

Welcome to RoseBar

Led by the expertise of the
internationally recognized
longevity pioneer,
Dr. Mark Hyman.

RoseBar is a center of
expertise that proves
aging is not a destiny.





RoseBar®



Learn to Live *Life Optimally*

RoseBar delivers measurable diagnostics, comprehensive service and personalized care to extend your health span, and your lifespan.

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

Advanced Longevity
Diagnostics

Nutraceuticals

IV Infusions

Biohacking

Energy Medicine

Longevity Programs



RoseBar[®]



Advanced Longevity *Diagnostics*

RoseBar uses advanced diagnostics 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.

€350 | 60 Minutes

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RoseBar Longevity Diagnostics

A comprehensive set of diagnostics, including a blood test, health screening, blood pressure and an in-depth medical consultation followed by a recommended lifestyle plan.

€1,050 | Results Available in 2-3 Days
+ €200 RoseBar DNA

RoseBar Markers

A comprehensive biomarker blood test which will provide you with a deep dive into the current state of your health.

€300 | Results in 2 - 3 days
+ €350 | Functional Medicine Consultation

RoseBar Real Age

Your entire genome and epigenome is assessed in our Swiss labs using advanced DNA analysis.

€1500 | Results Available in 4-5 Weeks





360 Hormonal Consultation

Men and women over the age of 35 are more likely to suffer from hormone imbalances. Supporting your hormone levels will help slow the ageing process, whilst rebalancing will ensure vitality, strength, libido and restorative sleep.

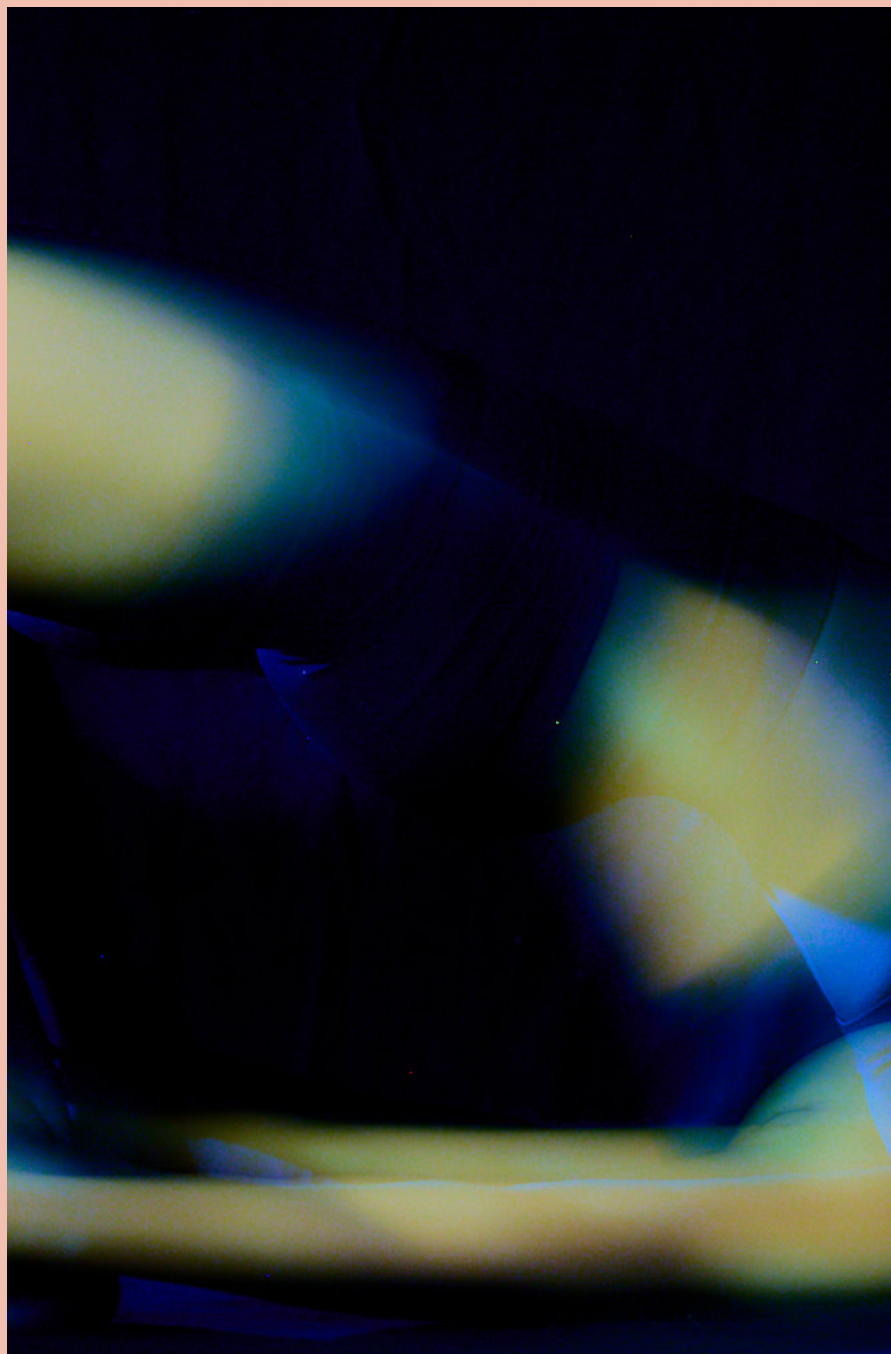
We Assess the Hormones Involved in:

Weight & metabolism | Sex hormones
Sleep | Blood sugar

€350 | Consultation

€150 | Complete Hormone Blood Panel

€500 | Dutch Test



RoseBar°



Blood Sugar Monitoring & Consultation

Understand how to regulate your blood sugar levels with our medical expert.

