



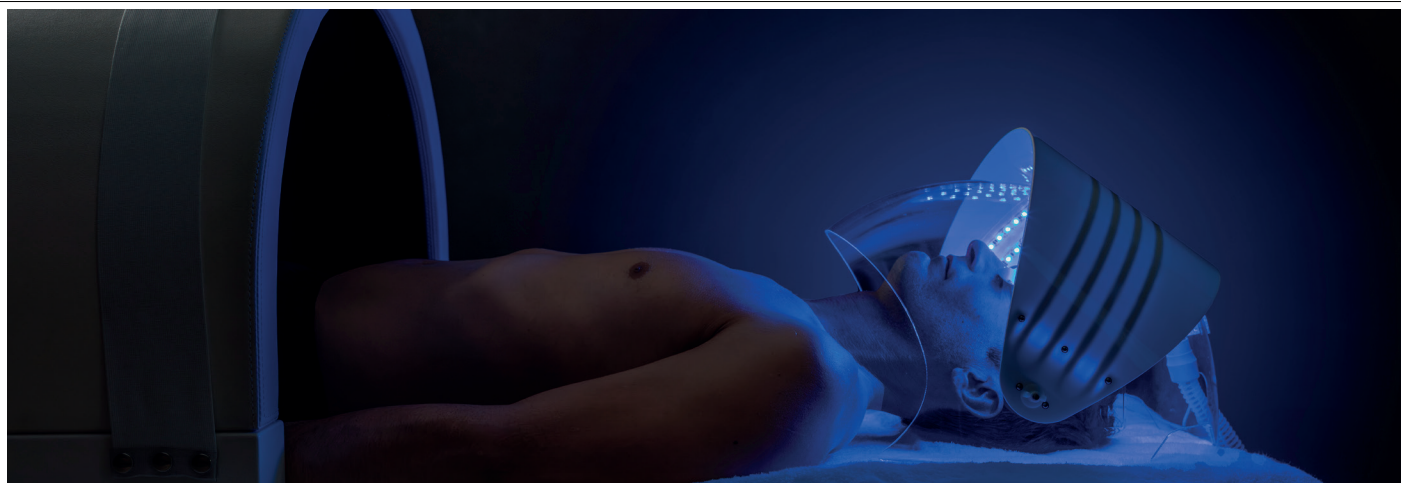
ZEM Prime Longevity Programme

Biological vitality. Sustained youthfulness.

Rates

7N 14N

€ 7.500 € 11.000



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.

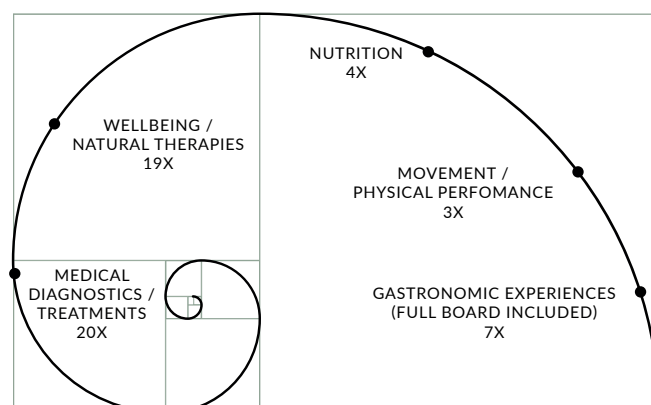
WHO IS IT FOR

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.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
- All programmes include 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 Tests	7N	14N	Nutrition	7N	14N
Basic Blood Analysis	1	1	Nutritional Assessment and Metabolic Bioregulation	1	1
Clinical Analysis – Prime Longevity Programme			Nutrition Follow-Up Consultation	-	1
• Oxidative Stress and Free Radicals Test	1	1	Personalised Health Plan Consultation	1	1
• Telomere Length Determination	-	1			
• NAD+ Level Determination	1	1			
Diagnostic LAB			Wellbeing and Natural Therapies	7N	14N
• Vital Signs			Spa Experience Circuit	1	1
• Advanced Electrocardiogram			Mediterranean Welcome Massage	1	1
• Body Composition			MLX i³Dome Triple Detox Metawell® Treatment	2	3
• 3D Body Scanner	1	1	ReLounge Metawell® Treatment	2	2
• Cardiovascular Health and ANS			OxyPro™ Hyperbaric Oxygen Chamber Treatment	2	3
• Grip Strength			Cryotherapy Treatment	1	2
• Facial Skin Health			Private Body-Mind Connection Session	2	3
• Mental Performance			Vibrational Aquatic Ritual – Watsu®	1	2
Initial Biointegrative Medicine Consultation	1	1	Hydrafacial® Treatment	1	1
Rejuvenation and Longevity Medicine Consultation	1	1	INDIBA® Facial Treatment	1	2
Colon Hydrotherapy	1	2	INDIBA® Body Treatment	1	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1	Ice Bath and Conscious Breathing	1	1
• Aesthetic Facial Scan			Pro-Ageing 3-Step Circuit	1	2
Healthy Pro-Ageing Medicine Consultation	1	1	ZEM Signature Body Massage	1	1
Pro-Ageing Performance IV Treatment	1	2	RLX BrainGym™ Metawell® Treatment	1	2
Test and Analysis Results Consultation	1	1			
Neurocognition and Mental Performance Consultation	1	2	Physical Performance	7N	14N
• Personalised Neurotherapy			Functional Age Physical Assessment	1	1
Emotional and Mental Wellbeing Consultation	1	2	Private Physical Performance Session (Personal Training / Pilates)	2	3
Bone Densitometry	1	1			
Biodental Consultation	1	1	Group Experiences	7N	14N
O3 Vitalage Ozone – Regeneration and Longevity	1	2	Visit to Finca Althaya	1	1
Hypoxia-Hyperoxia Treatment	2	3	Cooking Class	1	1
Hair Health Diagnostic Consultation	1	1			
Final Biointegrative Medicine Consultation	1	1			