



# Rose Bar<sup>®</sup>

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## Young Forever

DR. MARK HYMAN'S LONGEVITY RETREAT IN IBIZA



Dr. Mark Hyman is a leading voice in healthcare focused on the science of creating health rather than managing disease, along with being a pioneer in the field of longevity. He is a 15 times New York Times best-selling author, Senior Advisor to the Cleveland Clinic Center for Functional Medicine, the founder and director of The UltraWellness Center, Board President for Clinical Affairs for the Institute of Functional Medicine, and host of the leading health podcast, The Doctor's Farmacy.



# WOULD YOU LOVE TO EXTEND NOT JUST YOUR LIFE-SPAN, BUT YOUR HEALTH-SPAN?

DEAR HEALTH AND LONGEVITY ENTHUSIAST!

I am excited to invite you on a journey toward expanded health and longevity. A retreat to help you build a healthier you that extends your healthy years – *your health span* – not just your lifespan. A retreat where you can immerse yourself in an expansive setting amongst like-minded, high-performing conscious health-seekers, collectively supporting each other to become the best *you*.

This new retreat is in high demand following the release of my latest book *Young Forever*, which synthesizes the wisdom of functional medicine combined with the latest in longevity science to help you reverse your biological clock and live 100 healthy years.

This transformative experience will be led by myself, supported by RoseBar, the first-of-its-kind longevity center. It is a unique wellness center embedded at the Six Senses Ibiza, dedicated to longevity and biohacking. Opened in Spring 2023, you will be among the first to experience this unique facility which elegantly blends longevity science, functional medicine, wellness, and sophisticated luxury.



## About Longevity Science

Aging has long been considered a “normal” process. We have been conditioned to believe that disease, frailty, and gradual but painful decline are inevitable parts of life. The truth is: they don’t have to be.

Science today sees aging as a **treatable disease**. In fact, recent genetic and epigenetic models of aging suggest that less than five percent of age-correlated chronic illnesses originate from fixed genetics. This means that nearly **ninety-five percent** (!!) of chronic diseases and symptoms are due to modern lifestyle practices that interfere with our biological harmony, that disrupt our self-regulation, and prohibit our body’s natural ability to repair and restore.

100 **healthy** years seems like a fantasy for many, but my mission is to help you reimagine your view of health and longevity. The latest science on epigenetics indicates that not just our lifespan but the health-span can be extended beyond 100 years. The future of well-being can be personalized, preventable, predictable, participatory, and even, reversible.

**HOW DO WE ACHIEVE A LONG HEALTH SPAN?** Most spend the last 20 percent of their life in poor health. It is not inevitable but a consequence of not knowing how to activate our body’s own built in longevity programs. Integrating the latest science of nutrition, exercise, sleep optimization, management of stress integration the principles of functional medicine we can help you reverse your biological age and increase both your health span and your lifespan.

By addressing the root causes of aging and disease, we can not only live longer, but prevent and reverse the maladies of aging – including heart disease, cancer, disease, and dementia. Applied correctly, these measures have been shown to not only slow down aging, but even reverse key biomarkers related to aging and well-being.

## About Functional Medicine

By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms or diseases. Functional Medicine practitioners have use a wholly different operating system, Medicine 2.0, that assess the complexity of our biological networks mapping out the genetic, environmental, and lifestyle factors that influence long-term health and complex, chronic disease.

Functional Medicine focuses on the **origins, prevention, and treatment** of complex, chronic disease. Hallmarks of a Functional Medicine approach include:

- **Patient-centered care.** The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease.
- **An integrative, science-based healthcare approach.** Functional Medicine practitioners look “upstream” to consider the complex web of interactions in the patient’s history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body and spirit) and external (physical and social environment) factors that affect total functioning.
- **The future of medicine.** Functional Medicine is Medicine 2.0, a paradigm shift based on addressing the root causes of disease and the science of creating health. It is proactive, predictive, preventive, personalized and participatory. Functional medicine employs food as medicine, exercise, lifestyle practices, supplements, and medication combined with the use of the latest laboratory and diagnostic medicine to activate the body’s innate healing systems.



