

beauty & spa



# Balinese Beauty

**COCOON MEDICAL SPA** IN BALI IS A LUXURIOUS PAMPERING MECCA WITH A RANGE OF COSMETIC AND HOLISTIC HEALTH THERAPIES.



There's nothing more relaxing than a touch of pampering to complement a tropical holiday. Indeed, a luxurious facial treatment should be one of the very few reasons for rising from the poolside sunbed or the sand-laden beach towel during an island getaway.

The Cocoon Medical Spa, located in Kaja Legian in Bali, is designed to relax, soothe and revitalise. With a selection of treatments against a picturesque backdrop, an afternoon at Cocoon is sure to leave visitors feeling refreshed, relaxed and thoroughly pampered. The spa offers a warm, inviting environment, complete with avant-garde architectural elements and private consultation and treatment rooms.

Cocoon Medical Spa was born from a dream to deliver an anti-ageing spa with a difference. Founder Louise Cogan, who has worked in the cosmetic industry in Malaysia and Thailand for the past 10 years, has truly created a world-class medical spa with immaculate attention to detail and highly personalised care.

Taking a holistic approach to anti-ageing, the clinicians at Cocoon Medical Spa consider beauty as possessing "youthful vitality", not just a wrinkle-free complexion. They offer a combination of treatments and technologies to deliver the best anti-ageing solution for each individual client. With programs to boost vitamins, balance hormones and

AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



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## *The 24-carat Gold Facial: a personal account*

Upon entering the cocoon medical spa, I was struck immediately by the tranquillity and serenity of the setting. With stepping stones leading to the sleek, new-age reception area, calming lighting and the tropical greenery, I felt calmer and peaceful. Cocoon Medical Spa is designed to embody the luxuriousness of a Bali holiday and it certainly feels like an extension of the surrounding paradise.

I had opted for the Cleopatra 24 Carat Gold Facial. The story behind the treatment stems from Cleopatra herself, as it's said that the pharaoh slept in a pure gold mask every night, believing it was the secret to her flawless skin. These days, the gold mask is touted to improve skin elasticity, reverse cell damage, improve blood circulation and stimulate the production of natural collagen in the skin's dermis.

Considering I was looking for a general anti-ageing rejuvenation, the 24 Carat Gold Facial seemed appropriately tailored to my needs and the condition of my skin.

Before treatment, I was taken to one of the pods alongside the stepping stone path. I hadn't realised walking in, but these pods are individual treatment rooms – symbolising the "cocoon" namesake. The idea is, you enter the pod before treatment and emerge beautiful after your facial, just like a butterfly from a cocoon. Each pod is unique in its design, and feels like your personalised pampering sanctuary.

Before the gold mask was applied, I underwent a microdermabrasion treatment to exfoliate dead skin cells and help improve infusion of the gold mask to follow.

Once the mask was administered, I received a fabulous foot massage while the 24 carat gold worked its magic. The treatment was relaxing and calming, and the mask felt cool and soothing on my skin.

Following treatment, my face felt tighter and more refreshed. It felt cleansed and purified and I noticed a definite glow to my complexion. I put this down to the gold mask – plus the rush that comes from an hour of pampering in a luxurious setting.

I definitely hope to return to Cocoon during my next trip to Bali, as the level of care, the luxuriousness of treatments and the quiet, tropical feel was the perfect complement to brief island getaway.







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detoxify the body, the wellness arm is a major component of the Cocoon philosophy – alongside facial treatments and platelet rich plasma (PRP) therapy.

Facial rejuvenation at Cocoon Medical Spa can include anti-wrinkle injections, dermal fillers and PRP treatments, alongside customised skin peels, skin needling and diamond microdermabrasion. Laser and light therapies are also offered, as well as various collagen induction modalities.

*With a selection of spa treatments, an afternoon at Cocoon is sure to leave visitors feeling refreshed, relaxed and thoroughly pampered*

With such an extensive range of anti-ageing treatments on offer, the clinicians at Cocoon conduct an in-depth consultation with each client to establish the most suitable cosmetic approach.

Cocoon understands the various techniques needed to treat patients of different ages – for example, patients in their 20s to 30s are usually seeking a skin pick-me-up, those in their middle ages are hoping to slow the process of ageing and those in their 50s and 60s are looking for results-based treatments to improve skin health and reverse the signs of ageing. She has infused the clinic with this individualised perspective, and each treatment is optimised to improve the client's health, appearance and overall quality of life.

