



ZEM WELLNESS CLINIC ALTEA

We redefine science and wellbeing in pursuit of a fulfilled longevity, set within an unparalleled Mediterranean coastal environment.

ZEM Wellness Clinic Altea is a unique destination where science, wellness and gastronomy converge within a 5-Star Grand Luxury Hotel. We transform health through 25 medical specialties, cutting-edge wellness innovation and tailored nutrition—offering care that goes beyond expectation: always discreet, always personal.



Our **mission** is about conscious longevity: how to live more years and better years. By integrating clinical care, wellness and Mediterranean cuisine into a person-centred model, we enable prevention, balance and renewal with precision. Technology may extend life; human care makes it fulfilling. **ZEM** is science with soul, inspired by the Mediterranean, delivering lasting results.



Located in Altea, Spain, **ZEM** opens onto the Mediterranean in a privileged setting, surrounded by nature and blessed with a year-round climate that nurtures wellbeing.



ZEM HOTEL

Created for those who seek privacy, absolute comfort and discreet hospitality. Contemporary architecture, aligned with our essence, makes it an exclusive sanctuary.

SUITES

85 rooms and 10 suites, with sea or mountain views, equipped with cutting-edge technology, exquisite design and bespoke services coordinated by each guest's personal concierge, ensuring absolute wellbeing throughout their stay.

DELUXE	65 rooms / 50 m ²	EXECUTIVE	3 suites / 90 m ²
PREMIUM	18 rooms / 46 m ²	GRAND	4 suites / 110 m ²
FENG SHUI	2 rooms / 55 m ²	ALTEA	1 suite / 200 m ²
TWO-BEDROOM	2 suites / 110 m ²		



A 40,000 m² estate designed to offer uninterrupted luxury, where every detail conveys serenity, discretion and excellence

- » Heated outdoor pools & open-air spa
- » Private helipad
- » Bespoke private transfers from major airports
- » **ZEM** Master: personal concierge to anticipate every need
- » Mediterranean haute cuisine restaurant
- » 10,000 m² of landscaped gardens and natural spaces
- » Exclusive boutique with **ZEM** products & international brands
- » Private cinema lounge for curated experiences



MEDITERRANEAN EXPERIENCE

Beyond the facilities, **ZEM** offers a way of life. Guests may enjoy walks to the beach or across the estate, healthy cooking classes, yoga and mindfulness sessions, inspiring talks, and the rediscovery of the art of the siesta—a celebration of the sea and light.

NUTRITION

Gastronomy is central to the experience. Our haute cuisine restaurant, Salvia, draws from zero-kilometre organic produce grown at Finca Althaya, a sustainable 75,000 m² farm cultivated in harmony with the land.

This nutritional concept, inspired by the Mediterranean Diet, blends scientific rigour with culinary delight. Balanced, creative menus are crafted to optimise health—free of added sugars and processed foods. A contemporary cuisine that nourishes body and mind with precision and elegance.



ZEM WELLNESS & SPA

A 4,000 m² sanctuary dedicated to regenerating body and mind, where tradition and technology converge seamlessly..



1 CUTTING-EDGE TECHNOLOGY
The only destination in Europe to integrate seven **Metawell®** systems within one space.

2 TRADITIONAL THERAPIES
A complement to technological innovation, drawing on ancestral wellness practices.

3 EXCLUSIVE FACILITIES
Himalayan salt cabin, snow room, hammam, hyperbaric chamber, cryotherapy, among others.

4 FITNESS AREA
A state-of-the-art gym, personalised training programmes, and dedicated areas for yoga and mindfulness.



ZEM CLINIC

A precision medical centre dedicated to prediction, prevention and longevity, offering:

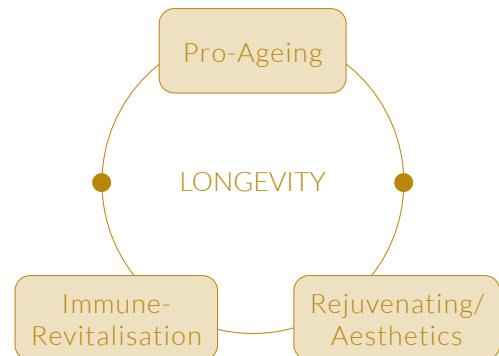
- 25 medical specialties
- 32 clinical consultation rooms equipped with advance innovation
- A highly qualified medical team ensuring rigour, confidentiality and personalised care.

PROGRAMME AREAS

Seven personalised programmes, designed to enhance health and wellbeing, grouped into two core areas:

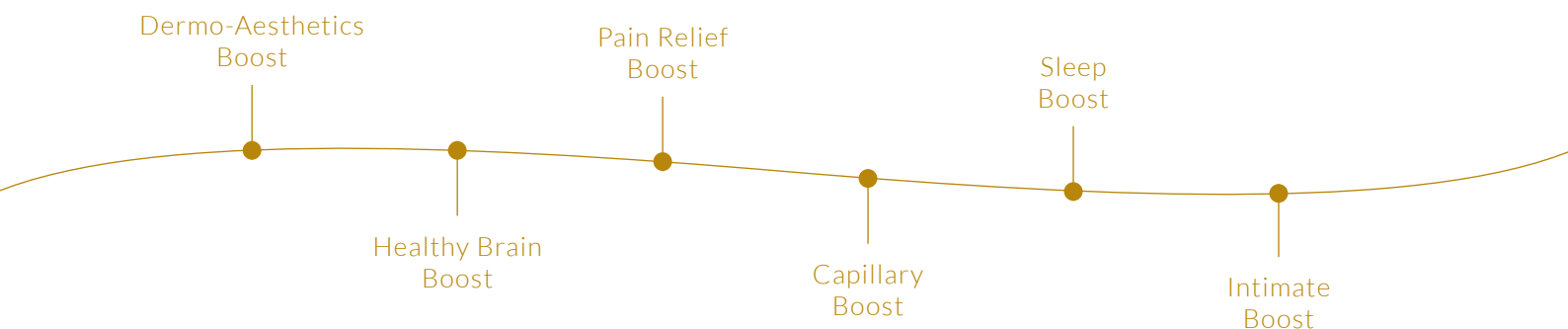
Balance & Vitality: recovery, detox and performance optimisation.

Longevity: a comprehensive path to living longer and better.



BOOSTS

Six Medical Boosts, created by our specialist team to address specific health areas:.



ZEM Wellness Clinic Altea has developed an exclusive line of nutritional supplements and cosmetics, designed to amplify and extend the results of both Programmes and Boosts.

