

RoseBar°

**Bespoke Treatments
& Therapies**



Welcome to RoseBar

YOUR LONGEVITY CLUB

Using cutting edge science and techniques RoseBar delivers measurable diagnostics, comprehensive service and personalized care to extend your health span and your lifespan.

→ **Aging is not a destiny.**

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When you create health, disease disappears

Activate your innate healing system and switch on your longevity pathways to prevent and reverse aging.

RoseBar guides you with a diagnostic life plan to optimize your core biological systems.

Choose from RoseBar's bespoke treatment & therapies to sample the benefits of the RoseBar programs.

Advanced Longevity Diagnostics

IV Infusion Treatment

Biohacking Therapies

Spiritual Wellbeing

Experts Panel



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Advanced Longevity Diagnostics

RoseBar uses advanced diagnostic to create an unrivalled analysis of your pace of aging. Take a deep dive into your genes, blood and biomarkers, to expose what is really going on inside you.

Functional Medicine Consultation

An assessment and timeline of evolving symptoms, with recommended diagnostics to uncover the root causes of chronic health challenges. The consultation will focus on lifestyle influences, genetics and environmental factors with the goal to optimize your health and reverse or prevent chronic disease.

RoseBar Vital

A vital diagnostic that analyzes your blood biomarkers, offering crucial insights into your well-being. This comprehensive test includes:

Complete Blood Count (CBC) HbA1c for Pre-Diabetes, Iron Levels, General Biochemistry, C-Reactive Protein (CRP), Lipid Profile (Cholesterol), Thyroid Hormone Profiles.



Results in 2 - 3 days

RoseBar DNA

Take control of your well-being. A DNA analysis that provides valuable insights into gene regulation, age bio markers detoxification ability, antioxidant needs, alcohol response, and potential chronic disease.



Results in 3 - 4 Weeks

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RoseBar Real Age

Find out how quickly you age. Your epigenome is assessed in our Swiss labs using advanced DNA sequencing and DNA methylation analysis. This shows us which genes associated with aging are switched on and allows computation of a biological age. The results are given context by the RoseBar medical team with an in-depth personal consultation.

→ Results in 4-5 Weeks

Nutritional Wellbeing

Food is medicine, and the greatest tool in your wellness regime to achieve optimal health. RoseBar's expert nutrition team offers an in-depth consultation, providing diet and lifestyle guidelines according to Dr Mark Hyman's principles of eating for longevity.

→ Consultation | Nutraceutical Plan

Blood Sugar Monitoring & Consultation

See how your blood sugar levels respond in real time to different foods, drink, sleep and stress patterns and understand how to regulate them. A painless continuous glucose monitor will track your blood sugar levels over a period of 14 days. The results will then be interpreted by the RoseBar team of medical experts.

→ Continuous Glucose Monitor Device &

360 Hormonal Diagnostics

Men and women over the age of 35 are more likely to suffer from hormone imbalances which are an integral part of the aging process. Supporting your hormone levels will help the de-aging process, whilst rebalancing will ensure vitality, strength, libido and restorative sleep.

Women in perimenopause/menopause and men with declining muscle mass/motivation and vitality may particularly benefit. We assess the hormones involved in:

WEIGHT & METABOLISM
SEX HORMONES
SLEEP HORMONES
BLOOD SUGAR

→ Consultation | Complete Hormone Blood Panel | Dutch Test



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IV Infusion Therapies

Give yourself a boost. Infusions are created as part of RoseBar diagnostic assessment or based on a personalized consultation with Rose Bar's medical team.

Inner Glow

An infusion designed to reveal your skin's natural radiance and promote healthy, luminous skin by reducing hyperpigmentation, acne, and enhancing your complexion's clarity. Packed with skin-loving ingredients like niacinamide, vitamin C, glutathione, and biotin, it's the ultimate boost for a clear, glowy complexion.

Pure Radiance

A natural anti-inflammatory polyphenolic compound. Curcumin brightens skin tone, improves texture leaving you with a youthful complexion.

RoseBar Bespoke

A fully customized infusion based on your personalized medical consultation.

The Morning After

An intensely hydrating electrolyte fusion charged with vitamins and amino acids to relieve hangover symptoms.

Recovery

A dynamic blend infused with MSM, a potent compound known for its anti-inflammatory properties. This infusion is formulated to target inflammation, bolster muscle support, and expedite post-workout recovery.

RoseBar[®]

Longevity Boost

Activate your longevity pathways with a blend of amino acids, vitamins, antioxidants, glutathione to boost your metabolism. Expect to feel recharged and cleansed.

Metal Detox

This cutting-edge IV infusion is crafted to gently eliminate accumulated toxins and metals, revitalizing your liver for optimal function.

→ **Advised to test metals levels before administering**

Natural Repair

A powerful blend of Mediterranean olive oil and polyphenolic compounds. Supporting anti-inflammatory, antibacterial, and wound-healing properties which promote cells and tissues from damage caused by free radicals.

