



Defy Aging

Welcome to RoseBar Longevity

Led by leading experts in longevity and functional medicine, RoseBar is a center of expertise that proves it's possible to defy aging.



RoseBar at Six Senses Ibiza

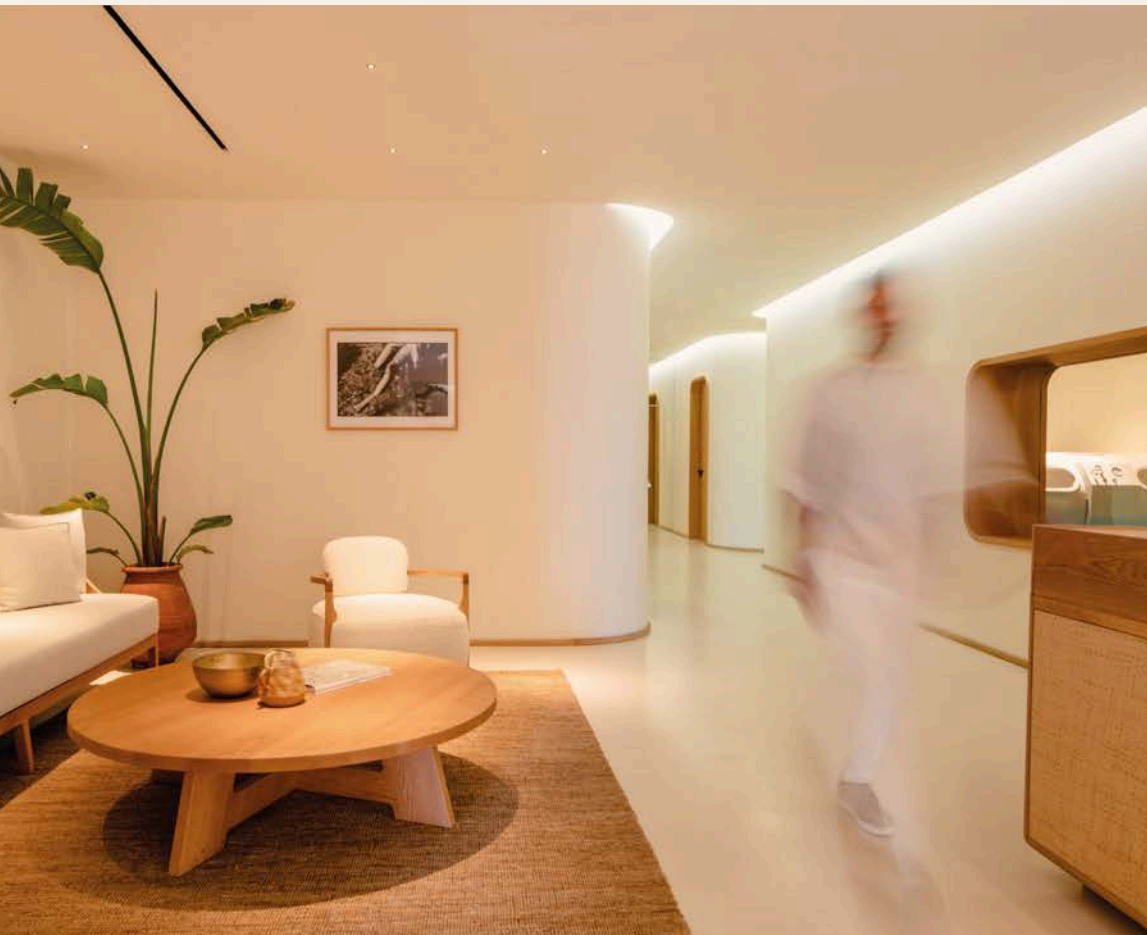
RoseBar is a pioneering Longevity Club that brings together the latest expertise, scientific advances, and biohacking tools to deliver measurable diagnostics, comprehensive service, and personalized care. All in the beautiful, life enhancing setting of Six Senses Ibiza.



