

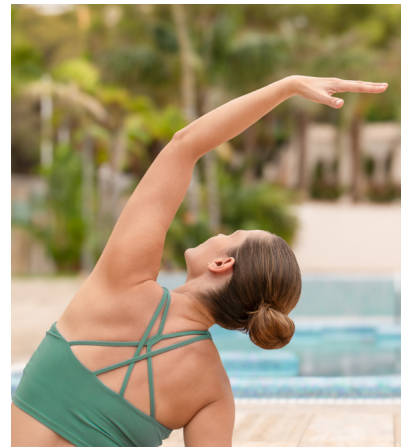
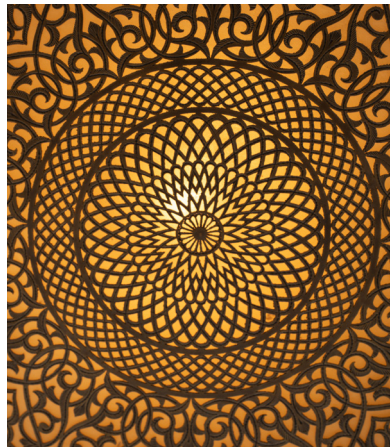


ZEM

WELLNESS CLINIC ALTEA

MEDITERRANEAN LONGEVITY EMBRACING 120 YEAR'S OF LIFE'S FULLNESS

ZEM WELLNESS CLINIC IS A UNIVERSE OF HEALTH AND WELLNESS LOCATED IN ALTEA. A PRIVILEGED LOCATION IN THE MEDITERRANEAN WHICH LEGEND SAYS THE GREEK CALLED 'THE HEALER'. INSPIRED BY ANCESTRAL HEALING KNOWLEDGE AND THIS LAND'S CULTURAL LEGACY, HERE OUR GUESTS WILL ENJOY THE LUXURY, PEACE AND TRANQUILITY THAT WILL ALLOW BODY AND MIND TO RETURN TO A STATE OF BALANCE AND HARMONY FOR A LONGER AND BETTER LIFE.



EXPERTS IN CLINICAL HEALTH
AND WELL-BEING

ZEM Wellness Clinic Altea offers an exclusive experience where science, medicine and ancestral wisdom come together in a unique setting to inspire our guests to live longer and better.

ZEM's mission is to accompany each guest on a journey of personal transformation that will empower them by providing them with a unique way of taking care of themselves, improving their awareness, and taking control of their own wellbeing by acquiring the necessary knowledge and habits to achieve a healthier longevity.

ZEM CLINIC

GUIDED BY OUR PURPOSE OF IMPROVING AND EXTENDING PEOPLE'S LIVES, WE OFFER THE LATEST MEDICAL ADVANCES AT THE HAND A BROAD TEAM OF QUALIFIED SPECIALISTS. OUR HOLISTIC APPROACH COMBINES MEDICAL PREVENTION AND HEALTH PROGRAMMES WITH SPECIFIC TREATMENTS AND THERAPIES, TO ENSURE THAT EVERY ASPECT OF OUR GUEST'S WELLBEING IS COVERED.

1. PROGRAMMES

All our programmes begin with an exhaustive health check-up, giving our medical specialists an in-depth insight into our guest's needs, strengths and weaknesses in order to tailor the best approach to prevention or clinical recovery, taking into account each person's typology and needs.

The programmes, **whose duration ranges from 7 to 14 nights**, include:

Medical consultations and clinical tests

Treatments carried out with the latest technology

A complete nutritional plan based on the Mediterranean Diet, elaborated with sustainable and km 0 products from our Finca Althaya.

Well-being therapies and activities such as Mindfulness, Pilates, Yoga, and other holistic approaches.

Relaxation and meditation techniques

Specialised and personalised massages

Fitness and physical performance activities

Final comprehensive medical consultation to assess the effectiveness of the treatments

LONGEVITY

ZEM PRO-AGEING

ZEM IMMUNE-REVITALISATION

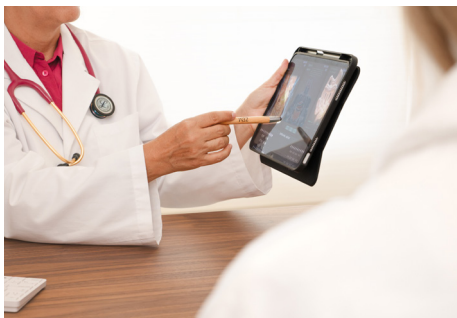
ZEM REJUVENATING/AESTHETICS

BALANCE & VITALITY

ZEM WEIGHT MANAGEMENT

ZEM DETOX

ZEM WEIGHT MANAGEMENT & DETOX



32 consulting cabins equipped with **state-of-the-art technology**

A team made up of professionals from **25 medical specialities**.

2 specific areas for improving health and wellness: **Longevity and Balance & Vitality**.

2. BOOSTS

Designed by our medical team, **ZEM BOOSTS** are added to complement the programmes and impact specific aspects of our guests' health.

