



**ZEM Wellness Clinic Altea joins Healing Hotels of the World**  
*Where longevity becomes a way of living on Spain's Costa Blanca*



*A Mediterranean clinic and retreat where advanced medicine, nature, and unhurried Spanish living combine.*

**June 2, 2026, Cologne, Germany / Altea, Spain** -- Healing Hotels of the World is pleased to welcome ZEM Wellness Clinic Altea to its curated collection of leading wellness destinations. Set on a hillside above Altea on Spain's Costa Blanca, midway between Valencia and Alicante, with the Mediterranean Sea on one side and the Sierra de Bernia on the other, ZEM brings together advanced clinical medicine, longevity science, and the slower disciplines of nutrition, movement, sleep, and rest. At its centre is the conviction that longevity is not a treatment to be received but a way of living to be practiced.

At the heart of the experience is the ZEM Method. Every stay opens with a careful clinical reading by a multidisciplinary team of longevity physicians, nutritionists, psychologists, and specialists in movement and sleep. From that picture, a residential programme is shaped around what one particular life needs. The clinic draws on twenty-five medical specialties in total; depending on the programme, some are part of the stay from the outset, while others may be added on a doctor's recommendation or chosen by the guest during their time at the property. Programmes begin at three nights and extend to seven, ten, fourteen, or whatever length a guest's situation calls for — long enough for change to take root. Seven structured programmes address the concerns most guests arrive with: burnout, weight, immunity, neurological balance, and the long work of healthy ageing.

ZEM's philosophy reaches beyond the clinic. Finca Althaya, the property's own 200,000-square-metre organic farm a short distance from the clinic, supplies the kitchen at Salvia restaurant with vegetables and herbs picked the same day they are served. Guests are taken to the farm to experience it firsthand. Food is treated as both medicine and pleasure, an everyday practice of the longevity that ZEM teaches in the consulting room. The same care extends through the property: Mediterranean architecture with

subtle Arabesque detailing draws on the region's Moorish heritage, and the design favours materials, light, and quiet over spectacle.

The property occupies 40,000 square metres on a hillside above the coast; opening to the sea on one side and the mountains on the other. The microclimate of coastal light and clear air does the first work of restoration before any treatment begins.

“Joining Healing Hotels of the World is a meaningful step in our journey to redefine what true wellbeing means in modern hospitality. At ZEM Wellness Clinic Altea, we believe healing is a conscious process that blends medical science, nature, and human connection. Being part of this global community allows us to share and continue developing a vision where longevity and lifestyle become one.” – Javier Rivadulla, Commercial Director, ZEM Wellness Clinic Altea.

“ZEM is a place where the precision of medicine and the warmth of true care are held in the same hand,” says Anne Biging, Co-Founder of Healing Hotels of the World. “It reflects what we mean by healing hospitality: clinical depth, a sense of place, and the time and quiet a guest needs to feel the difference.”

By joining Healing Hotels of the World, ZEM Wellness Clinic Altea strengthens the collection's presence in Mediterranean Spain and adds a distinctive voice to its growing portfolio of clinics where longevity is practiced as a way of living.

#### **About Healing Hotels of the World**

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, its curated collection of Urban and Resort member hotels is Healing Certified against the brand's Healing Excellence Standards. Through expert consulting and training, the online magazine JUST BREATHE MAG, and the annual HEALING SUMMIT, Healing Hotels of the World shares its vision of healing travel that restores body, mind, and soul.

[www.healinghotelsoftheworld.com](http://www.healinghotelsoftheworld.com)

#### **ZEM Wellness Clinic Altea, Spain**

ZEM Wellness Clinic Altea sits on Spain's Costa Blanca, midway between Valencia (90 minutes) and Alicante (50 minutes), and 60 minutes from Alicante–Elche Airport, with the Mediterranean just 2 km from the property. The clinic offers 85 rooms and 10 suites, alongside a 4,000-square-metre wellness and spa area with 42 treatment rooms. The design draws on contemporary Mediterranean architecture with subtle Arabesque detailing rooted in the region's Moorish heritage.

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