition and Mental Performance Consultation	1	2	Oxypro Hyperbaric Chamber	2	2
MED TECH TESTS & TREATMENTS			Slimming Body Treatment	1	1
Facial Scan	1	2	Rejuvenating Body Treatment	1	2
Dermo-Aesthetic Body Scan	1	1	Unlimited Access to Fitness & Spa Area	incl.	incl.
Electrocardiogram	1	1	PHYSICAL PERFORMANCE		
Bioimpedance Test	1	1	Functional Assessment	1	1
Facial Indiba	1	2	Personal Training	2	2
Corporal Indiba	1	2	ZEM COLLEGE		
Whole Body Densitometry	1	1	Includes free access to a weekly programme of educational and preventative activities, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions and daily Nordic Walking at Finca Althaya.		
Hydrafacial	1	2	Group Cooking Class	1	2
Intravenous Laser	1	2			
DermaVital Serotherapy: Deep Moisturising & Recovery	2	3			
OzoneYouth: Rejuvenation and Deep Vitality	2	3			
Colon Hydrotherapy	1	2			
Capilar Mesotherapy	1	1			
Ultraformer MPT	1	1			
Biodental Cleaning	1	1			
				7 nights	14 nights
TOTAL SERVICES				53	76



BOOSTS

Each Boost is carefully designed to provide additional benefits that enhance the results of our health programmes. These Boosts are versatile and can be combined with any of the programmes, offering a customised and adaptable solution to each guest's individual needs.



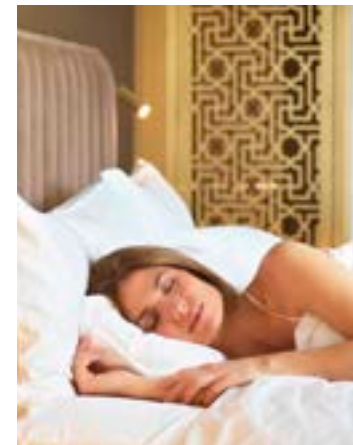
ZEM Dermo-Aesthetics Boost



ZEM Healthy Brain Boost



ZEM Pain Relief Boost



ZEM Sleep Boost



ZEM Capillary Boost



ZEM Intimate Boost



ZEM DERMO - AESTHETICS BOOST

For healthier, brighter and rejuvenated skin.
Visible results that improve personal confidence.

2 specialisations targeting specific areas:

DERMO-AESTHETICS FACIAL BOOST

DERMO-AESTHETICS BODY BOOST

Objectives

The main objective is to address aesthetic imperfections and visible signs of ageing on the face and body, while revitalising and improving the health of the skin to nourish, rejuvenate and restore its function and appearance.

Methodology

ZEM Dermo-Aesthetics Boost consists of a tailor-made plan based on specific analyses that help our medical team gain a comprehensive understanding of the guest's skin.

It includes:

DERMO-AESTHETICS FACIAL BOOST

Dermo-Aesthetic Consultation
Facial Scan (VISIA)
Treatment with Biomodulators
Treatment with Miomodulators
Facial Lipolifting Treatment
Mesotherapy
Facial Rejuvenation Treatments
PRP Treatment
PRP Follow-Up
Tooth Whitening

DERMO-AESTHETICS BODY BOOST

Body Diagnosis
Body Remodelling (1 area)
Stretch Mark Removal
Rejuvenating Body Treatment
Vascular Varicose Veins Treatment
Lymphatic Drainage
Anti-Cellulite Body Treatment
Cryolipolysis Treatment
Cryotherapy (3 session)
Deep Sea Ritual
Cupping Massage (2 sessions)
Indiba Sculpting (2 sessions)

Who is it for?

It is especially beneficial for those with dull, dehydrated or ageing skin, or those struggling with persistent problems such as pigmentation spots or uneven texture.

Price: €7,500

ZEM HEALTHY BRAIN BOOST

Nurturing and promoting brain health to prevent future problems, so that you can enjoy an active brain.