ZEM HAIR TREATMENT BOOST

ZEM INTIMATE BOOST

ZEM DERMO BOOST

ZEM EMO-DIGESTIVE BOOST

ZEM PAIN TREATMENT BOOST

ZEM SLEEP BOOST

3. SUPPLEMENTS

ZEM Wellness Clinic Altea has developed a complete **line of exclusive nutritional and cosmetic supplements** that reinforce the programmes and boost results.

ZEM HOTEL

A LUXURY HOTEL HARMONIOUSLY INTEGRATED INTO AN ARCHITECTURAL WONDER



SUITES

95 luxury suites designed with exquisite attention to detail. Of Mediterranean inspiration, all boast magnificent sea or mountain views with large windows and ample terraces. Indulgent comfort and excellence, incorporating the latest technology, services, and equipment.

1 ROYAL SUITE | 200 m²

4 GRAND SUITES | 110 m²

3 EXECUTIVE SUITES | 90 m²

2 JUNIOR SUITES | 110 m²

2 FENG SHUI SUITES* | 55 m²

18 DELUXE PREMIUM SUITES | 65 m²

65 DELUXE SUITES | 65 m²

** 2 suites specifically designed to optimise sleep recovery treatments.*

AMENITIES

2,000 m² Indoor Spa

3 heated outdoor pools and Spa circuit

Executive work areas

Private Helipad

Private transfer services to airports, stations or other desired locations

SPACES

ZEM Wellness Clinic Altea offers guests more than 40,000 m² to disconnect and reconnect with themselves.

SALVIA RESTAURANT

Organic and seasonal cuisine based on locally sourced Zero-km products. Capacity for 140 guests. A terrace with views of the sea and natural surroundings.

ZEM CULINARY

Cooking workshops with private or group sessions to refine cooking habits and techniques, and improve eating habits by adding easy, healthy and tasty recipes to our repertoire.

BE LIQUID

Mini-bars with a variety of waters, infusions and healthy juices.

ZEM COLLEGE

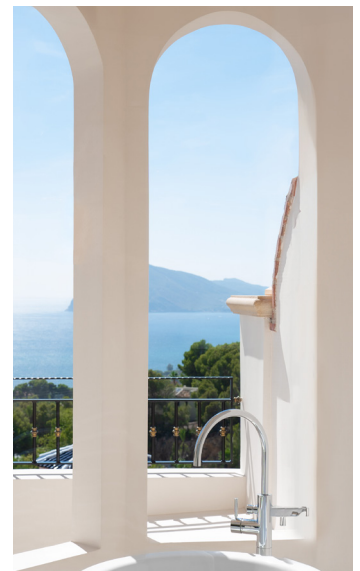
Classes to learn how to integrate healthy habits into daily life, promoting prevention and self-awareness, and outdoor activities to connect with the environment: mini-concerts at sunset, guided stargazing, summer outdoor cinema, moonlight meditation...

ENTERTAINZEM

Screening room for up to 17 people.

GARDENS AND NATURE

10,000 m² to connect with nature.



ZEMNESS & SPA

A SPECTACULAR WELLNESS SPACE CREATED TO OFFER PERSONALISED EXPERIENCES ALONGSIDE BOTH ANCESTRAL AND CUTTING-EDGE SENSORY, BODY, WATER AND RELAXATION THERAPIES, SETTING OUR GUESTS ONTO A JOURNEY OF SELF-CARE FOR BODY AND MIND.



HEALING WISDOM

44 fully equipped cabins where our therapists – experts in ancient therapies and relaxation disciplines – are responsible for applying the most appropriate treatment for each person.

THE HEALING POWER OF WATER

Water as a source of health in an exclusive Spa for our guests, where they will experience:

- Hammam
- Biosauna
- Himalayan salt cabin
- Snow cabin

COMPREHENSIVE CARE

Mind-body-spirit balance with services like for instance:

- Mindfulness, yoga and Pilates sessions
- Exclusive fitness area
- Hairdresser and beauty care

FINCA ALTHAYA

75.000 M² OF ORGANIC FARMING.

A sustainable oasis where guests connect with nature while collecting foods they will learn to cook to improve their diet.

More than 60 varieties of fruit and vegetables are grown in this organic garden that nourish the kitchens of the ZEM Wellness Clinic Altea every day.



BOUTIQUE

AN EXCLUSIVE BOUTIQUE IN THE HOTEL LOBBY.

Where guests will find:

Nutritional supplements, a complete cosmetic line and luxury goods created for ZEM

Exclusive products from international beauty, fashion and lifestyle brands

A curated selection of organic, locally sourced and artisanally produced products made in Spain

An exclusive line of elegant and comfortable yoga, fitness and beachwear accessories designed just for ZEM



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www.zemaltea.com

Aeropuerto
Tren

Alicante 75 km
Alicante 60 km

Valencia 138 km
Valencia 130 km

Madrid 474 km

OPENING: 07th – JANUARY 2025