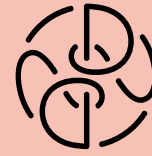


RoseBar°

Bespoke Treatments
& Therapies



Welcome to RoseBar

YOUR LONGEVITY CLUB

Utilizing cutting edge scientific advances RoseBar delivers measurable diagnostics, comprehensive service and personalized care to extend your health span and your lifespan.

→ **Defy aging.**

RoseBar°

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.

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

Advanced Longevity Diagnostics

Bespoke Nutrient Formulations

Biohacking Therapies

Spiritual Wellbeing

Experts



RoseBar°



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. Analyse your biomarkers to uncover what is really going on inside your body. .

RoseBar Vital

A comprehensive analysis of your biomarkers, offering valuable insights into your health and wellbeing. This test includes:

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

→ Results in 4 - 6 days

RoseBar DNA

Take control of your health by uncovering inherited genetic characteristics. Gain insights that will support you in personalizing your health optimization journey.

→ Results in 4 - 6 Weeks

RoseBar Real Age

Map your biological age. This DNA methylation analysis provides an in-depth insight into how quickly your body is really 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.

→ Results in 4 - 6 Weeks

Wellness Screening

Find out what is going on inside your body with our in-depth wellness screening. The reading reveals 40 key biomarkers relating to your overall well-being. Our RoseBar expert will guide you through the results and plan the next steps in line with your wellness goals.

RoseBar°

Comprehensive Longevity Profile

A fully comprehensive testing profile that uncovers your health status. Take a deep dive into your genetic makeup, blood, and biomarkers through advanced diagnostics, including a RoseBar DNA analysis, real age assessment, wellness screening, functional medicine consultation and nutritional consultation.

Dr. Mark Hyman Young Forever Panel

A comprehensive longevity blood panel 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, and autoimmunity.

Functional Medicine Consultation

A consultation 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.

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 Dr Mark Hyman's principles of eating for longevity.

→ Consultation | Supplement Plan

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. Optimizing your hormone levels helps promote 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



RoseBar^o



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.

NAD⁺

A revolutionary longevity molecule. By enhancing NMN levels, you can slow down cellular aging, diminish stress, support mitochondrial function, and elevate energy levels.

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

RoseBar Bespoke

A fully customized infusion based on your medical consultation.

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.

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 formulation is crafted to gently eliminate accumulated toxins and metals, revitalizing your liver for optimal function.

→ Advised to test metal levels beforehand

RoseBar°

The Morning After

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

Restoration

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.

