



LONGEVITY ZEM IMMUNE REVITALISATION PROGRAMME

The aim of the ZEM Immune Revitalisation programme is to optimise the guest's immune system, providing a strong and effective barrier against disease and stress



Minimum duration of the programme: 7 nights
Recommended duration 14 / 21 nights

All our programmes are personalized and tailored to each guest's needs and physical condition. Each programme includes **accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Objectives

- * Optimize health in general
- * Revitalize the cells' natural repair and adaptation mechanisms.

Methodology

- * Strategies to care for and strengthen the immune system
- * Neutralise free radicals
- * Promotes oxygenation, revitalisation, detoxification and reduction of oxidative stress in the guest's cells
- * Improves epigenic mechanisms and cellular health.
- * Combination of treatments alongside the use of vitamin supplements, minerals and essential nutrients
- * Improves the metabolism, leading to an increase in energy and an improved immune system.

Nutritional Plan: Revitalisation

The Revitalisation Plan is designed to optimise vital organ function with a special focus on the immune system. It focuses on cellular detoxification to promote regeneration at the cellular level and restore each guest's physiological nutritional values.

Before starting the ZEM Immune-Revitalisation programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

TOTAL OF SERVICES ZEM Immune-Revitalisation			7 nights 55	14 nights 75
MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights	WELLBEING & NATURAL THERAPIES	
ZEM Wellbeing Medical Examination	1	1	Welcome Massage	1 1
Basic Blood Analysis	1	1	Poultices Massage	- 1
Viral Serology Analysis	1	1	Underwater Massage	2 2
Immune Ageing Analysis	1	1	Arabesque Revital Ritual	1 2
Personalised Health Plan Consultation	1	1	Spa Experience Therapeutic Circuit	1 1
Initial Bio-integrative Medicine Consultation	1	1	TCM Consultation + Acupuncture Session	1 1
Follow-up Bio-integrative Medicine Consultation	1	1	Triple Detox (MLX i3DOME) Treatment - Metawell	1 1
Test Results and Analysis Consultation	1	1	MLX Quartz Treatment - Metawell	1 2
Final Bio-integrative Medicine Consultation	1	1	Relounge Treatment - Metawell	1 1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1	RLX Satori Treatment - Metawell	1 2
Healthy Pro-Ageing Consultation	1	2	Libra Edge Treatment - Metawell	2 2
Regenerative Medicine Consultation	1	2	Oxypro Hyperbaric Chamber	1 2
Biodental Consultation	1	1	Cryotherapy	1 2
Neurocognition and Mental Performance Consultation	1	2	Manual Lymphatic Drainage Massage	2 2
Dermo-aesthetics and Cellular Regeneration Consultation	1	1	Lympha Press	2 2
Hair Health and Trichology Consultation	1	1	Aquatic Vibrational Ritual	1 1
Basic Gut Microbiota Assessment	1	1	Unlimited Access to Fitness & Spa Area	incl. incl.
MED TECH TESTS & TREATMENTS			PHYSICAL PERFORMANCE	
Facial Scan	1	1	Functional Assesment	1 1
Dermo-Aesthetic Body Scan	1	1	Personal Training	1 2
Electrocardiogram	1	1	Mindfulness - Individual Session	1 2
Bioimpedance Test	1	1	Yoga / Pilates - Individual Session	2 2
Whole Body Densitometry	1	1	ZEM COLLEGE	
Colon Hydrotherapy	1	2	Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya..	
OzoneShield: Revitalisation and Cellular Defence	2	4	Group Cooking Class	1 2
Intravenous Laser	1	2	Rates	
Deep Plasma Revitalisation	1	2	7 nights from 11.500€*	
Protection and Strengthening Serotherapy	1	2	14 nights from 20.000€*	
NUTRITION			21 nights from 29.500€*	
Nutritional Assessment and Metabolic Bioregulation	1	1		
Nutrition Follow-up Consultation	1	3		
Personalised Revitalisation Nutritional Plan	incl.	incl.		

* Price per person. V.A.T. included. 7 nights' accommodation in Deluxe suite (double use) with Complete Nutritional Plan.