

SHORT BREAK

# DIAMOND LIFE

Taking baby steps into the world of cosmetic tourism, Judy Ostergaard books into Bali's Cocoon Medical Spa.

A trip to Bali is restorative in itself. Award-winning Cocoon Medical Spa takes the experience to another level.



Medical tourism is a growing trend, with people of a certain age booking trips to places such as Thailand and the Philippines for procedures. The advantage is that the cost is not nearly as high as in Australia and you recover while on holiday. The disadvantage is that, as with any treatment, the results are not guaranteed.

Louise Cogan, the founder of Cocoon Medical Spa in Bali, Indonesia, takes a more holistic approach in her business. She's spent most of her working life in the world of plastic surgery, but has turned away from invasive treatments to offer non-surgical cosmetic procedures, together with detox and wellness treatments, in the spa she opened last year. She believes beauty starts with great skin and it's only after achieving

this that her clients should look at the more obvious age-defying treatments.

When I arrive at her spa with its distinctive butterfly motif, I am delighted by the look of the building, formerly an old printing factory. Within the architect-designed structure, there's a double-height reception area and a series of freestanding consulting rooms called pods.

I have a long discussion with Louise and one of the highly trained doctors about what treatments would be best for me. Then it's into one of the pods for my first appointment, Diamond microdermabrasion, where an instrument rather like a miniature sander with vacuum technology exfoliates my face and neck with ultrasonic waves and whisks the dead skin away. I come out

with a smooth, glowing complexion and feel a million dollars.

Back at my hotel, The Oberoi, chosen so I can recuperate in total luxury, I head to my villa with its traditional thatched roof and volcanic rock walls. Later that evening, in the tropical garden, there's a chic cocktail party for guests, but it's no alcohol for me; I have a PRP (platelet rich plasma) appointment the next day.

The PRP treatment involves taking a small amount of blood from my arm, spinning it in a centrifuge to separate the platelets from the red blood cells, then injecting the platelets back into my face and neck. It sounds awful but I barely feel it happening. PRP stimulates collagen growth, reduces fine lines and lifts the skin. Apparently, lots of celebrities have it. My face is a bit red afterwards but that soon fades (and within a couple of weeks, my complexion has taken on a healthy, vibrant glow).

Following the PRP, I lie under a red light for 45 minutes, almost falling asleep. LED Light Therapy activates skin cells and collagen, improving blood circulation and oxygenation. Other treatments offered at Cocoon Medical Spa include Halotherapy (salt therapy) in a dedicated salt room, Vitamin IV Therapy, Botox, Juvéderm Hydrate, Microneedle RF, Colon Hydrotherapy and many more.

After three relaxing days in Bali, I leave feeling refreshed and looking as if I've just had an amazing holiday – with no jet lag at the other end.

TRAVEL NOTES

TREATMENT CENTRAL

Cocoon Medical Spa, Legian, Bali, Indonesia; [www.cocoonmedicalspa.com](http://www.cocoonmedicalspa.com).

THE PLACE TO STAY

The Oberoi, Seminyak Beach; [www.oberoihotels.com](http://www.oberoihotels.com).

GETTING THERE

Virgin Australia has return flights to Denpasar, Bali, from all capital cities daily; [www.virginaustralia.com](http://www.virginaustralia.com).

Photograph from Alamy. Judy Ostergaard was a guest of Cocoon Medical Spa & The Oberoi, Bali.