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 longevity lounge, sauna, hyperbaric chamber, cold plunge, photobiomodulation therapy, full body cryotherapy, medical consultation rooms, and a health coach and nutritionist at hand to guide you on your pursuit to longevity.



About Longevity Science

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

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 with RoseBar Longevity—a world where cutting-edge science empowers us to take charge of our health, extend vitality, and redefine the aging process.

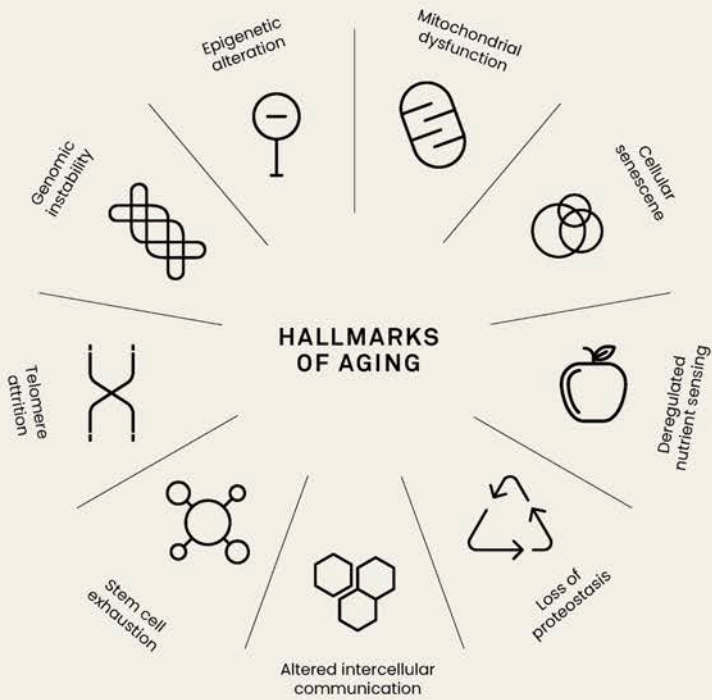
How Do We Extend Health Span?

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.

RoseBar°



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

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^o

**Bespoke Treatments,
Therapies & Programs**

When You Create Health, Disease Disappears

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.

RoseBar Pathways

Advanced Longevity Diagnostics

Bespoke Nutrient Formulations

Biohacking Therapies

Spiritual Wellbeing

RoseBar Longevity Programs

RoseBar Pathways

Clinical pathways designed to address fatigue, stress, hormonal imbalance, and cellular aging, vitality, and skin health.

Nervous System & De-Stress

Restore calm and support resilience through targeted therapies designed to regulate the nervous system and promote deep recovery.



Red Light Therapy

Compression Boots

De-Stress Nutrient Infusion

Immunity & Vitality

Strengthen immune function, reduce inflammation, and enhance resilience through targeted cellular support.



B12 Booster

Immunity Nutrient Infusion

Cryotherapy

Beauty & Regeneration

Support skin health, cellular repair, and radiance through advanced regenerative therapies and nutrient optimization.



Red Light Therapy

Inner Glow Nutrient Infusion

NAD+ Booster

Expert Pathways

Women's Health

In collaboration with Dr. Jessica Shepherd, a personalized pathway supporting hormonal balance, energy, and long-term vitality.

Her Essentials

- RoseBar Vital
- RoseBar Real Age
- Immunity Infusion
- NAD+ Therapy

Live Long

- RoseBar Vital
- Nutrient Analysis
- Longevity Boost
- Human Regenerator



Expert Pathways

Bioharmony™

Developed with Dr. Tamsin Lewis, a precision pathway designed to support mitochondrial function, regulate circadian rhythm, and restore biological balance.

- Human Regenerator
- Cognitive Blue Nutrient Therapy
- Red Light Therapy
- Targeted Supplementation





Advanced Longevity Diagnostics

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

**RoseBar
Longevity
Panel**

A comprehensive blood diagnostic designed by RoseBar's expert medical team. 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.

