





Clockwise from top:
 The reception area of Cocoon Medical Spa, a spiral staircase leading to the second floor, the Salt Room with walls made of Himalayan salt blocks



GOLDEN GLOW

EVERY PERSON'S SKIN IS DIFFERENT, AND SOME TAKE TO CERTAIN TREATMENTS BETTER THAN OTHERS. BUT IN MY PERSONAL BOOK, THE 24 CARAT GOLD FACIAL AT COCOON DEFINITELY TAKES THE CAKE.

I'm going to come clean here – for someone who delights in trying out different facial treatments that incorporate all kinds of ingredients, I can be rather skeptical when it comes to their supposed benefits. Don't get me wrong, there's no denying that I almost always

feel refreshed post-treatment. But if someone were to ask me, "Doesn't your skin feel super elastic and look brand-new?" I would probably just smile politely, all the while thinking, "Yes, if you say so." Deep down, I do believe that my skin is benefiting from the treatments. But on the surface I usually don't



notice too much of difference. That is, until my most recent “spa-capade” at the Cocoon Medical Spa.

With the very first step of my treatment, I could already feel a noticeable difference in my skin. And when I met up with a couple friends later that night – bare faced and a bit sweaty – I couldn’t believe my ears when one exclaimed, “What did you do to your face?” while the other commented matter-of-factly, “Your skin is glowing.”

NOTHING TO FEAR

Earlier that day I had walked into the Cocoon Medical Spa feeling anxious (read: terrified), mostly due to that fact that the name contained

the word “Medical” in it. Call me crazy, but I had images of Lindsay Lohan’s misshapen face floating in my head. I simply did not know what to expect.

I soon found that there was little to no reason for worry. After politely passing on their recommendation of Colon Hydrotherapy (“It’s one of our most popular treatments!”) and doing a brief consultation with Dr. Jeanny Kusumawati, I settled on a variation of the 24 Carat Gold Facial.

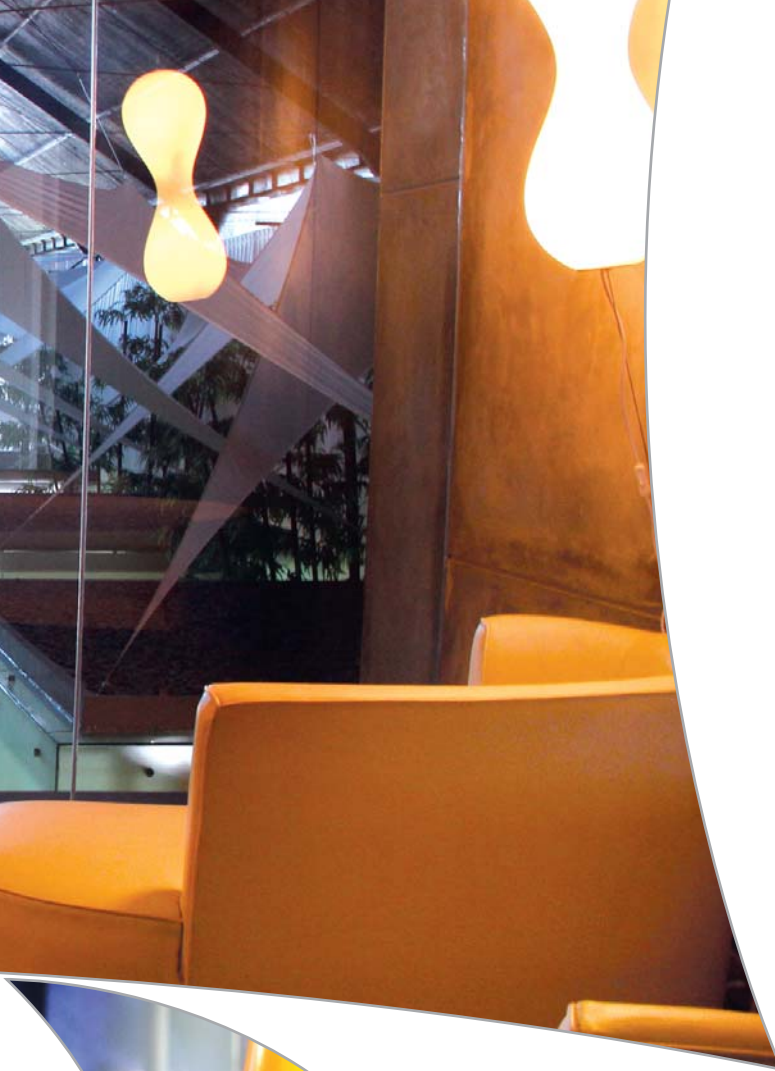
ALL THAT SPARKLES

What does a 24 Carat Gold Facial entail, you might ask? It starts with a Diamond Microdermabrasion, which is a process where a diamond-

head aluminum instrument is used to deeply exfoliate, all the while improving the texture of the skin. It feels a bit like a strong vacuum being pulled across various parts of your face; I found this neither pleasant nor uncomfortable (but those with sensitive skin might want to double check during consultation). It was after this first step that my face felt surprisingly baby-soft.

After the microdermabrasion comes the LED Red Light Therapy, but I went with the No-Needle Mesotherapy. A special tool was heated up to push nutrients into the skin (in my case, Vitamin C), and then it was cooled down and used again to seal the nutrients in.

SERUM PHOTO BY MUTIA ADISOMA
ALL OTHER PHOTOS BY ARIKO AHMAD



Top: The chic second floor lounge area of Cocoon Medical Spa

Bottom: Cocoon's own Liquid Gold face serum featuring 24 carat gold leaf

Rounding out the treatment, a 24 Carat Gold Collagen Serum was applied to my skin, followed by a 24 Carat Gold Moisturizer. This is what I found the most fascinating – seeing the container of clear serum with its many sparkling flecks of gold catching the light. It was hard to believe that those gold flecks were

going to disappear into my skin.

I also took home a Gold Collagen Mask, which I applied to my face later that night for about 30 minutes. Peeling the mask off my face, my skin looked dewy and radiant – so much so that I put the mask back on in hopes of reaping optimum benefits from the “magical” mask.

GO FOR GOLD

It is said that Cleopatra slept in a pure gold mask every night, believing it was the secret to her flawless skin. According to Cocoon, gold is revered for its beautifying and healing properties, and its ability to conduct energy makes it a perfect tool for strengthening skin and slowing down the effects of aging.

If you had told me this prior to my actual experience I might have been skeptical, but seeing the results made me a believer. My friend only reinforced this belief when she saw me again two days later and said, “Really... your face looks so good. How much was that treatment?”

Cocoon's luxurious 24 Carat Gold Facial goes for Rp. 1,000,000++, but each individual step of the facial can also be purchased 'a la carte'. It is advised not to be in direct sunlight for 24 hours after the treatment, so make sure to factor this into your plans. Visit Cocoon's website to learn about their package deals and their various face, body and wellness treatments. ■

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