



BALANCE & VITALITY ZEM WEIGHT MANAGEMENT PROGRAMME

The ZEM Weight Management programme provides guests with a set of strategies and medical guidelines to attain and maintain a healthy body weight and improve their overall health.



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

- * Control and manage body weight in a conscious and comprehensive way
- * Reduce body weight while acquiring a series of skills and healthy habits that can be maintained in the long run

Methodology

- * Exhaustive initial assessment, which integrates a detailed analysis of each guest's eating habits, level of physical activity and body composition
- * Supervision by a multidisciplinary medical team of doctors, nutritionists, psychologists, therapists and personal trainers
- * Promotion of the Mediterranean Diet thanks to the organic and Km 0 products grown on our Finca Althaya

Nutritional Plan: Detox

The Detox nutrition plan aims to restore the body's balance by promoting our bodies' physiological purification principles. Its food plan is based on a selection of seasonal vegetables, seeds, cultures, gluten-free cereals and natural supplements.

Before starting the ZEM Weight Management 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 Weight Management	7 nights 53	14 nights 78
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MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS	7 nights	14 nights
ZEM Wellbeing Medical Examination	1	1
Basic Blood Analysis	1	2
Personalised Health Plan Consultation	1	1
Initial Bio-integrative Medicine Consultation	1	1
Test Results and Analysis Consultation	1	1
Follow-up Bio-integrative Medicine Consultation	1	2
Final Bio-integrative Medicine Consultation	1	1
Advanced Rejuvenation and Longevity Medicine Consultation	1	1
Dermo-aesthetics and Cellular Regeneration Consultation	1	1
Healthy Pro-Ageing Consultation	-	1
Biodental Consultation	1	1
Hair Health and Trichology Consultation	1	1
Emotional and Mental Wellbeing Consultation	1	1
Neurocognition and Mental Performance Consultation	1	1
Food Sensitivity Test 270 foods	1	1
Basic Gut Microbiota Assessment	1	1
Heavy Metals Analysis	1	1
Oxidative and Heavy Metals Analysis	-	1

MED TECH TESTS & TREATMENTS	7 nights	14 nights
Facial Scan	1	2
Dermo-Aesthetic Body Scan	1	2
Electrocardiogram	1	1
Bioimpedance Test	1	2
Corporal Indiba	1	1
Energy Regulating Serotherapy	2	3
Colon Hydrotherapy	2	3
Oxygen Cell Therapy for Weight Management	1	2
Coolsculpting + Facial Indiba	1	2

NUTRITION	7 nights	14 nights
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-up Consultation	2	2
Personalised Detox Nutritional Plan y Raw 80/20	incl.	incl.

WELLBEING & NATURAL THERAPIES	7 nights	14 nights
Welcome Massage	1	1
Cupping Detox Massage	2	3
Manual Lymphatic Drainage Massage	1	2
Underwater Massage	1	2
Spa Experience Detox Circuit	1	1
TCM Consultation + Acupuncture Session	1	2
Hydrodetox Cure Circuit	2	3
Lympha Press	1	2
Slimming Body Treatment	2	3
RLX Satori Treatment - Metawell	1	2
Tratamiento Triple Detox (MLX i3DOME) - Metawell	2	3
Unlimited Access to Fitness & Spa Area	incl.	incl.

PHYSICAL PERFORMANCE	7 nights	14 nights
Functional Assesment	1	1
Personal Training	4	6
Yoga / Pilates - Individual Session	1	2
Mindfulness - Individual Session	1	2

ZEM COLLEGE	7 nights	14 nights
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..		
Group Cooking Class	1	2

Rates

7 nights from 12.000€*
14 nights from 21.000€*
21 nights from 31.000€*

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