**Rose Bar
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.

Advanced
Longevity Diagnostics

**RoseBar
Real Age**

BLOOD PANEL

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.

**Genetic
Blueprint**

Decode your genetic blueprint with this advanced saliva test. By analysing millions of DNA variations, it reveals how your body uniquely responds to nutrition, stress, recovery, and epigenetic factors. These insights enable the RoseBar team to create hyper-personalized protocols, including targeted supplementation, precision IV therapies, and lifestyle strategies designed to optimize cellular health, resilience, and long term vitality.

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

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⁺

A revolutionary longevity molecule. By enhancing NMN levels, you can support mitochondrial function, and elevate energy levels.

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

Bespoke Nutrient Formulations

De-Stress

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

Cognitive Blue

Featuring methylene blue designed to support mitochondrial energy production, protect against oxidative stress. This advanced formulation may help improve mental clarity, focus, and cognitive performance.

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.



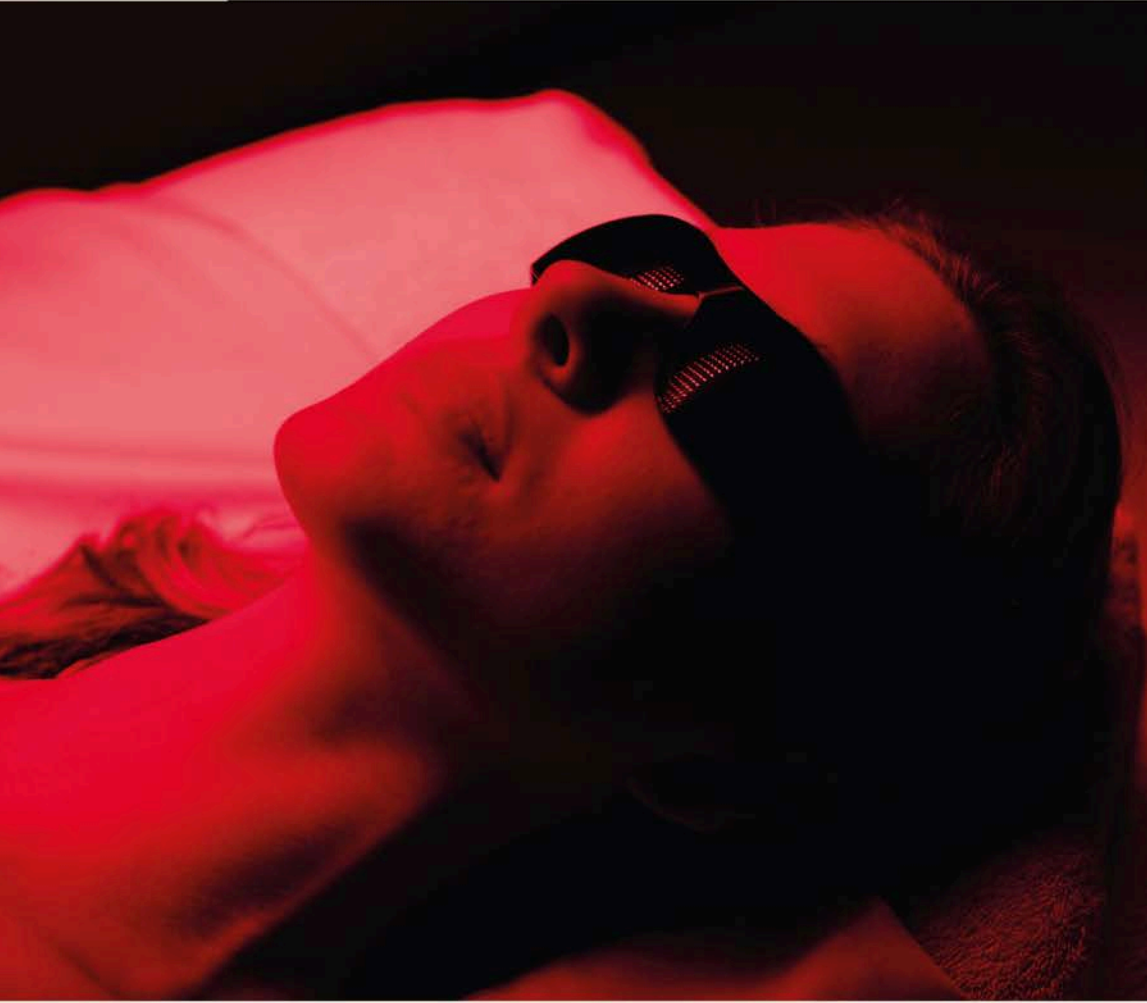
B12

Enhances energy, mood, and cognitive function.



Glutathione

A powerful antioxidant for detoxification and skin radiance.



Biohacking Therapies

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

PRP EXOSOMES

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 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**

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.

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



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.