Objectives

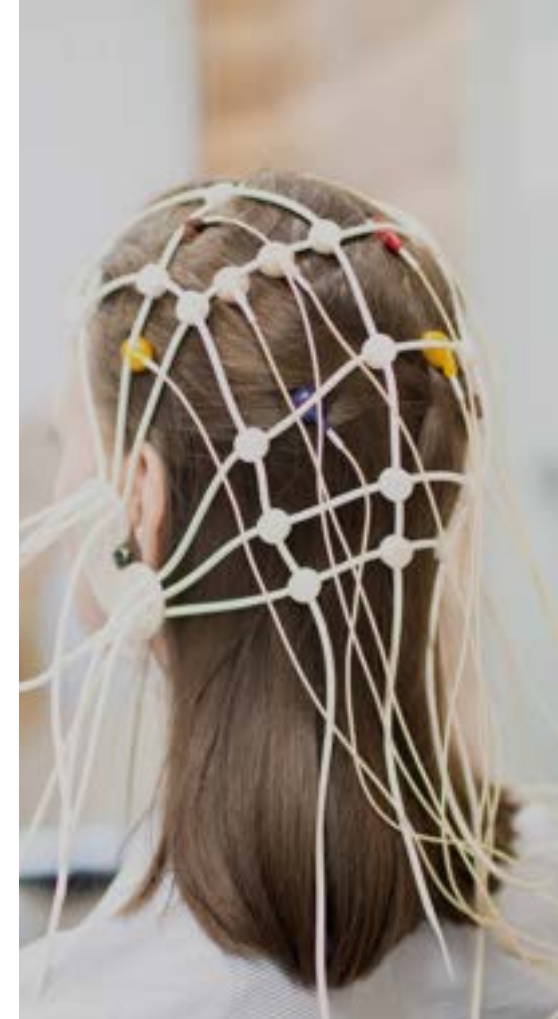
The Healthy Brain Boost aims to optimise brain activity, enhance neural plasticity and improve learning and cognitive performance. Its also designed to prevent future brain health issues, promoting a healthy, active and balanced brain.

Methodology

The programme begins with a personalised consultation and computerised cognitive diagnosis to assess memory, attention and emotional wellbeing. Real-time brain mapping and tools such as photobiomodulation and transcranial brain stimulation (TDCS) are used to optimise brain activity and plasticity. The programme also includes a Brainfoods workshop to learn how to improve cognitive health through food.

It includes:

Specialist Consultation
Automated Neuropsychological Assessment
Emotional State Assessment
Harvard Brain Health Test
Feedback of results
Home-TDCS
RLX Satori Treatment - Metawell (6 sessions)
Mindfulness - Individual Session (3 sessions)
Cranio-Cervical Massage (3 sessions)



Who is it for?

Healthy Brain Boost is designed for guests who are interested in maintaining and improving their brain health, as well as those who wish to prevent cognitive problems in the future.

Price: €5,500



ZEM PAIN RELIEF BOOST

Objectives

ZEM Pain Relief Boost has been developed to soothe and manage chronic pain, offering lasting relief. The result is improved quality of life and more activity without pain.

Methodology

ZEM Pain Relief Boost offers a combination of advanced and personalised treatments that target three distinct areas of pain: spine, muscles & joints, and a specific treatment for pain caused by high performance sports.

Who is it for?

For those seeking a comprehensive and personalised solution to manage and relieve their pain, improve their mobility and receive specialised support to lead a more comfortable and active life.

It includes:

SPINE
Traumatology Consultation
Echodiagnosis
Pharmacology and Nutritional Supplements Optimization
Specialised Physiotherapy Treatment
Diagnostic and Therapeutic Infiltration
Dextrose/Collagen Prolotherapy
MUSCLES AND JOINTS
Traumatology Consultation
Echodiagnosis
Pharmacology Optimization and Nutritional Supplements
Specialised Physiotherapy Treatment
Prolotherapy and Percutaneous Neuromodulation Axomera
Regenerative Medicine Pain Consultation
HIGH PERFORMANCE SPORTS
Traumatology Consultation
Echodiagnosis
Pharmacology and Nutritional Supplements Optimisation
Physiotherapy and Rehabilitation Session
Diagnostic and Therapeutic Infiltration
Prolotherapy and Percutaneous Neuromodulation Axomera



3 specialisations targeting specific areas:

SPINE

MUSCLES AND JOINTS

HIGH PERFORMANCE SPORTS

Orthomized Spine Bioregenerative Medicine

Lesional or Pulsed Radiofrequency

Relounge Metawell Session (3 sessions)

Infrared Sauna (3 - 6 sessions)

Mud and Magnesium Treatment (3 sessions)

Underwater Massage (2 sessions)

Lesional or Pulsed Radiofrequency

Sports Massage (2 sessions)

Relounge Metawell Session (3 sessions)

Localised Cryotherapy (3 sessions)

Pressotherapy with Cryotherapy (3 sessions)

Treatment with Mud and Magnesium (3 sessions)

Orthomized Bioregenerative Spine Medicine

Hyperbaric Chamber Oxypro (2 sessions)

Cryotherapy (2 sessions)

Pressotherapy with Cryotherapy (2 sessions)

Sports Massage (2 sessions)

PRICE: €5,500

ZEM SLEEP BOOST

Helps to re-establish healthy sleep patterns, providing a deep and revitalising rest.



