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# Welcome to RoseBar Longevity

Led by the internationally recognized longevity pioneer Dr. Mark Hyman, RoseBar is a center of expertise that proves it's possible to → **Defy Aging.**

RoseBar®



# RoseBar at Six Senses Ibiza

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RoseBar is a pioneering Longevity Club that brings together the latest expertise, scientific advances, and biohacking tools to deliver measurable diagnostics, comprehensive service, and personalized care. All in the beautiful, life enhancing setting of Six Senses Ibiza.



Escape to crystalline Cala Xarraca, where the 137 guest accommodations, townhouses, mansions, pool suites, beachfront caves are a meaningful setting for deep spiritual experiences rooted in the local culture, celebrating wellness, music, sustainability, and spirituality that has become synonymous with the island.

## RoseBar at Six Senses Ibiza

The Longevity Club expands over 500 square meters and houses a longevity lounge, sauna, hyperbaric chamber, cold plunge, photobiomodulation therapy, full body cryotherapy, medical consultation rooms, IV infusion station with a functional medicine doctor, health coach and nutritionist at hand to guide you on your pursuit to longevity.



# About Longevity Science

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For decades, aging has been viewed as a “normal” process, with disease, frailty, and gradual decline seen as inevitable. Modern science now recognizes aging as a treatable condition.

## Did You Know?

Research shows that less than 10% of chronic diseases are determined by fixed genetics. The other 90% are shaped by how we live—our nutrition, sleep, movement, stress, environment, and even mindset.

## **At RoseBar Longevity, we apply this powerful truth:**

Your daily choices can influence how your genes express themselves. Through cutting-edge longevity therapies, personalized programs, and supportive lifestyle practices, you can activate your body’s innate healing systems.

## About Longevity Science

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### Aging is Not a Destiny

Studies indicate that with the right interventions, both lifespan and healthspan can be extended. The future of longevity is personalized, preventable, and fully within our reach.

Step into a new era with Dr. Hyman's vision—a world where cutting-edge science empowers us to take charge of our health, extend vitality, and redefine the aging process.

### How Do We Extend Health Span?

Most people spend the last 20% of their lives in poor health, but this is not inevitable. RoseBar integrates the latest science in nutrition, exercise, sleep optimization, stress management, and functional medicine to help reverse biological age and increase healthspan.

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## Hallmarks of Aging



By addressing the root causes of aging and disease, we can prevent and even reverse many age-related conditions. Applied correctly, these longevity strategies can not only slow aging but reverse key biomarkers of aging.

# About Functional Medicine

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Functional medicine shifts the traditional disease-centered model of care to a patient-centered approach, focusing on root causes rather than isolated symptoms. It evaluates the complexity of biological networks and the interplay of genetics, environment, and lifestyle in chronic disease.

## Key Principles of Functional Medicine Include:

→ **Patient-Centered Care**

Promoting health as vitality, beyond the absence of disease.

→ **Science-Based Healthcare**

Looking upstream to uncover genetic, physiological, and lifestyle interactions that drive illness.

→ **Integrative Best Practices**

Combining modern Western medicine with evidence based integrative therapies, including nutrition, exercise, advanced lab testing, and targeted supplementation.

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# RoseBar<sup>®</sup>

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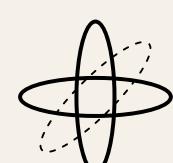
Bespoke Treatments,  
Therapies & Programs

# When You Create Health, Disease Disappears

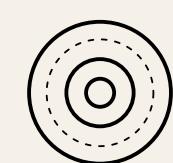
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Activate your innate healing system and switch on your longevity pathways to slow the aging process.

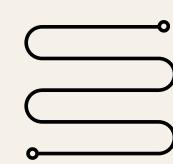
RoseBar guides you with a life plan to optimize your core biological systems.



Science



Spiritual Wellbeing



Longevity

Choose from RoseBar's bespoke treatments, therapies and programs.

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Advanced Longevity Diagnostics

Bespoke Nutrient Formulations

Biohacking Therapies

Spiritual Wellbeing

RoseBar Longevity Programs



# Advanced Longevity Diagnostics

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RoseBar uses advanced diagnostics to create an unrivalled analysis of your pace of aging. Take a deep dive into your health status. Analyze your biomarkers to uncover what is really going on inside your body.

## Advanced Longevity Diagnostics

### Dr. Mark Hyman Young Forever Panel

A comprehensive blood diagnostic designed by renowned health expert Dr. Mark Hyman.

This panel delves into your body's inner workings, providing invaluable insights. This includes liver function, electrolytes, sex hormones, adrenal function, autoimmunity, inflammation, toxin exposure, nutritional health, thyroid function, metabolic health.