NAD+ Booster

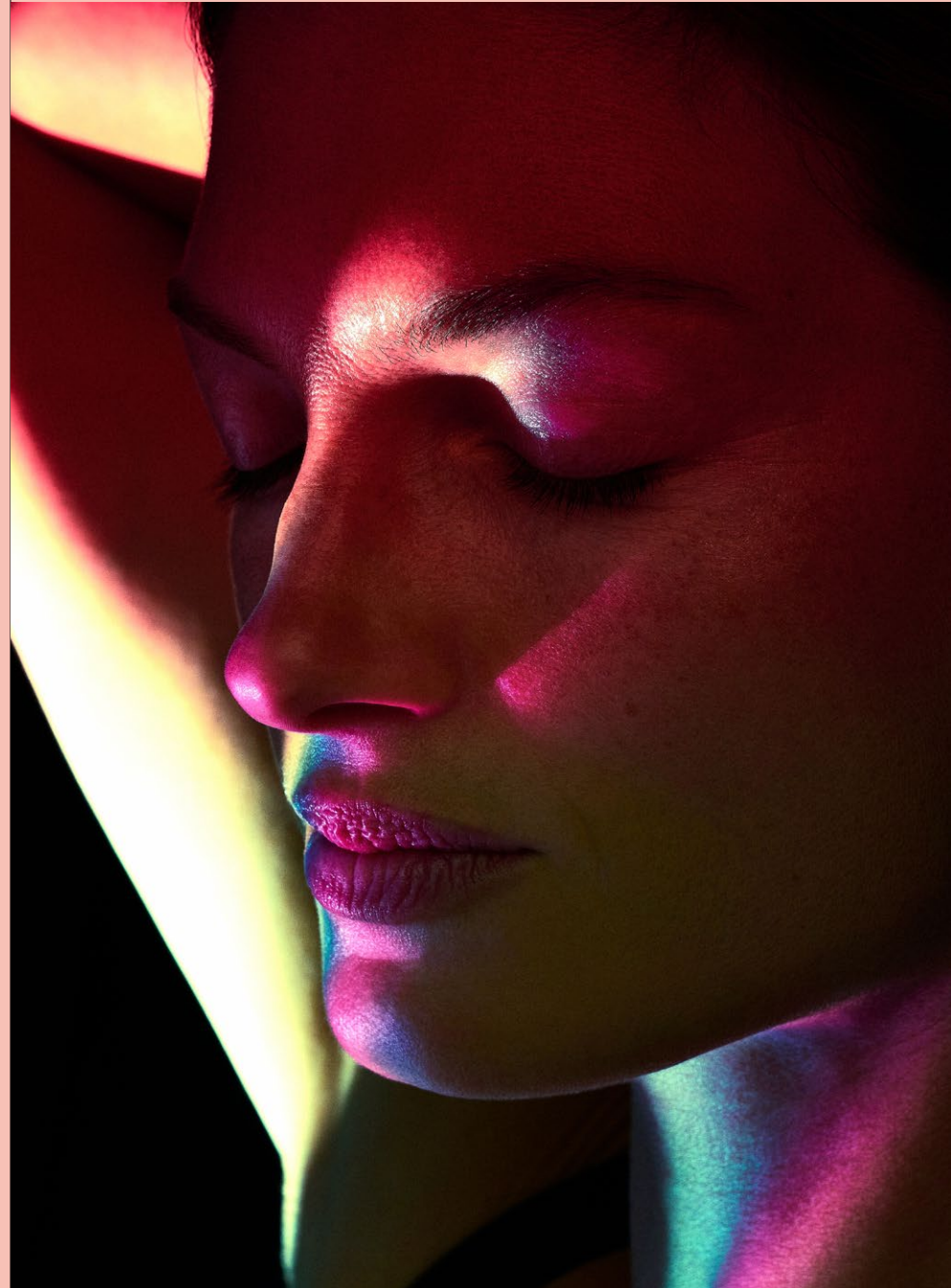
Experience the power of NAD+ without the wait. This booster shot delivers the benefits of this potent co-enzyme. Given as a subcutaneous injection.

→ Repeated doses recommended during stay

RoseBar Boosters

Replenish key nutrients via an enhanced delivery system. Support your immunity and optimize energy production.

→ B12 | Glutathione | Magnesium | Multivitamin : A, D, E, K





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.

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.

→ Administered intravenously or internally

Normatec Pressure Therapy

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

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ReGen Facial

This cutting-edge treatment harnesses the power of your body's own platelet-rich plasma to promote radiant, youthful skin. RoseBar Regen facial combines Platelet-Rich Plasma with medical grade microneedling.

The ReGen facial activates your body's innate healing power. Fine lines fade, collagen surges, and your skin's vitality shines through.

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, enhancing blood supply to damaged follicles to stimulate the 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.

Infrared Sauna

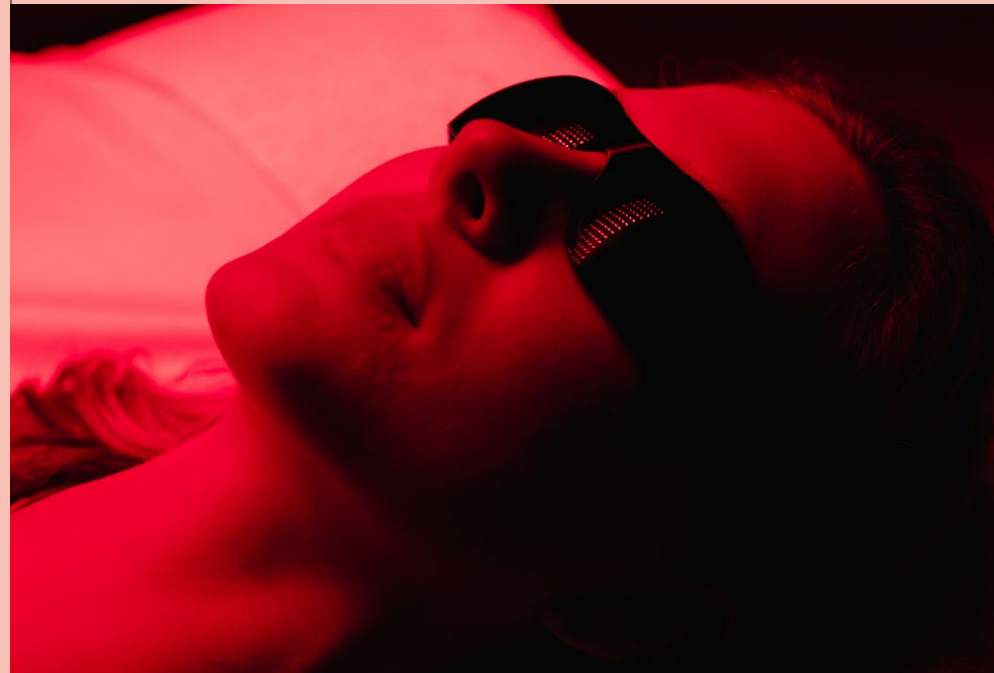
A treatment designed to calm the nervous system, reduce inflammation and enhance circulation by improving the oxygenation of cell cardiovascular health and detoxification. These benefits help strengthen immunity and health and reduce the risk of age-related diseases.