Objectives

The ZEM Sleep Boost aims to improve overall health and wellbeing by helping our guests combat insomnia and regulate sleep cycles, leading to an improved quality of life.

Methodology

Tailored to each guest's specific needs and pathologies. ZEM Wellness Clinic Altea features rooms specially designed to optimise therapies and treatments aimed at improving sleep quality.

Who is it for?

Anyone who needs to improve the quality of their sleep. This Boost is particularly beneficial for those who suffer from insomnia and difficulty falling or staying asleep, or for those who experience high levels of stress, chronic fatigue or low energy throughout the day.

It is also highly recommended for people with irregular sleep patterns, such as frequent travellers dealing with jet lag.

It includes:

High Precision Comprehensive Assessment

Neuroholistic Interview 90 minutes

Biofunctional Assessment

Neuroscan 360

Electroencephalogram + Cardiac Viral Load + Facial Thermography

Neuromonitoring Several Sessions

Portable Polysomnography

Dorsolateral Prefrontal Brain Stimulation (2 sessions)

Enhanced Ancestral Therapies

Neurofocal Acupuncture

Neuroregulatory Ayurvedic Massage

Quantum Sound Ceremony

Emotional and Mental Well-being Consultation (2 sessions)

Intravenous Laser (2 sessions)

Neuroyoga (3 sessiones)

Post-ZEM Follow-Up

PRICE: €5,500



ZEM CAPILLARY BOOST

Biostimulation and Capilar implants to quickly and effectively improve Capilar health and appearance.



Objectives

The main objective is to repair, strengthen and protect the Capilar so that it regains a healthy appearance, softness and shine in a short time.

Methodology

To promote the regeneration of Capilar cells and effectively fight the first signs of external damage, a personalised trichology Capilar study is carried out to assess the health of our guest's hair in order to determine the most appropriate treatment.

A medical team specialised in trichology and dermatology supervises the entire process and guides the guest according to the established consultation plan.

It includes:

- Hair Health Consultation
- Personalised Trichology
- Hair Repair
- Hair Mesotherapy
- Hair Transplant (depending on follicles)



Who is it for?

It is recommended for those who want to give their Capilar a boost of energy, as well as those who suffer from Capilar loss that may be caused by chronic stress or hormonal imbalances. It is particularly recommended for guests with trichological or dermatological pathologies such as alopecia, hypothyroidism or anaemia.

PRICE: €5,500

ZEM INTIMATE BOOST

Functional results that help restore the quality of intimacy and boost self-confidence.



2 specialisations targeting specific areas:

FEMALE INTIMATE BOOST

MALE INTIMATE BOOST

Objectives

The aim of the Boost package is to improve intimacy and wellbeing through treatments designed specifically for men and women to revitalise, rejuvenate and strengthen the intimate area. Sexology, gynaecology and urology consultations are included, as well as genetic and hormonal testing to determine the most effective treatments for each guest.

Methodology

After an initial analysis and diagnosis, the medical team at ZEM Wellness Clinic Altea develops a personalised plan to help restore the guest's confidence and overall wellbeing. Treatments include therapies to enhance skin elasticity, increase natural lubrication and improve sensitivity and muscle tone, all while addressing each guest's specific conditions. All treatments are always carried out in a professional and safe environment.

It includes:

MALE	FEMALE
Sexology Consultation	Sexology Consultation
Urology Consultation	Gynaecology Consultation
Hormonal Analysis for Men	Hormonal Analysis for Women
Genetic Study	Genetic Study
Ultrasound and Urology Treatment	Ultrasound and Gynaecology Treatment
Pelvic Floor Physiotherapy Session	Vaginal Laser Session
Shockwave Treatment for Erectile Dysfunction	EMSELLA Session
Autologous Cell Therapy for Erectile Dysfunction	Female Intimate Rejuvenation Session
	Pelvic Floor Physiotherapy Session

Who is it for?

This Boost is recommended for people seeking to improve their intimacy and wellbeing. It is ideal for women looking to regain vaginal elasticity after childbirth, those experiencing urinary issues who may benefit from pelvic floor strengthening and peri- or post-menopausal women. It is also beneficial for those wishing to increase natural lubrication, improve sensitivity or aesthetically rejuvenate their intimate areas.

PRICE: €4,500





ZEM

WELLNESS CLINIC ALTEA

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