

CORE

Beyond Aesthetics. Into Longevity.

Regenerative
Science Retreat
17-20 September 2026 | Bodrum, Turkiye

w e l c o m e t o
C O R E

CORE is a regenerative science retreat designed for clinicians, thinkers, and civilians who want to understand biology with depth, integrity, and presence.

Set on the Aegean coast, it blends scientific learning with movement, nature, and human connection creating a space where knowledge becomes personal and transformation becomes possible.

**CORE is not a conference.
It is a retreat.
A pause.
A recalibration.**

the core experience

17–18 September
Medical Scientific Congress

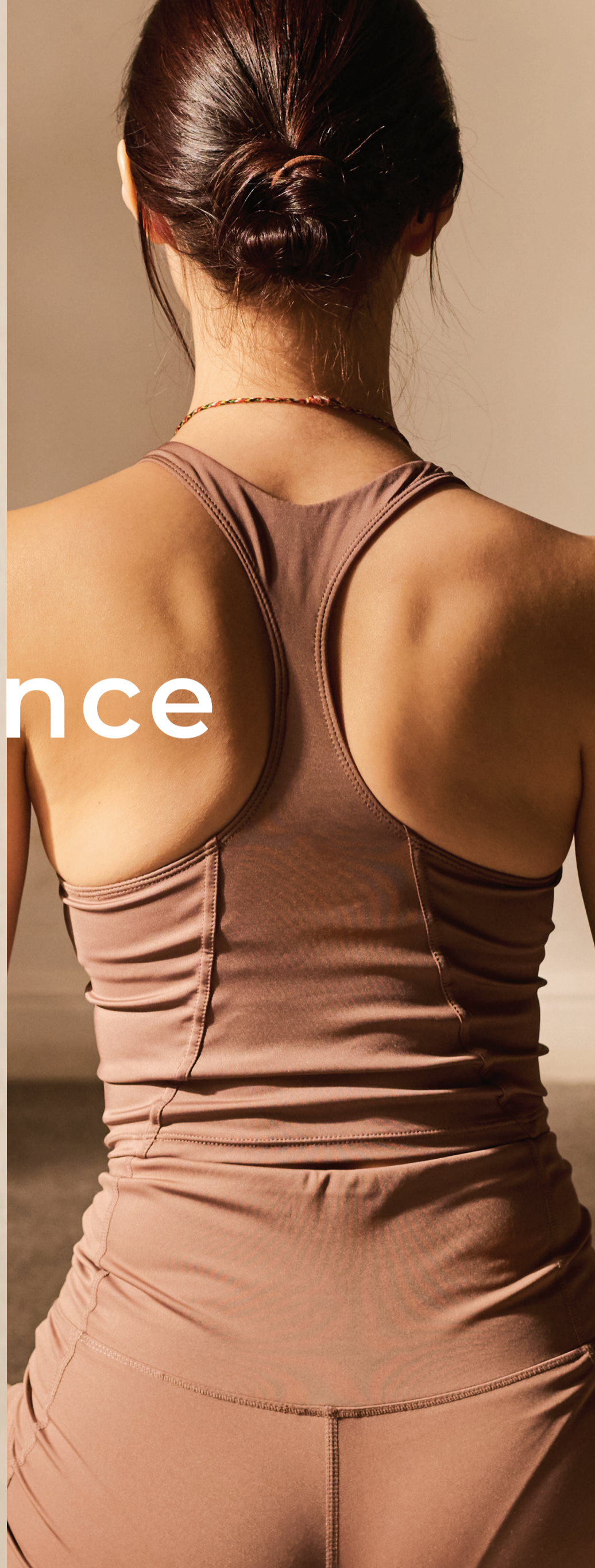
19–20 September
Longevity Immersion

Two pathways

one for clinicians, one for civilians

—

each designed to deepen
understanding, expand perspec-
tive, and reconnect science with
humanity.





medical scientific congress

17-18 September

**For doctors, nurses, dentists &
medical professionals**

A high-level, evidence-led programme exploring regenerative medicine, longevity science, and the future of aesthetics.

Delivered through hands-on workshops, scientific lectures, debates, and movement based integration.