Ice Bath Cold Plunge

Experience the effects of extreme cold therapy by submerging yourself in the world's only automated ice bath at 5°C. Boasting similar benefits to full body cryotherapy, cold exposure delivers a surge in dopamine production, whilst suppressing inflammation, boosting resilience and enhancing self confidence and energy.

Photobio-modulation

Designed to promote cell repair, accelerate healing, and revitalize your skin from within through infrared wavelengths, stimulating cellular repair, supporting a healthy complexion and a regulated nervous system.



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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, 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.



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 Bjurston
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'Être 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.

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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 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.

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

info@rosebarlongevity.com

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rosebarlongevity.com

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Price list

Longevity Programs

1 Day	→	30 Days
1 Day		€470
3 Day		€2200
5 Day		€3000
6 Day Young Forever by Dr. Mark Hyman		€4800
7 Day		€4200
14 Day		€7500
30 Day		€14000

Prices are inclusive of taxes.

*Accommodation and meals are billed separately outside the program

Membership

Onboarding	6 month commitment	€1000
	1 year commitment	€500

Monthly Membership €500

Bespoke Treatments

Advanced Longevity Diagnostics	Price	Members Price
RoseBar Vital	€400	€320
RoseBar DNA	€200	€160
RoseBar Real Age	€800	€560
Wellness Screening	€150	€105
Comprehensive Longevity Profile	€1450	€1000
Dr. Mark Hyman Young Forever Longevity Panel	€1500	€1350
Functional Medicine Consultation	€350	€280
Nutritional Wellbeing Consultation	€240	€195
Supplement Plan	Price on request	
360 Hormonal Consultation	€350	€280
DUTCH Test	€500	€450

RoseBar°

Bespoke Nutrient Formulations

	Price	Members Price
NAD+	€700	€490
RoseBar Bespoke	€390	€275
Inner Glow	€360	€255
Longevity Boost	€390	€275
Metal Detox	€350	€245
The Morning After	€320	€225
Restoration	€320	€255

RoseBar Boosters

	Price	Members Price
NAD Shot	€200	€140
B12 Shot	€90	€45
Glutathione Push	€150	€75
Magnesium Push	€95	€50
Multivitamin Push	€150	€100

Biohacking Therapies

	Price	Members Price
Hyperbaric Oxygen Therapy I 60 Minutes	€180	€0
Hyperbaric Oxygen Therapy I 90 Minutes	€250	€0
Regenerative Ozone Therapy	€375	€265
Regenerative Ozone Therapy Internal	€95	€70
ReGen Facial	€400	€280
ReGen PRP Hair Therapy	€500	€350
Full Body Cryotherapy	€50	€0
Normatec Pressure Therapy	€60	€0
Photobiomodulation Therapy	€100	€0
Ice Bath Cold Plunge	*	*
Infrared Sauna	*	*

*Complimentary

Spiritual Wellbeing

	Price
Expert Energy Medicine 90 Minutes	€300
Embodiment & Soul Alignment 90 Minutes	€300

All RoseBar treatments & therapies are subject to 10% service charge.



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