

WORDS
CRYSTAL ANDREWS

T R O P I C A L

T R E A T M E N T S

WITH THE PROMISE OF GLOWING, PLUMP SKIN AND A FEW DAYS OF RELAXATION, *BOX* MAGAZINE EDITOR CRYSTAL ANDREWS DISCOVERS THE TRUTH BEHIND TROPICAL BEAUTY GETAWAYS.

I was never blessed with the smooth, porcelain skin of 1940s screen sirens. Even after the aggressive teenage acne subsided, I was left with an uneven complexion pitted with scars that the usual remedies just couldn't improve. So, when offered the chance to try a new treatment, Dermapen, I was intrigued...upon finding out that Cocoon Medical Spa was actually in Bali, however, I was instantly wary. My head was filled with the 'shocking reports' of botched botox and acid-peels-gone-wrong. But Louise Cogan, owner of Cocoon, knows that these 'beauty getaways' are steadily increasing in popularity – and for good reason. The

allure of a tropical location and significantly lower prices are just two factors in why women are opting for beauty treatments abroad.

"No doubt price is one of the most important factors," Louise says. "Prices can be up to 80% cheaper compared to Australia." But she also counts the quality of technology and the infallible customer service as reasons why her clients love beauty escapes. "Training, products and technologies travel very fast across countries, so the quality that [foreign spas] offer is comparable to the best clinic in Australia. The patient





also receives excellent care and attention, more than can be given in an Australian clinic," she explains. Plus, any routine redness or swelling post-treatment can be given time to heal whilst you relax with room service, away from prying eyes and social engagements.

So, armed with lots of research and a good sunhat, I jetted off to Bali to try it for myself. The Cocoon facilities were instantly impressive – cool and serene, with a gloss-white reception and pebble path weaving between the opaque, glass-walled treatment rooms. The doctors patiently walk through every step of the process – in this case, a “pen” with a head of micro-fine needles being stamped onto the face to stimulate natural collagen production. Afterwards, I was shuttled back to my resort for coconut water, crossword puzzles and snacks. Back on home soil and after two weeks (giving the collagen time to regenerate), my skin was glowing and scarring drastically reduced. Safe to say, I was rapt.

But you’d be a fool to ignore the risks. The medical and health standards of the country need to be strongly considered, and close investigation made into the operations of the salon itself. Then, there is post-treatment to consider – any complications that may arise once you’re home may not be easily fixed by the clinic so far away.

Louise is upfront about encouraging potential clients to do their research. “It is best to choose a clinic based on the client feedback, not just the marketing and visual look of [it.] Read and listen to past client reviews, and call them if you would like more information. Nothing is as important as hearing from past clients about their experience and results,” she explains.

And if you have already committed to the trip and the treatment, there is one more vital thing to remember. “The biggest post-treatment aftercare of any skin treatment is avoiding the sun – apply high SPF 30 or 50 and wear a hat. The sun is extremely ageing for the skin, whether we have treatments or not!”