### RoseBar Vital

A detailed analysis of your biomarkers, offering valuable insights into your health. This diagnostic includes:

Complete Blood Count (CBC) HbA1c, Iron Levels, Biochemistry, C-Reactive Protein (CRP), Lipid Profile (Cholesterol), Thyroid Hormone Profiles, Metals & Vitamin levels.

### RoseBar Real Age

Map your biological age. This diagnostic provides an in-depth insight into how quickly your body is aging. Discover the factors that are speeding up your aging processes. Identify what you need to prioritize personally to slow your pace of aging and promote longevity.

## Advanced Longevity Diagnostics

### Cellular Health & Nutrient Analysis

This rapid in-clinic test offers a snapshot of your health by measuring 15 key biomarkers related to hydration, oxidative stress, mineral balance, and metabolic function. Using a urine sample, it provides insights into your body's nutritional status—helping to identify deficiencies, guide supplementation, and support longevity from the inside out.

### Gut Health Profile

A diagnostic analyzing microbiome composition, breath indicators, and gluten sensitivity markers—to provide a personalized gut health profile. This diagnostic offers insights into your digestive health, immune function.

**MICROBIOME TEST**  
**SIBO BREATH TEST**  
**CELIAC GLUTEN TEST**

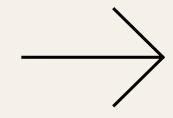
### Functional Medicine Consultation

A consultation and timeline of evolving symptoms, with recommended diagnostics to uncover the root causes of chronic health challenges.

## Advanced Longevity Diagnostics

### Nutritional Wellbeing

Food is medicine and it's one of the most profound tools we have to achieve optimal health. RoseBar's expert nutrition team offer in-depth consultations, providing diet and lifestyle guidelines according to principles of eating for longevity and hormonal health.



Add On:

Consultation | Complete Hormone Blood Panel  
Supplement Plan





# Bespoke Nutrient Formulations

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

## Bespoke Nutrient Formulations

### Longevity Boost

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

### Inner Glow

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

### Immunity

A potent blend of zinc, vitamin C, and immunity-boosting amino acids designed to strengthen defenses, enhance resilience, and accelerate recovery. This infusion supports cellular health, reduces inflammation, and fortifies the body's natural immune response.

### The Morning After

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

### NAD<sup>+</sup>

Nicotinamide Adenine Dinucleotide is a potent co-enzyme present in every cell powering cellular respiration and energy production. NAD slows cellular aging, reduces stress and bolsters mitochondrial function.

## Bespoke Nutrient Formulations

### Deep Sleep

A restorative blend of magnesium, vitamins and tryptophan designed to promote deep relaxation, support the body's natural repair processes, and enhance tranquility.

### Metal Detox

Methylene blue is designed to gently eliminate accumulated toxins and metals.

