



RoseBar[®]



Longevity

Science

Spirituality

RoseBar is an age defying
longevity program which
uses cutting-edge
Biotechnology with nature's
best remedies. RoseBar has
a game changing program to
help you live better, for
longer.



The Age Defying Mix

- Longevity Programs
- Advanced Longevity Diagnostics
- Biohacking
- Energy Medicine
- IV Infusions
- Nutraceuticals

* Room and Board not included. Special rate applies for repeat guests.



Longevity Programs

A series of holistic longevity programs dedicated to reversing your aging process.



The Programs

Assess & Restore:

3 | 7 day program

An intense program to understand what you need in order to live younger longer.

Undergo a personalized assessment of your physical state to understand your real age. Learn about your genetics and how your environment and behaviors affect the way your genes are expressed.

You will be prescribed treatments, personal training and advanced biohacking therapies.

Expect to experience mental clarity, and renewed focus to enable you to flourish.

3 day | €2,500

7 day | €4,000

* Room and Board not included. Special rate applies for repeat guests.



The Programs

The Regeneration Project: 12 month program

A year long program to slow down your pace of aging and equip you with the tools to live optimally.

Consisting of detailed health analysis, monthly coaching support with a 7-day immersion program with a recalibration program of 7 days.

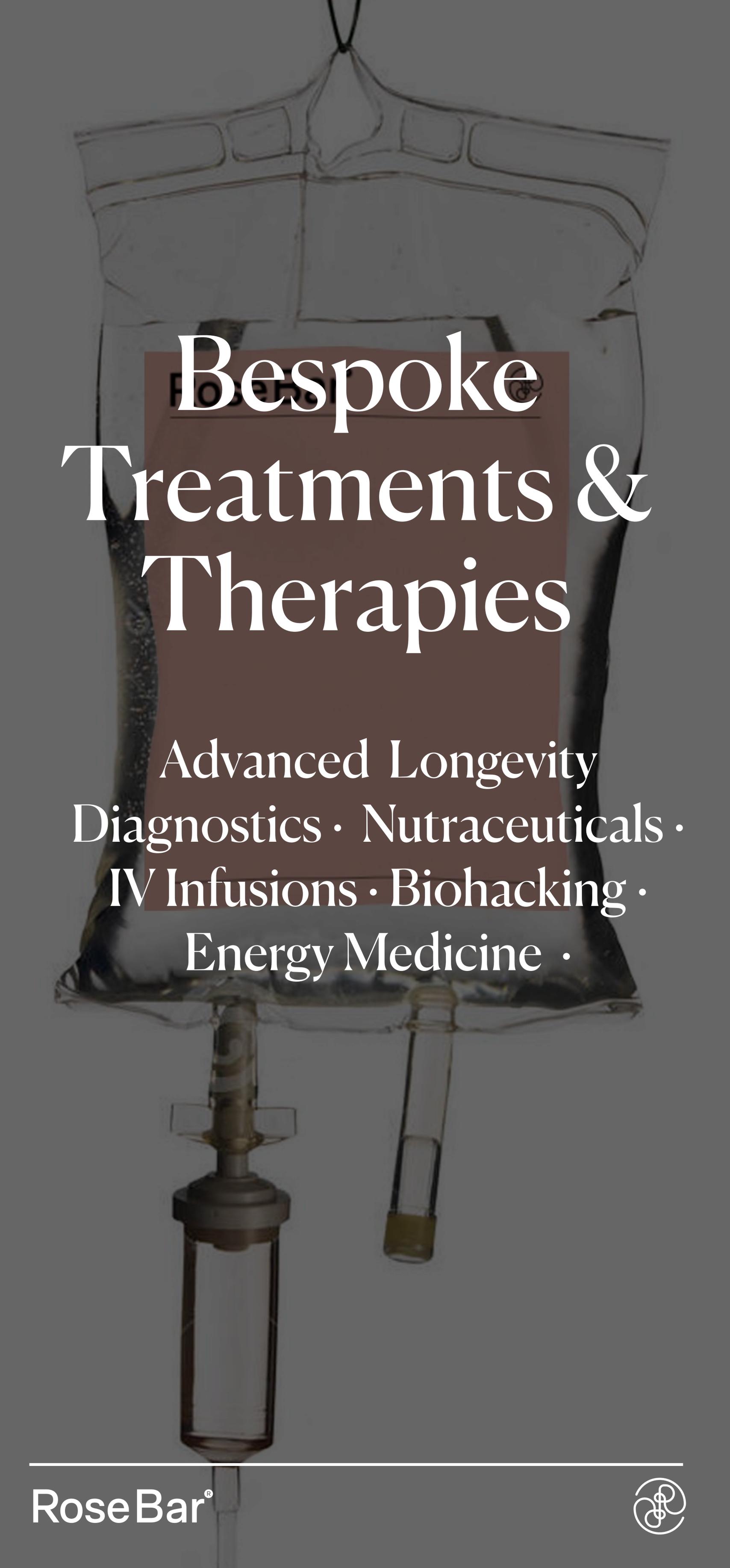
You will be prescribed treatments and therapies to optimize your wellbeing and a 12 month nutraceutical supplement program which evolves as you do.