## About the Retreat

In this workshop, I challenge you to reimagine your biology, health, along with the process of aging. To uncover the secrets to longevity, we will explore the hallmarks of aging, their causes, and their consequences – as well as identifying tools to overcome them with actionable dietary, lifestyle, and emerging longevity strategies and regenerative medicine.

**Young Forever** is a practical guide to creating sustainable vibrant health for life. You'll learn how to turn on your body's key longevity switches and activate your body's innate healing, repair, regenerative and renewal systems. The retreat is designed to activate its natural self-healing mechanisms, restore biological rhythms, establish healthy habits and practices, promote mastery over your emotional state, and support and cultivate a youthful body and mind. We will dive deeply into the latest longevity science and regenerative medicine. This week will provide you with the essential tools to prevent, and reverse disease and live a long and healthy life.

This is an immersive, experiential program that will leave you feeling lighter, more energetic and younger. The longevity enhancing anti-inflammatory, detox diet is supported with key longevity supplements that activate your innate longevity switches and help repair DNA, regulate metabolism, reduce inflammation, optimize your mitochondria and more. Movement, meditation, yoga, spiritual practices will naturally reset your biology. The program includes advanced longevity practices including sauna and cryotherapy, intravenous nutrition, ozone therapy, hyperbaric oxygen, hypoxia treatments to optimize mitochondria and more.

In the magical natural setting of Ibiza in the Balearic Islands you will be transformed in body, mind and soul. Each day will be a blend of medical and knowledge training, as well as somatic practices to advance your connection to your own body and your natural environment.

This is an invitation only retreat that includes no more than 40 guests. Registration is on a first-come basis, so please confirm your attendance with [info@rosebarlongevity.com](mailto:info@rosebarlongevity.com)

The retreat starts at USD \$15,000 (prices vary by room selection and optional add-on features), which includes accommodations, all meals, lectures, bodywork, mindfulness practices, off-site activities, select bio-hacking therapeutics, access to RoseBar wellness facilities, and team events. Each day I will explore the latest in the practical application of longevity science including the most promising longevity practices, supplements and medications. Our functional medicine and regenerative medicine experts at Rose Bar will support the program with advanced longevity therapies. Local healers and experts will guide us through somatic and experiential journeys.

I look forward to hosting you at this one-of-a-kind longevity retreat and helping you accelerate your journey towards personal transformation and expanding your **health span and your lifespan**.



# Retreat Details

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## Young Forever Retreat at Six Senses Ibiza

JUNE 12<sup>TH</sup> - 18<sup>TH</sup> · 6 NIGHTS

- Four Bedroom Residence      EUR 14,790 | 1 Adult
- Four Bedroom Residence      EUR 23,580 | 2 Adults

### UNIQUE EXPERIENCES

- Excursions such as boat trips, beach day, hippie market tour, hiking
- Exclusive access to RoseBar facilities and treatments
- Optional longevity biomarker testing with RoseBar and follow up consultations with RoseBar physician

### LEADING REGENERATIVE MEDICINE THERAPIES

- Ozone Therapy
- CellGym Hypoxia
- Hyperbaric Oxygen
- Cryotherapy
- Sauna
- IV Therapies | NAD | Glutathione
- Red Light Therapy

### GUIDED EXPERIENCES AND TRANSFORMATION PRACTICES

- Sound healing: a restorative sound meditation which will rejuvenate your mind and body.
- Breathwork: to reset our autonomic systems and our stress response

Exclusive post-retreat access to RoseBar physicians and access to Function Health [www.functionhealth.com](http://www.functionhealth.com) for complete biomarker and laboratory assessment (available only in the US) and interpretive personalized recommendations for self-care and medical care.