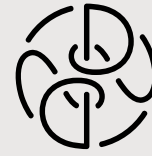


RoseBar[®]

Programs



Welcome to RoseBar

YOUR LONGEVITY CLUB

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

RoseBar°



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 and 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.



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

RoseBar^o



Longevity: A Scientific Revolution

Incredible advances in medicine and technology are right around the corner. From 3D organ printing that will make waiting for a new heart or kidney a quaint memory, to nanobots that will deliver precision medicines and treatments inside your body without side effects, a revolution is at foot.

We will soon see a world in which each of us will have our entire genome, microbiome, and metabolome mapped, a world of wearable or implantable devices that track thousands of our biomarkers in real time. All that data will be interpreted through artificial intelligence and will allow us to identify subtle changes in our biology that precede disease by decades.

We will be guided toward optimizing our diet, lifestyle, and habits to correct any early imbalances in real time. As we age into our forties and notice a loss of muscle, wrinkles, more aches and pains and the slow decline of our health and vitality. We will be able to use a molecular switch, like a remote control, to reprogram our cells to their original embryonic state.

At RoseBar we are already on that Journey

With the latest expertise, tools and machines, combined with the scientific revolution that is going on in functional medicine, we deliver the best of those remedies to our guests and members.

The good news is that the thinking is already here, and with the right diagnostics, advice and care, you can achieve far better health and longer life than you imagined.

DR. MARK HYMAN, MD

A handwritten signature in black ink, appearing to read 'M. Hyman'.

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 use a wholly different operating system, Medicine 2.0, that assesses the complexity of our biological networks mapping out the genetic, environmental, and lifestyle factors that influence long-term health and 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.
- Integrating best medical practices. Functional Medicine takes a clinical view of health first, integrating traditional Western medical practices with what are sometimes considered “alternative” or



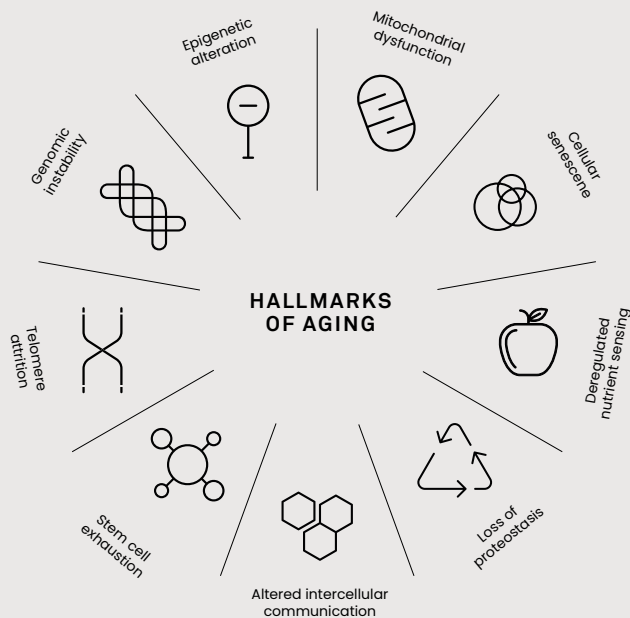
“integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

Membership

Join a community of like-minded, high-performing conscious health-seekers, collectively supporting one other to thrive.

As a member, you will embark on a journey towards optimal health and wellbeing. We provide you with periodic milestones and regular expert consultations to ensure that you achieve and maintain your health goals. Our team is committed to staying at the forefront of longevity research and integrating the latest scientific advancements into your lifestyle plan.

→ **Together, we will explore the intersection of science and spiritual wellbeing to unlock the secrets of living a longer, healthier life.**



What's Included?

→ Onboarding Process: Comprehensive Longevity Profile

A fully comprehensive testing profile that uncovers your aging process. Dive deep into your genetic makeup, blood and biomarkers to unveil your true health status utilizing advanced diagnostics.