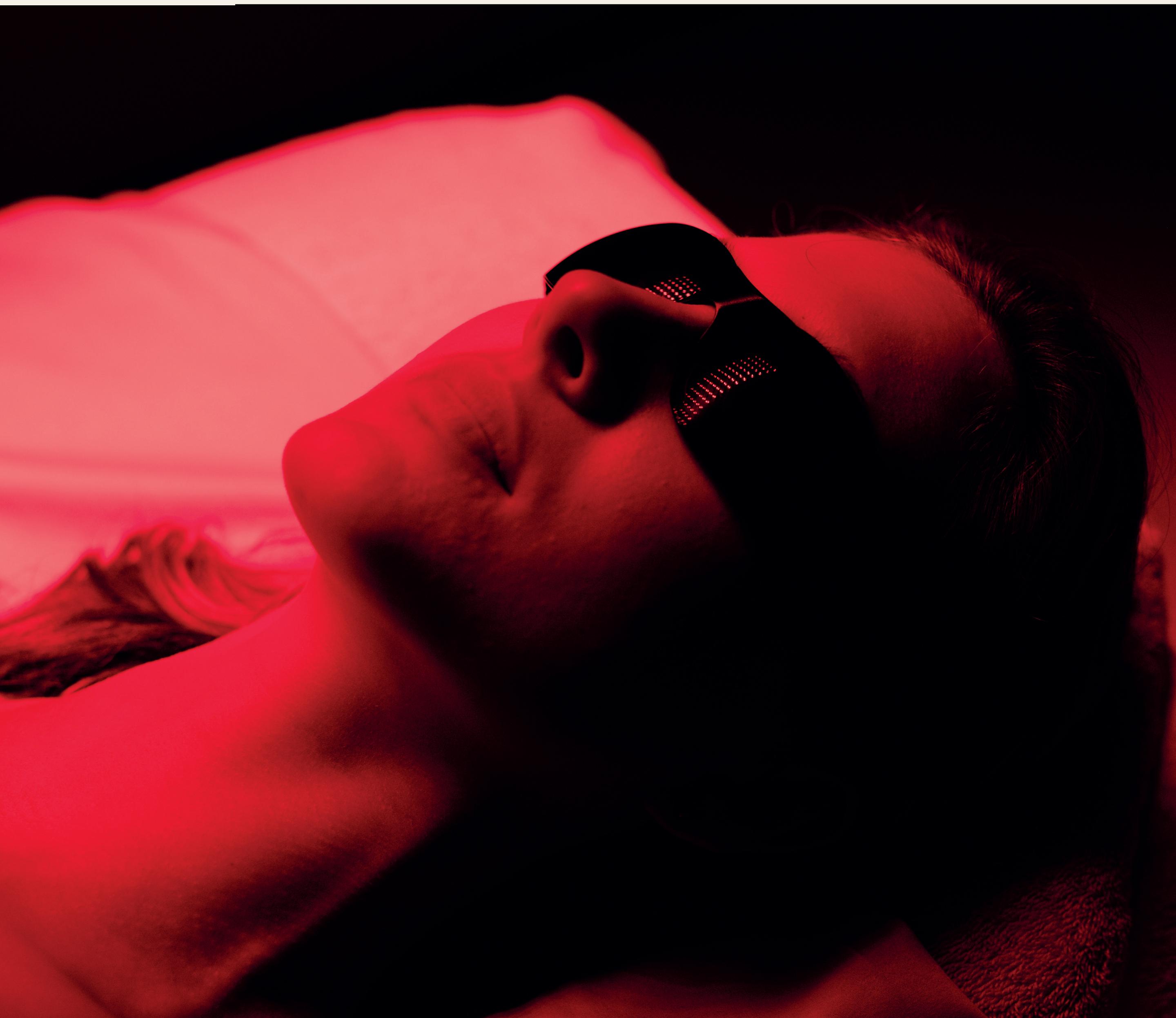
### RoseBar Bespoke

A fully customized infusion based on your medical consultation.

### RoseBar Boosters

Replenish key nutrients with booster injections designed for rapid absorption and maximum impact. Support immunity, optimize energy production, and enhance cellular function.

- NAD+  
Supports cellular repair, energy production, and longevity.
- B12  
Enhances energy, mood, and cognitive function.
- Glutathione  
A powerful antioxidant for detoxification and skin radiance.



# Biohacking Therapies

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Biohacking supercharges your energy levels and helps to optimize your wellbeing. These therapies allow you to hack the body's natural recovery system and unleash your potential.

## Biohacking Therapies

### Hyperbaric Oxygen Chamber Therapy

HBOT is a revolutionary medical treatment where you lie 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

A next-generation therapy at the forefront of longevity science, Ozone Therapy is delivered intravenously—boosting energy, circulation, and immune resilience at the cellular level.

Its potent detoxifying effects help reduce inflammation, enhance the body's natural healing processes, and support immunity.

→ Administered intravenously or internally

### Normatec Pressure Therapy

The gold standard in compression, Normatec stimulates circulation and supports deep lymphatic drainage—helping you feel lighter, re-energized, and restored. Particularly beneficial after long-haul travel, this treatment aids in reducing fluid retention and accelerating recovery.

## Biohacking Therapies

### ReGen Facial

This advanced treatment activates the regenerative power of your body's own platelet-rich plasma to restore skin health from within. Combined with medical-grade microneedling or autologous exosomes, the ReGen Facial supports your skin's natural repair processes—stimulating collagen, softening fine lines, and unveiling a radiant, youthful glow.

### ReGen Hair Therapy

Effectively combat hair loss and promote regrowth with this innovative procedure which involves injecting plasma rich in platelets or autologous exosomes directly into your scalp, enhancing blood supply to damaged follicles to stimulate the hair regrowth.



## Biohacking Therapies

### Human Regenerator Therapy

A pioneering biofrequency treatment rooted in quantum cellular regeneration, this non-invasive treatment uses electromagnetic frequencies to stimulate cellular repair, boost ATP production, and restore energetic balance. Benefits include reduced inflammation and oxidative stress, enhanced immune function, improved sleep, mental clarity, and physical energy. Also supports pain relief, wound healing, skin health, and overall longevity.