DAY one 17 September

Hands-On, Mechanisms & Challenge

Morning: Rotational Workshops

- ▶ Regenerative injectable logic
- ▶ Biostimulator mechanisms
- ▶ Tissue behaviour interpretation
- ▶ Complication awareness
- ▶ Technique refinement



Afternoon

**Scientific Lectures
at Sea**

Aboard a private yacht

- ▶ Regenerative medicine foundations
- ▶ Cellular ageing & mitochondrial decline
- ▶ Systemic vs local interventions
- ▶ The future of regenerative aesthetics

Evening

The Debate

Regenerative Aesthetics - Science or
Sophisticated Marketing?

DAY two 18 September

Systems, Signals & Responsibility

Morning: The Organism Matters

- ▶ Movement & fascia
- ▶ Stress biology
- ▶ Gut-skin axis
- ▶ Ageing phenotypes
- ▶ Nervous system regulation

Midday

Scientific Core

- ▶ Mitochondria & cellular energy
 - ▶ Hormonal transitions
 - ▶ Systemic therapies
- ▶ Regenerative pathways
- ▶ Ethics & responsibility

Afternoon

Intimate Area Medicine

- ▶ Hormones
 - ▶ Sexual wellness
 - ▶ Tissue regeneration
 - ▶ Patient communication
-





Longevity
Immersion

19–20 September

**For individuals
and couples**

A curated, five-star retreat for those who want to understand their biology, optimise their vitality, and experience regenerative science in a deeply personal way.

Hosted at a luxury resort overlooking the Aegean Sea, the immersion blends evidence-based longevity medicine with movement, nutrition, hormonal intelligence, and meaningful human connection.



DAY
one 19 September

Science. Transition.
Celebration



Morning:
Foundations of Healthspan

- ▶ Living longer vs living stronger
- ▶ Inflammation, metabolism & biological age
- ▶ Mediterranean & Blue Zone nutrition
- ▶ Supplements decoded
- ▶ NAD+ & mitochondrial energy

Afternoon

The Redefined Transition

Morning: Foundations of Healthspan

- ▶ Metabolic shifts
- ▶ Cognitive resilience
- ▶ Hormones & mood
- ▶ Intimacy & vitality
- ▶ HRT vs regenerative approaches
- ▶ Interactive panel

Evening

Movement & Celebration

- ▶ 5 Rhythms somatic experience
- ▶ Private sunset yacht cruise
- ▶ Mediterranean dinner, music & swimming



DAY two

20 September

Embodiment. Strength.
Integration.

Sunrise: Aegean Awakening

- ▶ Yoga & breathwork
- ▶ Functional strength
- ▶ NAD+ & performance
- ▶ Alfresco breakfast

Late morning

Your Longevity Blueprint

- ▶ Biomarkers & intelligent testing
 - ▶ Gut health & the microbiome
 - ▶ Biohacking vs evidence
- ▶ Regenerative aesthetics & ageing well

Afternoon

Restore & Reflect

- ▶ Guided relaxation
- ▶ Longevity planning
- ▶ Optional one-to-one faculty
conversations

Integration, reflection, and
shared insight.





What's Included

Everything is designed to support depth, clarity, and ease.

- ▶ Five-star resort accommodation
- ▶ All food & beverages
- ▶ Private sunset yacht cruise
- ▶ Outdoor wellness sessions
- ▶ Full access to international faculty
- ▶ Retreat materials & integration workbook
- ▶ Unlimited networking and connection time

Investment

Medical Scientific Congress
17–18 September 2026

€2,500 per delegate

Longevity Immersion
19–20 September 2026

€2,000 per couple

€1,250 per individual

All-inclusive.

Spaces are intentionally limited to preserve intimacy, depth, and connection.



The faculty

Led by a globally respected team of clinicians, educators, and thinkers who bring scientific integrity, global perspective, and a shared commitment to elevating regenerative and longevity-led aesthetics.

- ▶ Dr Anoob Pakkar-Hull
- ▶ Dr Marwa Zein
- ▶ Dr Beste Özdemir



Dr Anoo b

Pakkar-Hull

Dr. Anoo b Pakkar-Hull, MBBS MRCA EDRA DAAAM, is an internationally recognised consultant in aesthetic and regenerative medicine, educator, and global KOL.

