

WELLNESS

# 6 Simple Ways to Tap Into Longevity, the Wellness Trend the One Percent Is Obsessed With

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Photographed by Sean Thomas, *Vogue*, September 2023

I'm on a leather couch at the hottest new bar in [Ibiza](#), and I've just been furnished with a small jar of pills. It isn't what you think though. It's not yet 3 p.m., the tablets are sleep-promoting magnesium, and my (now rapidly deflating) thigh-high boots are of the compression variety, designed to ease swelling and boost blood circulation. [RoseBar](#)—the brainchild of American physician Dr Mark Hyman—reflects a new face of the White Isle, and its patrons are far less preoccupied by wild parties than they are the very latest in wellness. Here, the “cocktails” are administered via IV drip (your €200 Inner Glow won't taste of anything, but it will make your skin pop), and the only shots being lined up are of energy-boosting B12.