### 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.

### Hormesis: Sauna & Cold Immersion

A circuit designed to build resilience, enhance circulation, and optimize cellular health. This immersion promotes detoxification and relaxation, accelerates recovery, boosts metabolism, and sharpens mental clarity.

### Red Light Therapy

Photobiomodulation promotes cellular repair, accelerates healing, and revitalizes the skin from within using targeted infrared wavelengths. This therapy supports a healthy complexion and helps regulate the nervous system.

## Biohacking Therapies

### Intermittent Hypoxic Training

MITOVIT®

Hypoxic Training (also called altitude training) gently mimics the effect of being at high altitude by alternating between low-oxygen and oxygen-rich air. You simply relax and breathe through a mask while your body activates powerful adaptation responses.

This process strengthens your mitochondria, improves energy production, enhances cardiovascular health, and accelerates recovery - all without physical strain.

### Body Composition Analysis

SCANECA®

Get a clear picture of what's happening inside your body - your composition, posture, metabolism, and key health markers. So you can make more informed choices.

Think of it as a map: it shows where you are today and helps us design the most effective path forward for your vitality and longevity.

### Vagus Nerve Stimulation

NUROSYM®

A certified, non-invasive neuromodulation that uses gentle electrical pulses delivered through the tragus of the ear to activate specific fibers of the vagus nerve - an essential pathway for regulating stress, mood, sleep, and inflammation. Designed for safe, daily use without medication or side effects.



# Spiritual Wellbeing

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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.

## Spiritual Wellbeing

### 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, 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 Longevity Programs

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RoseBar Signature Longevity Program

Mark Hyman Young Forever Detox Program

Precision Add Ons

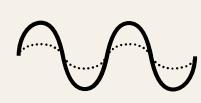
## Every Program' Benefits

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### Deep Cellular Regeneration

A system reset designed to unlock dormant potential and activate your body's longevity pathways.



### Restorative Sleep & Stress Resilience

A recalibrated nervous system, primed for balance and recovery.



### Immune Support

Build a stronger defense against epigenetic lifestyle impact , from chronic diseases to inflammation.



### Sharper Focus, Brighter Energy

Not just surviving the day but thriving, with mental acuity and sustained vitality.

## Every Program' Features

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### Expert Consultations

- Functional Medicine Consultation
- Nutrition Consultation

### Spiritual Well-being\*

- Somatic Bodywork
- Energy Clearing
- Shamanic Practice
- Breathwork
- Yoga
- Sound Healing

### Advanced Longevity Therapies

- Hormesis
- Cryotherapy
- Photobiomodulation
- Hyperbaric Oxygen Therapy (HBOT)
- Compression Normatec
- Longevity Infusions
- Regenerative Ozone Therapy

# RoseBar Signature Longevity Program

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From 2500 €

## Reset, Repair, and Reimagine Your Future Self.

Our signature longevity program is designed to restore balance, recalibrate your biology, and activate your body's innate ability to heal and regenerate.

## Who Is It For?

This program is designed for those looking to optimize longevity, and elevate their health to the next level. Whether you're seeking to boost energy, enhance cognitive function, improve recovery, radiance or slow the aging process this immersive program is tailored to your unique needs.

## What to Expect?

A bespoke experience, integrating advanced diagnostics, biohacking, and regenerative therapies to restore, repair, and optimize your body at a cellular level.

# RoseBar Signature Longevity Program

Select a program that fits your lifestyle  
and health goals: **3 | 5 | 7 Day**

	3 Day	5 Day	7 Day
Functional Medicine Consultation	1	1	1
Nutritional Wellbeing	1	1	1
Energy Medicine	-	-	1
Supplements	3	5	7
Hormesis Circuit I Hot & Cold	3	5	7
Cryotherapy	2	3	4
Photobiomodulation (Red Light Therapy)	2	3	5
Hyperbaric Oxygen Therapy (HBOT)	1	2	3
Compression Boots	1	1	2
Longevity Boost	1	1	1
NAD+ IV	1	2	2
RoseBar Bespoke	-	-	1
Ozone Therapy	1	2	3
	2,500 €	3,900 €	5,500 €

Prices are inclusive of taxes.

Accommodation and meals are billed separately outside the program

# Boost Your Program With Precision

## De-Stress Nervous System Regulation

Find balance. Restore calm. Support resilience. A holistic reset to regulate stress, restore nervous system function, and promote deep recovery.

→ Recommended Add Ons:

- Red Light Therapy | Compression Boots
- Deep Sleep Nutrient Infusion

## Energy & Optimization

Recharge your body. Sharpen your mind. Perform at your peak. Enhance mitochondrial function, boost stamina, and cognitive function.