Revival

An energy-boosting detox with key replenishment vitamins loaded with antioxidants, B complex, magnesium and amino acids.

Vitality CoQ10

Energize and rejuvenate with our CoQ10 infusion to increase the efficiency of energy production, providing a revitalizing effect from within.

NAD +

Experience the power of NAD without the wait. This subcutaneous injection quickly delivers the benefits of this potent co-enzyme.

→ **Consult our medical team for personalized advice regarding potential side effects.**

NAD + Booster

Experience the power of NAD without the wait. This quick and convenient shot delivers the benefits of this potent co-enzyme. Given as a subcutaneous injection.

→ **Repeated doses recommended during stay**

RoseBar Boosters

Replenish key nutrients and support your health. Experience immunity, increased energy, and enhanced nutrient absorption.

→ **Glutathione | B12 | Multi vitamin: vitamin A,D,E,K**





Biohacking Therapies

Biohacking supercharges your energy levels, kickstarts the immune system, and optimizes your wellbeing. These therapies allow you to hack the body's natural recovery system and unleash your potential.

Hyperbaric Oxygen Chamber Therapy

HBOT is a revolutionary medical treatment where you sit in a controlled chamber breathing pure oxygen in a pressurized environment. This allows oxygen to be absorbed more efficiently into the bloodstream, activating longevity pathways to improve cellular function, reduce inflammation and promote healing.

Particularly recommended for injuries, mobility issues, anti-aging and overall physical and mental performance.

Regenerative Ozone Therapy

Ozone Therapy is a next generation treatment in the fight against aging. Administered by IV it increases the amount of oxygen in the body which supercharges cellular function.

A myriad of benefits result: improved energy levels and circulation, lower inflammation, improved detoxification and a stronger immune system.

The detoxification element also makes it effective in the treatment of a wide variety of health conditions including infections and viruses, autoimmune diseases and respiratory issues.

Epoch Laser

Experience the future of healing with our Epoch Laser Treatment. This cutting edge treatment harnesses your natural healing mechanisms to reduce inflammation, and enhance cell energy production for tissue repair, pain relief, and accelerated healing.

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ReGen PRP Hair Therapy

Effectively combat hair loss and promote regrowth with this innovative procedure which involves injecting concentrated platelets and serum directly into your scalp. This enhances blood supply to damaged follicles to stimulate hair regrowth.

Full-Body Cryotherapy

Cryotherapy activates your longevity pathways by increasing circulation and reducing inflammation. Enhance athletic performance, relieve muscle pain, reduce stress and anxiety by boosting dopamine and adrenaline levels.

Normatec Boots

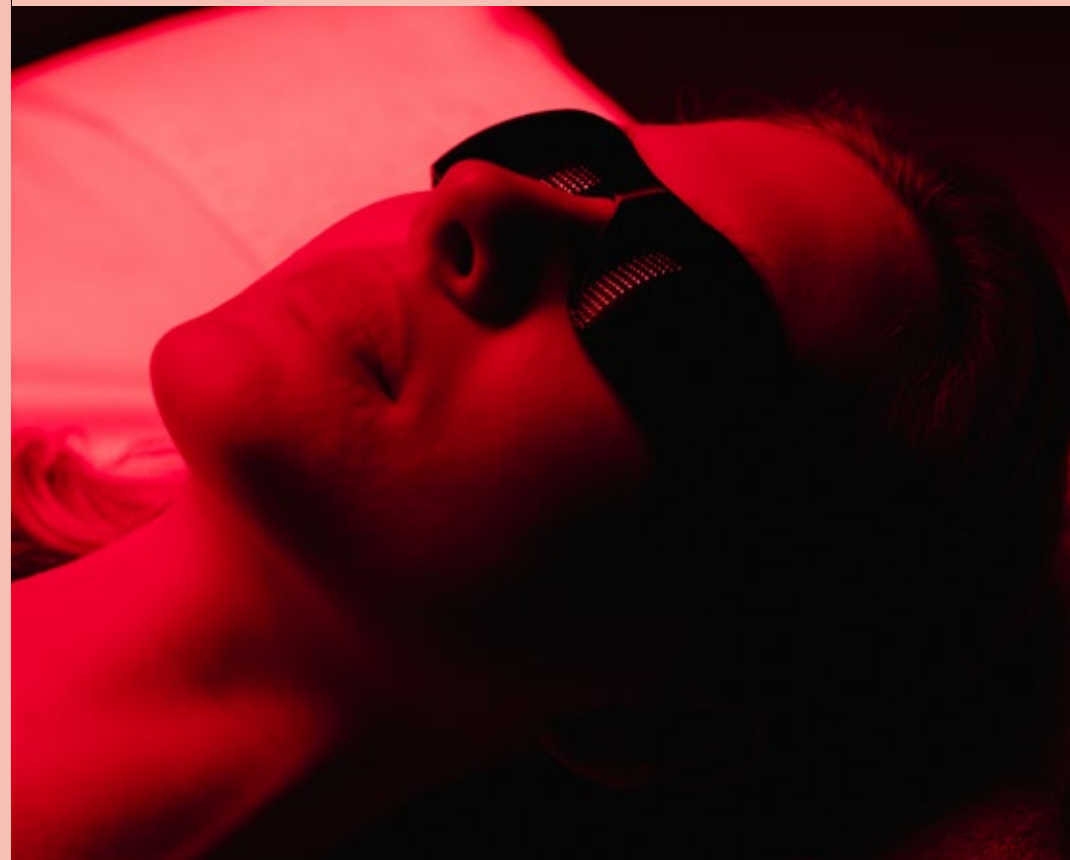
Normatec provides gold standard compression therapy. Feel lighter by enhancing blood flow and lymphatic fluid drainage.