€12,500

* Room and Board not included. Special rate applies for repeat guests.

	3-day program	7-day program	12 month membership
RoseBar Essential	1	2	2
Bio Impedance test	1	2	3
Blood biomarker test	1	1	2
Blood pressure test	1	2	3
Galvanic skin response	1	2	3
HRV test	1	2	3
Pulse wave test	1	2	3
DNA test		1	1
Sleep assessment	1	1	2
Consultation	1	2	12
IV Infusions	3	6	9
Biohacking Therapies	3	6	12
Personalized Movement	2	3	5
Energy Medicine	1	1	2
Beauty & Body Treatments	2	4	6
Cryotherapy Sea immersions	1	3	6

* All diagnostics and in person therapies will be done as part of the 3-day program plus 7-day program 2022 at Six Senses Ibiza.



Bespoke Treatments & Therapies

Advanced Longevity
Diagnostics · Nutraceuticals ·
IV Infusions · Biohacking ·
Energy Medicine ·



Advanced Longevity Diagnostics

RoseBar uses advanced diagnostics to create an unrivaled analysis of your pace of aging. Take a deep dive into your genes, blood and biomarkers, it will expose what is really going on inside you.

RoseBar Essential

Comprehensive blood test, health screening, pace of aging analysis in depth consultation with our longevity medical team.

€1,050

RoseBar Advanced DNA

A comprehensive DNA test analysis, blood test, pace of aging analysis, two in depth consultations with our longevity medical team.

€1,250 + €500 DNA test



Advanced Longevity Diagnostics

RoseBar uses advanced diagnostics to create an unrivaled analysis of your pace of aging. Take a deep dive into your genes, blood and biomarkers, it will expose what is really going on inside you.

Bio-Age

Find out how quickly you age. This DNA methylation test takes our lab 4-5 weeks to analyze, followed by an in-depth consultation with our longevity medical team

€950 | 5 weeks lead time



Longevity Diagnostics

360 Hormonal Consultation

Our experts offer an in depth analysis of a wide range of hormonal conditions to optimize your health for male and females

Typical conditions we evaluate - weight problems, fatigue, menopause and man-opause, fertility and PCOS.

€350 | Consultation

Longevity Diagnostics

Blood Sugar Monitoring & Consultation

See your blood sugar levels in real time and responses to different foods, drinks, sleep and stress patterns. Plus consultation with our medical expert.

€150 | Consultation

Nutritional Wellbeing

Our experts offer an in depth nutritional consultation which will provide diet and lifestyle guidelines to address your specific health concerns and help your body restore optimal health and nourishment.

€350 | Consultation



IV Infusion Therapies

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

The Morning After = Intensely hydrating electrolyte fusion charged with magnesium, vitamin C, vitamin B complex to relieve hangover symptoms.

40 min | €200

Revival = Energy boosting detox with key

replenishment minerals loaded with antioxidants, vitamin C, glutathione, mitochondrial enhancers.

40 min | €255

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

40 min | €225



Iv Infusion Therapies

Inner Glow = An energy-boosting cocktail with vitamin c, glutathione, and zinc to make your skin glow from within.

40 min | €200

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

40 min | €350

Rose Bar Bespoke = A fully customized infusion based on your personalized medical consultation.

40 min | €350



Biohacking Treatments

Hack the bodies natural recovery system and unleash your limitless potential. Biohacking supercharges your energy levels, kickstarts the immune system, and optimizes your wellbeing.

PEMF

Pulsed electromagnetic field therapy can improve athletic performances, reduce pain and inflammation, stimulate cell metabolism and help you recover faster from an injury

30min | €60

Normatec boots

This compression therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

15min | €60



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Hyper-volt

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

15min | €30

Venom

Digitally controlled heat and vibration to soothe sore back muscles and relax stiff joints.

15min | €30



Expert Energy Medicine

Nurture your body into its best possible form, with personal classes with our experts for breathwork, sound healing, spirit animal visualization, yoga and meditation.

Expert Energy Medicine

Balance and rid yourself of energies that no longer serve you with our Energy Medicine expert.

90min Consultation | €380

Integrated Holistic Osteopath

Restore yourself through an integrated approach to osteopathy. Improve your mobility and function while enhancing your wellbeing based on the belief that all systems of the body work together.

60 min Consultation | €330

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