Director of DIAPAM Training Academy and Global KOL for Dermoaroma, he leads education on exosomes, PRP therapies, hybrid peels and advanced skin rejuvenation.

He runs clinics in London, Leeds and the Lake District and founded CORE – The Engine of Regeneration.

“Science becomes meaningful when it becomes human”



Dr Marwa
ZEIN

Dr. Marwa ZEIN

Dr. Marwa Zein is an aesthetic physician specialising in regenerative and integrative aesthetic medicine. She holds an MD, a PhD in Clinical Toxicology, and additional training in Functional Medicine.

With over a decade of clinical and research experience including work on bioreactor technologies for artificial kidney development her approach is rooted in personalised, evidence-based practice. She focuses on the biological systems that shape health, ageing, and disease, recognising that symptoms often reflect deeper processes within the organism.

“Regeneration begins with understanding the organism, not the technique.”

A portrait of Dr. Beste Özdemir, a woman with long dark hair, wearing a dark blue blazer over a white collared shirt. She is looking slightly to the right of the camera with a gentle smile. The background is a blurred office or clinical setting with large windows.

Dr Beste Özdemir

Dr. Beste Özdemir graduated with honors from Başkent University Faculty of Medicine in Ankara. She trained internationally in non-surgical aesthetic medicine in the USA, Amsterdam, and London.

With certifications in mesotherapy, ozone therapy, and complementary medicine, she previously worked as an emergency physician and deputy chief physician. She now runs aesthetic clinics in Istanbul and Ankara focused on natural results.

“Longevity is a practice rooted in biology, energy, and clarity”

Partnership at CORE

CORE brings together clinicians, researchers, and curious minds in a setting designed for depth, clarity, and meaningful exchange. Our partners play an integral role in shaping this environment — not through traditional sponsorship, but through thoughtful collaboration that elevates the conversation on regeneration, aesthetics, and longevity.

Partnership at CORE is an invitation to stand alongside a community committed to scientific integrity, human connection, and the future of aesthetic and regenerative medicine. It is an opportunity to contribute to a space where ideas are explored with intention, where innovation is grounded in evidence, and where the industry moves forward with responsibility and purpose.

We welcome partners who share our values and who see the importance of creating experiences that are intelligent, human, and transformative.

Why Partner with CORE

Partnering with CORE means aligning with a movement that represents the future of regenerative, longevity led aesthetics — one grounded in science, ethics, and meaningful human connection.

As a CORE partner, you gain:

- ▶ Access to a highly curated audience of medical professionals, thought leaders, and engaged civilians
- ▶ Direct, meaningful interaction with faculty speakers — not just delegates
- ▶ Brand presence within an intimate, premium environment
- ▶ Association with a philosophy rooted in innovation, responsibility, and longterm thinking
- ▶ Opportunities to build genuine relationships rather than transactional exposure

CORE offers partners something increasingly rare: a space where conversations unfold organically, collaborations form naturally, and values align effortlessly. If you are aligned with this vision, we invite you to connect with us to have a conversation about partnering with CORE.



The Setting

Held at Duja Hotel & Resorts
in Bodrum, Turkiye

CORE blends scientific depth with the
restorative power of nature, movement, and
human connection

The CORE Manifesto

Ageing is inevitable. Decline is not.

We live in a world where ageing is feared, hidden, or fought against. Where aesthetics becomes a race, and longevity a trend. Where science moves fast, but understanding moves slowly.

CORE exists to change that. CORE is a return to what matters: the organism, the evidence, the truth beneath the surface. It is a space where regenerative science is explored with depth, integrity, and humility.

Where clinicians, thinkers, and civilians come together not as separate groups, but as a single ecosystem. We believe regeneration is not a technique. It is a relationship with biology. A conversation between systems.

A practice of listening before acting. We believe outcomes are not created by products, but by understanding. That the body is not a canvas, but a living intelligence. That ageing is not a failure — it is a story written in cells, energy, and experience.

CORE is not a conference. It is a retreat. A pause. A recalibration.

A place where the Aegean meets the inner world, where ideas breathe, and where people remember what it feels like to learn with their whole being.

Ageing is inevitable. Decline is not. And when we return to the core — to science, to integrity, to connection — everything else begins to evolve.

**You're not behind — you're unfolding.
Join us in Bodrum.**