→ Discover Your Real Age

We uncover your «real age» by mapping the hallmarks of aging and your biomarkers. This test provides insights into your biological age compared to your chronological age and the factors that are most significantly contributing to your speed of aging.

→ Personalized Lifestyle Plan

The RoseBar team of experts will analyze your results and design a comprehensive year long support plan that is bespoke to your health status and your goals.

→ Monthly Functional Medicine Consultation

Monthly check ins that delve into your lifestyle, environmental factors, and current symptoms to identify imbalances and provide targeted solutions.

→ Bespoke Longevity Nutrition Plan

A customized nutrition plan designed to support longevity and a supplement protocol tailored to your specific needs and goals.

→ Monthly Expert Consultation

Our experts guide you through hormesis and biohacking therapies, stress management techniques, and daily practices for optimal wellbeing.

→ Re-Calibration

Visit RoseBar twice a year to recalibrate and monitor your progress.



Activate Your Longevity Switches



Science



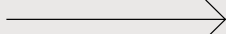
Spiritual Wellbeing



Longevity

CUSTOMIZED PROGRAMS
BASED ON YOUR LIFESTYLE

RoseBar Longevity Programs

1 DAY  30 DAYS

RoseBar°



Learn to live your life Optimally

RoseBar longevity programs combine science, spirituality, insight and data. Each one is personal to you.

You will emerge from the program feeling physically, emotionally and spiritually transformed with the knowledge and tools to lead a long healthy life.

RoseBar Longevity Programs enhance your body's:

→ **Immunity
& Health**

Boost your body's defence and repair systems with anti inflammatory tools and techniques

→ **Optimization
& Renewal**

Increase cell energy production, balance your microbiome and boost your body's communication systems

→ **Rejuvenation
& Spirituality**

Look and feel young again by nourishing your mind, body and spirit: understand how mindset and purpose lead to longer life

Reverse your Biological Age

The RoseBar immersive Longevity Programs feature daily organic anti-inflammatory meals focused on food-as-medicine and regenerative therapeutics. The daily plan is designed to activate your innate longevity switches and healing systems with food, exercise, spiritual practices, yoga, bodywork, cryotherapy, saunas, nutritional IV's, hyperbaric oxygen, hypoxia treatments and ozone therapy all employed to help you reverse your biological age.

What's Included?

- **Functional Medicine Consultation:** an in-depth assessment of your medical history, lifestyle habits, environmental exposures, and current symptoms to identify imbalances
- **Nutrition Consultation:** food is the greatest tool in your wellness regime to achieve optimal health. An in-depth nutritional consultation providing lifestyle guidance
- **Anti-Inflammatory Diet:** a clean and nutritious eating plan to support the body's detoxification processes
- **Bespoke Nutrient Formulations :** intravenous infusions to support detoxification and boost energy levels and cellular function and supplementation plan
- **Daily Movement & Exercise:** personal training, yoga, strength training, boxing, HIT



- **Stress Management:** focusing on the interconnectedness of the mind and body to promote mental health and spiritual wellbeing through energy medicine, yoga, sound healing and meditation
- **Hormesis & Biohacking Therapies:** longevity- enhancing practices including hot & cold therapy, ozone therapy, hyperbaric oxygen to optimize mitochondria and more

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RoseBar Longevity Programs feature:



Blood Panel



Functional Medicine



Nutrition



Full Board Longevity Diet



Hormesis Therapies



Biohacking Therapies



Bespoke Nutrient Formulation



Personal Training



Energy Medicine



Wellness Screening

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Young Forever 6 Day Program by Dr. Mark Hyman

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.

Meet Dr. Hyman

Dr. Mark Hyman, a leading voice in healthcare focused on the science of creating health and longevity, designed, and created RoseBar's longevity program. 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 Ultra Wellness Center, Board President for Clinical Affairs for the Institute of Functional Medicine, and host of the leading health podcast, The Doctor's Farmacy.