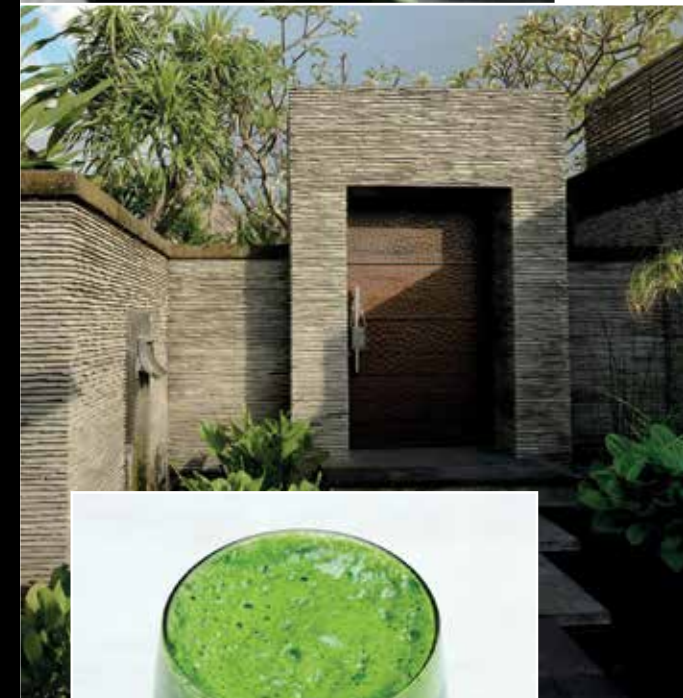
In a unique approach to treating allergies, soothing skin conditions such as psoriasis and eczema, and relieving stress, anxiety and headaches, Cocoon Medical Spa offers Halotherapy, or salt therapy, to help boost health and restore energy levels.

Halotherapy is a holistic method that recreates the natural micro climate of a salt cave. Patients enter a room where every surface is covered in layers of salt, and a dry salt aerosol maintains the salty concentration at an optimum



level. By performing breathing exercises and relaxing in the salty surrounds, the vapour can help treat respiratory ailments, calm skin irritations and combat mental lethargy. Halotherapy is often used in conjunction with Cocoon's Vitamin IV Therapy, which delivers a mixture of rejuvenating vitamins and minerals directly to the blood stream

Cocoon's unique approach to anti-ageing leaves visitors feeling relaxed, revitalised and purified. Whether it's skin rejuvenation, or holistic health therapies, the benefits of a day at Cocoon Medical Spa can infuse a Bali holiday with wellness, revitalisation and that essential dose of luxurious pampering.



# Sentosa Villas

A TRIP TO BALI IS NOT COMPLETE WITHOUT A STAY AT **SENTOSA SEMINYAK** LUXURY WORLD-CLASS VILLAS.

A collection of luxurious three-bedroom, four-bedroom and five-bedroom villas, Sentosa in Seminyak is a world-class resort of opulence and Indonesian style extravagance. Located in Seminyak, on the southwest coast of Bali, the resort is perfect for a private getaway or a holiday with family and friends.

Boasting 43 private villas, each unit has a private swimming pool, nestled between lush tropical gardens and lotus ponds. Fully equipped gourmet kitchens transform each villa into a home away from home, and the open living-dining plan, as well as private ensuite bathrooms and five-star bedding, means no indulgence is overlooked.

The resort features a signature restaurant by Australian chef Luke Mangan, who conducts private cooking classes for Sentosa visitors. Guests can lounge in a 35-metre rock pool, relax in the bar area, or make the most of the fitness centre and spa. Notably, a touch of Cocoon luxury can be experienced at Sentosa Villas, as the medical spa has launched a pop-up salon at the extravagant holiday accommodation.

For those looking for an indulgent getaway, complete with the best elements of the Bali lifestyle, a stay at Sentosa Villas will tick all your holiday boxes. Its central location means visitors can walk to designer boutiques, world-class restaurants and Petitenget Beach Temple, located next to Petitenget Beach.

Certainly, combining Cocoon Medical Spa indulgence, with a luxurious Sentosa stay, is sure to leave you feeling refreshed and invigorated upon your return from Bali.