Infrared Sauna

A treatment designed to calm the nervous system, reduce inflammation and enhance circulation by improving the oxygenation of cell cardiovascular health and detoxification. These benefits help strengthen immunity and health and reduce the risk of age-related diseases.

Red Light Therapy

Used to promote cell repair and recovery, boost collagen production and improve overall skin health.



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Spiritual Wellbeing

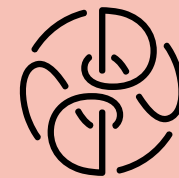
Spiritual wellbeing relates to our sense of life's meaning and purpose. Releasing tension, resetting the nervous system and letting go of past trauma is essential in promoting your health from the inside out to live a healthy, happy, long life.

Expert Energy Medicine Consultation

A personal session with RoseBar's Energy experts will guide you on this journey. Energy healing can be the basis to support you in your daily life by overcoming obstacles which manifest inside your body. Sessions may include somatic body work, energy clearing, shamanic work, guided meditation, clairvoyance therapy and breathwork.

Embodiment & Soul Alignment

A personal one on one session where you will gain profound insights into your inner self. The session will guide you to identify the blockages, resistance, and repressed emotions that may be hindering your path to living in your fullest power. Uncover the keys to unlock trauma and step into an empowered version of yourself.



RoseBar°

Led by experts

The RoseBar leadership team span a broad spectrum of expertise and experience. Together they represent a progressive force at the vanguard of this new science.



Dr. Mark Hyman
Chief Medical Officer

Dr. Mark Hyman, MD, is leading a health revolution, using food as medicine to support longevity, energy, mental clarity, and happiness. His passion for Functional Medicine has made him a go-to authority on the subject, consulting with the White House and Surgeon General on government policy. Dr. Hyman is the founder and director of Ultra Wellness Center, the Head of Strategy and Innovation of the Cleveland Clinic Center for Functional Medicine and a 15-time New York Times bestselling author.



Anna Bjurstam
Wellness Pioneer

An innovator in the spa and wellness arena for decades, most recently known for recharging Six Senses wellness initiatives by addressing changing techniques and defining the brand's differentiating factors her experience spans a variety of wellness fields. She is a Strategic Advisor and Wellness Pioneer for Six Senses and Raison d'Etre and consults on the Global Wellness Summit advisory board.



Dr. Alberto Villoldo
Medical Anthropologist

Dr. Villoldo combines ancient shamanic teachings with modern science. In his practice he provides a personalized healing experience that assists his clients to achieve mental clarity. Alberto Villoldo is a leading practitioner of energy medicine, and the founder of the Four Winds.

Dr. Tamsin Lewis

RoseBar Medical Advisor



Dr. Tamsin Lewis applies the art of science and longevity to practice. She is a medical doctor qualified with honors from King's College London and Guys and St Thomas' Hospital. BSc in Neuroscience and the Biology of Aging, and specialist training in psychiatry & sports medicine.

Kim Pearson

Nutritionist



With over 15 years clinical experience in London, Kim is a BANT registered nutritionist (FdSc, Dip ION) specialising in weight loss and metabolic health. Kim's five pillar approach fuses health, nutrition and lifestyle optimization with mindset coaching and supportive accountability to facilitate long term change in her clients by optimising skin health and supporting healthy ageing from within.

Boniface Verney-Carron

Integrated Osteopath



With 18 years of experience working in London, Boniface is an expert in integrated osteopathy and acupuncture. He specializes in movement and visualization to help reset the nervous system, along with holistic regeneration, psychiatry, and sports medicine.

Dr. Matthew Cook

Advisory Board



Dr. Matthew Cook is the founder of BioReset Medical, a center globally renowned for addressing the most complex illnesses. Leveraging minimally-invasive treatments, he believes that the body can heal itself naturally when supported by the best technology and care. Board-certified anaesthesiologist with over 20 years medical experience, he has fellowships in anti-aging, metabolic and functional medicine.



Activate Your Longevity Switches

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