What to expect?

- Dr. Hyman's Digital Seminar
- Daily organic anti-inflammatory meals focused on food-as-medicine and regenerative therapeutics

Young Forever Program features:



Dr. Mark Hyman Young Forever Panel



Dr. Hyman's Digital Seminar



Functional Medicine



Nutrition Consultation



Full Board Young Forever Eating Plan & Supplements



Hormesis Therapies



Biohacking Therapies



Bespoke Nutrient Formulation



Personal Training



Energy Medicine



Wellness Screening

RoseBar°



Daily Program Sample

- **8:00 – 9:00**
Yoga | Strength Training
- **09:00 – 10:00**
Dr. Mark Hyman Longevity Shake
- **10:00 – 11:30**
Dr. Mark Hyman's Digital Daily Seminar
- **11:30 – 13:00**
Bespoke Nutrient Formulation
- **13:00 – 14:00**
Lunch
- **14:00 – 19:00**
Bodywork, Hyperbaric Oxygen, Sauna, Cryotherapy,
Photobiomodulation Therapy
- **17:00 – 18:00**
Sound Healing, Breathwork, Healing Practices
- **19:00 – 20:00**
Dinner

Programs Details

	1 Day	3 Day	5 Day	7 Day	14 Day	30 Day	Young Forever
RoseBar Vital	-	-	1	1	1	2	-
Wellness Screening	-	-	1	1	1	2	1
MD Consultation	1	1	1	1	2	3	1
Nutritional Consultation	-	1	1	1	1	2	1
Supplements	-	1	5	7	14	30	6
Infrared Sauna	1	3	5	7	14	30	6
Cold Therapy	1	3	5	7	14	30	6
Personal Training	-	1	1	2	4	4	2
Glutathione boost	-	-	-	1	2	4	1
Bespoke Nutrient Formulation	1	1	1	1	2	4	1
NAD 250mg Drip	-	-	-	-	1	1	1
Ozone	-	1	1	1	1	1	1
Photobiomodulation	1	1	2	3	4	10	3
Energy Medicine	-	1	1	1	2	3	1
HBOT	-	-	3	3	4	9	2
Cell Gym	-	2	2	1	6	9	3
Glucose Monitor + Consultation	-	-	-	-	1	1	1
RoseBar bio-age	-	-	-	-	1	1	-
RoseBar DNA	-	-	-	-	1	1	-
Full Board Meal Plan	-	3	5	7	14	30	6
Dr. Hyman Digital Seminars	-	-	-	-	-	-	6
+ Dr. Hyman Longevity Panel	-	-	-	-	-	-	1

Members Inclusions

- 1 Comprehensive Longevity Profile**
RoseBar DNA, RoseBar Real Age, Wellness Screening, Functional Medicine Consultation, Nutrition Consultation.
- 2 Consultations per month**
Functional Medicine & Expert Consultation
- 1 Longevity Nutrition Plan**
- 1 Bespoke Supplement Protocol**
(Supplements charged separately)
- 1 Longevity Re-Calibration 3 Day Program**
(Complimentary with 1 year membership commitment)
- + Unlimited Biohacking Therapies**
Unlimited access to biohacking therapies at RoseBar including photobiomodulation, cryotherapy, and normatec compression, cold plunge and infrared sauna.
- + Members Pricing**
Pricing and benefits reserved exclusively for our members on programs, bespoke treatments and therapies
- + Preferential rates at Six Senses Ibiza**



Membership Upgrades

- Upgrade with RoseBar Vital, a comprehensive blood diagnostic designed to gain deeper insights into your health markers.
- Follow-Up Testing: Receive at-home testing to assess gut health, hormone levels, and comprehensive blood panels, allowing for proactive health management.
- Additional monthly consultations with RoseBar Experts: nutrition, fitness, spiritual wellbeing

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Activate Your Longevity Switches

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