€390 | Glucose Monitor Device & Consultation

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 the principles of eating for longevity.

€240 | Consultation







IV Infusion Therapies

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

RoseBar®



Inner Glow

An energy-boosting cocktail with vitamin C, glutathione, and zinc to make your skin glow from within.

€200 | 40 Minutes

Longevity Boost

A blend of amino acids, vitamins, antioxidants, glutathione to boost your metabolism and enhance liver detoxification. Expect to feel recharged and cleansed.

€350 | 40 Minutes

Restoration

A soothing fusion of vitamin B12, magnesium and amino acids designed to reduce anxiety, balance brain health and enhance mood and cellular energy.

€300 | 40 Minutes

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The Morning After

An intensely hydrating electrolyte fusion charged with magnesium, vitamin C and Vitamin B complex to relieve hangover symptoms.

€250 | 40 minutes

Revival

An energy-boosting detox with key replenishment minerals loaded with antioxidants, vitamin C, glutathione and mitochondrial enhancers.

€275 | 40 Minutes

RoseBar Bespoke

A fully customized infusion based on your personalized medical consultation.

€350 | 40 Minutes



RoseBar°



Glutathione Push

A natural antioxidant that will boost your energy and skin radiance.

+ €150 Add to one of your IV Infusions

B12 Shot

Give yourself a boost. Combat fatigue, support your metabolism and increase your energy levels.

€95



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Biohacking *Therapies*

Biohacking supercharges your energy levels, kickstarts the immune system, and optimizes your wellbeing.

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Hyperbaric Oxygen Chamber Therapy

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

€180 | Single Session 60 Minutes

€250 | Single Session 90 Minutes

€390 | Pack of 3 Sessions of 60 Minutes

Hypervolt

Massage away stress and tension, increase circulation and reduce muscle soreness with this advanced percussion massage device. Hypervolt will increase blood flow, improving mobility, range of motion and flexibility.

15 Minutes



Regenerative Ozone Therapy

Ozone Therapy is a next generation treatment in the fight against aging. Administered by IV or internally, it increases the amount of oxygen in the body which supercharges cellular function. Benefits include: Improved energy levels and circulation, lower inflammation, improved detoxification and a stronger immune system.

€90 | Administered Internally | 15 Minutes

€200 | Administered Intravenously | 40 Minutes

€1500 | 10 Pass Ozone

Normatec Boots

Normatec takes compression therapy to the next level by enhancing blood flow and lymphatic fluid drainage.

€60 | 20-40 Minutes



Full-Body Cryotherapy

Activate longevity pathways by increasing circulation and reducing inflammation in RoseBar's full body Cryo chamber. Cryotherapy relieves muscle and joint pain, improves athletic performance and reduces stress and anxiety.

€50 | Single Session

€120 | Pack of 3 Sessions of 3 Minutes

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. strengthen immunity and health.

Complimentary with any RoseBar Therapy

30 - 45 Minutes



Ice Bath Cold Plunge

Experience the effects of extreme cold therapy by submerging yourself in the world's only automated ice bath at 0°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.

€50 | Single Sessions of 3 Minutes

€120 | Pack of Three Sessions of 3 Minutes

Red Light Therapy

Red light therapy is used to promote cell repair and recovery, boost collagen production and improve overall skin health.

€40 | Red Light Face Mask | 20 Minutes

€100 | Full Body Panel

€250 | Pack of 3 Sessions of 30 Minutes



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.



RoseBar®



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.

€300 | 90 Minute Consultation

Integrated Holistic Osteopathy

Based on the belief that all systems of the body work together, improve your mobility and function while enhancing your wellbeing with an integrated approach to osteopathy.

€250 | 60 Minute Consultation



RoseBar®



RoseBar
Advisory Board

A world-class scientific
advisory board.



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 fourteen-time New York Times bestselling author.



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.



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'Étre and sits on a number of boards including the Global Wellness Summit advisory board.



Dr. Tamsin Lewis

Chief Medical Officer

Dr. Tamsin Lewis applies the art of science and longevity to practice. Dr. Tam 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.



Dr. Matthew Cooke

Advisory Board

Dr. Matthew Cook is the founder of BioReset Medical, a centre globally renowned for addressing the most complex illnesses. Leveraging minimally-invasive treatments, Dr Cook believes that the body can heal itself naturally when supported by the best technology and care. He is a board-certified anesthesiologist with over 20 years medical experience, has fellowships in anti-aging, metabolic and functional medicine, and is currently a member of the Peptide Therapy fellowship faculty at the American Academy of Anti-Aging Medicine. He also specialises in sports medicine and orthopedic procedures.

RoseBar®

Science
+
Spiritual Wellbeing
=
Longevity

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