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

Rosebar Signature Longevity Program

Every Program Supports



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

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

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°



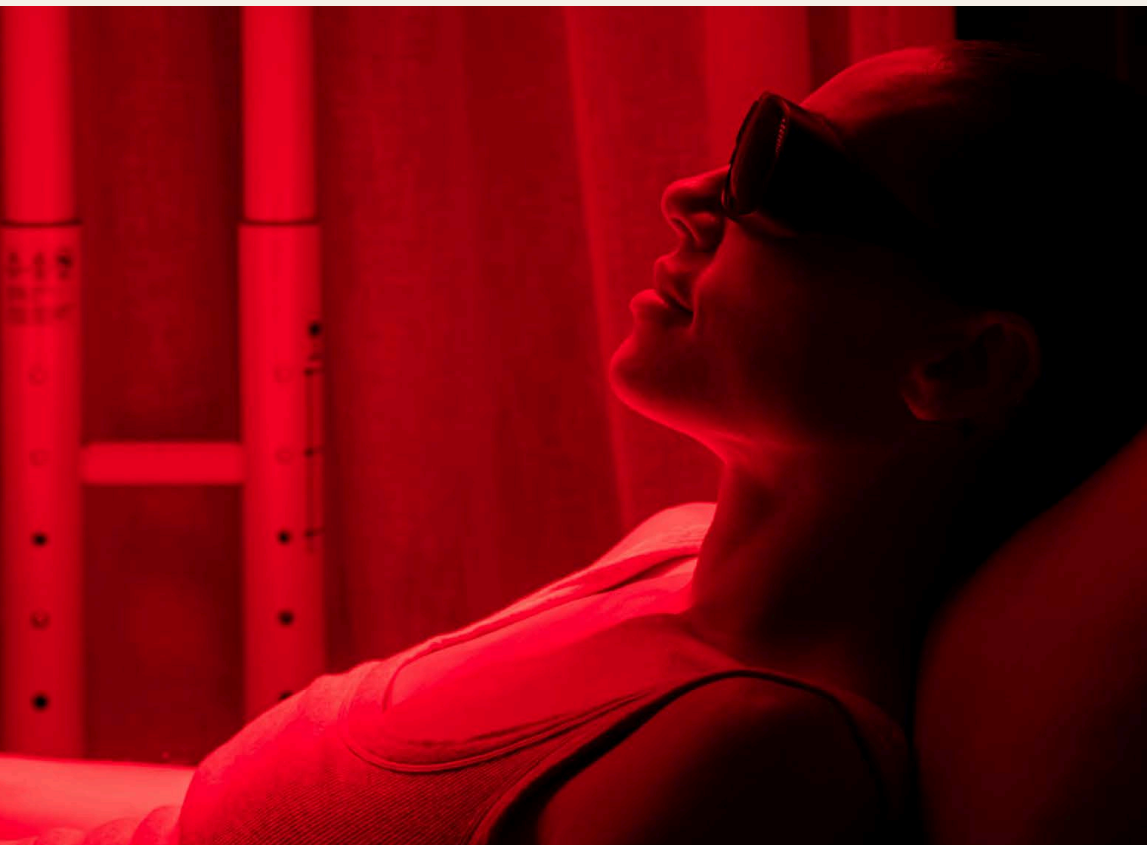
The RoseBar 14 Day Longevity Immersion

14 Days From €9500

A deeply restorative program designed to support better sleep, enhance immunity, and reduce inflammation providing the body the time and support it needs to restore balance and activate natural repair processes.

Each program begins with advanced diagnostic testing and a consultation with our functional medicine team to create a personalized protocol aligned with your health goals.

Your program includes advanced diagnostics, bespoke nutrient formulations, mitochondrial support, nutritional guidance, and daily biohacking treatments.



14 Day Longevity Immersion

What to Expect?

- Advanced diagnostics and consultations with RoseBar's medical team
- Personalized nutrition and targeted supplementation plan
- Bespoke IV nutrient and mitochondrial support therapies
- Targeted immunity support and daily biohacking therapies
- Energy Medicine sessions designed to support your body's natural balance

What's Included?

1	Functional Medicine Consultation	3	Ozone Therapy
1	Body Composition Analysis	3	Intermittent Hypoxic Training
1	RoseBar Vital Diagnostic	3	Human Regenerator
1	Nutritional Consultation	10	Normatec Pressure Therapy
1	Energy Medicine	10	Cold Therapy
3	Bespoke Nutrient Infusions	10	Sauna
3	NAD+	10	Red Light Therapy

RoseBar Signature Longevity Program

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

	3 Day	5 Day	7 Day	14 Day
Rosebar Vital Test	-	-	-	1