→ Recommended Add Ons:

- Glutathione Booster | Cryotherapy

## Immunity Boost & Renewal

Fortify your defenses. Reduce inflammation. Flourish in longevity. Optimize immune function, reduce inflammation and support cellular health for long-term vitality.

→ Recommended Add Ons:

- B12 Booster | Immunity Infusion | Cryotherapy

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# Dr. Mark Hyman

# Young Forever Detox Program

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6 Day - From 4 800 €

Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. Young Forever is a revolutionary, practical approach to creating and sustaining health for life, to extending not just your lifespan, but your healthspan.



# Dr. Mark Hyman

## Young Forever Detox Program

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### What to Expect?

- An immersive, experiential program designed to leave you feeling lighter, more energetic and younger.
- Longevity enhancing anti-inflammatory, detox diet is supported with key supplements that activate your innate longevity switches and help repair DNA.
- Daily Movement, meditation, spiritual practices that will naturally reset your biology.
- Advanced longevity practices: Hormesis therapies, ozone therapy, hyperbaric oxygen, hypoxia treatments to optimize mitochondria and more.

### What's Included?

(1) Cellular Nutrient Analysis	(1) Ozone
(1) MD Consultation	(3) Red Light Therapy
(1) Nutritional Consultation	(1) Energy Medicine
(6) Supplements	(2) HBOT
(6) Sauna	(6) Personalized Nutrition Plan
(6) Cold Therapy	(6) Dr. Hyman Digital Seminars
(2) Personal Training	(1) + Dr. Hyman Longevity Panel
(1) Glutathione Boost	
(1) Bespoke Nutrient Formulation	
(1) NAD 250mg Infusion	

Prices are inclusive of taxes.  
Precision Add On are charged outside of the program fee.  
Accommodation and meals are billed separately outside the program.

# RoseBar<sup>®</sup>

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Price List

# Bespoke Treatments

## Advanced Longevity Diagnostics

	Price
Dr. Mark Hyman Young Forever Panel	€1725
RoseBar Vital Test	€690
RoseBar Real Age	€920
Cellular Health Nutrient Analysis	€50
Gut Health Profile	€1100
Functional Medicine Consultation   60 Minutes	€350
Nutritional Wellbeing   60 minutes	€250
Add On + RoseBar Hormone Panel	€460

## Bespoke Nutrient Formulations

	Price
Longevity Boost	€440
Inner Glow	€365
Immunity IV	€365
Morning After	€365
NAD+ IV	€800
Deep Sleep IV	€365
Metal Detox	€400
RoseBar Bespoke	€440

## RoseBar Boosters

	Price
NAD Shot	€230
B12 Shot	€100
Glutathione Push	€150

## Biohacking Therapies

	Price
Hyperbaric Oxygen Therapy   60 Minutes	€200
Hyperbaric Oxygen Therapy   90 Minutes	€290
Regenerative Ozone Therapy	€430
Regenerative Ozone Therapy Internal	€100
Normatec Pressure Therapy	€70
ReGen PRP Facial	€400
Exosomes Face	€500
ReGen PRP Hair Therapy	€500
Exosomes Hair	€600
Full Body Cryotherapy	€60
Human Regenerator Therapy   30 Minutes	€250
Intermittent Hypoxia Training Mitovit®	€180
Vagus nerve stimulation Nurosym®	€50
Body composition scanning Scaneca®	€50
Hormesis: Sauna & Cold Plunge Immersion	€50
Red Light Therapy	€115

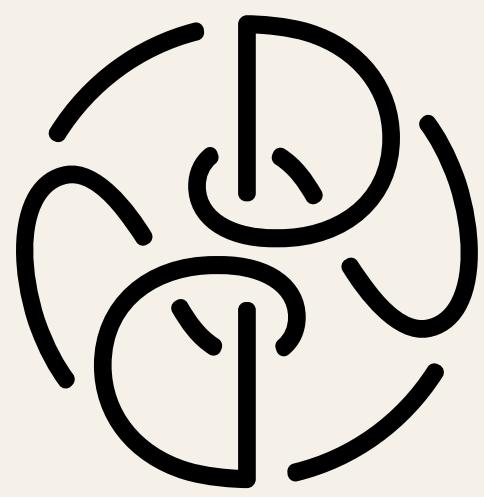
## Spiritual Wellbeing

	Price
Expert Energy Medicine   90 Minutes	€360
Embodiment & Soul Alignment	€360

Prices are inclusive of taxes.

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## Activate Your Longevity Switches

Bookings & Information

[info@rosebarlongevity.com](mailto:info@rosebarlongevity.com)

 + 34 618 981 928