Body Composition Analysis	-	-	-	1
Functional Medicine Consultation	1	1	1	1
Nutritional Wellbeing	1	1	1	1
Energy Medicine	-	-	1	3
Supplements	3	5	7	14
Hormesis Circuit Hot & Cold	3	5	7	10
Cryotherapy	2	3	4	10
Photobiomodulation (Red Light Therapy)	2	3	5	10
Hyperbaric Oxygen Therapy (HBOT)	1	2	3	3
Compression Boots	1	1	2	10
	-	-	1	3
Hypoxic Training	1	1	1	-
Longevity Boost	1	2	2	3
NAD+ IV	-	-	1	3
RoseBar Bespoke	1	2	3	3
Regenerative Ozone Therapy	1	2	3	3
	2,500€	3,900€	5,500€	9,500€

Prices are inclusive of taxes.
Accommodation and meals are billed separately outside the program.

RoseBar®

Price List

Bespoke Treatments

Advanced Longevity Diagnostics

	Price
RoseBar Longevity Panel	€1300
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
Genetic Blueprint	€1200

Bespoke Treatments

Expert Pathways

	Price
Her Essentials Pathway	€2200
Living Long Pathway	€1000
Bioharmony Pathway	€800

RoseBar Pathways

	Price
Nervous System	€460
Immunity & Vitality	€440
Beauty & Regeneration	€640

Bespoke Nutrient Formulations

	Price
Longevity Boost	€440
Inner Glow	€365
Immunity IV	€365
Morning After	€365
NAD+ IV	€800
De-Stress	€365
Cognitive Blue	€400
RoseBar Bespoke	€440

RoseBar Boosters

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

Biohacking Therapies

	Price
Hyperbaric Oxygen Therapy I 60 Minutes	€200
Hyperbaric Oxygen Therapy I 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	€250
Intermittent Hypoxia Training Mitovit®	€180
Body composition scanning Scaneca®	€50
Hormesis: Sauna & Cold Plunge Immersion	€50
Red Light Therapy	€115

Spiritual Wellbeing

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

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Activate Your Longevity Switches

Bookings & Information

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