

GET “Cocoon-ed”

GIVE YOURSELF A NEW YEAR’S CONFIDENCE BOOST WITH A SPECIALLY TAILORED AESTHETIC TREATMENT FROM COCOON MEDICAL SPA

If crow’s feet, fine lines, age spots or love handles are making you feel old, a trip to Bali’s premier aesthetic spa might be just what you’re looking for. The award-winning Cocoon Medical Spa offers a full roster of anti-aging, integrative and wellness treatments performed by internationally qualified Indonesian doctors. As well as injectables aimed at filling out wrinkles, the clinic offers cellulite, acne, scarring, enlarged pore and saggy jowl solutions, among many other treatments.

But unlike others, this medical spa recommends a holistic approach to beautifying as founder Louise Cogan explains, “we shouldn’t rely on injectables solely as they don’t help with skin health in the long term. What really improves the skin over time is a combination of treatments. Together with detox and wellness treatments, this will make a huge difference in the long term to the skin and body.

So what’s their most popular treatment? **Colon Hydrotherapy** is always booked out! Described as “a bath on the insides,” colon hydrotherapy cleanses the entire length of the colon, removing stuck on fecal matter and toxins and reducing bloating.

Another popular treatment is the **24 Carat Cleopatra Gold Facial**. Designed to improve skin elasticity, reverse cell damage,

improve blood circulation and increase the regeneration of natural collagen, the treatment includes:

- Diamond Microdermabrasion
- Dermapen Microneedling
- LED Red Light therapy
- Gold Collagen Mask
- 24 Carat Hyaluronic Acid Gold Serum
- 24 Carat Gold Collagen Moisturiser

While it’s not a particularly relaxing experience, it certainly is not stressful and none of the procedures are painful (in any case a numbing cream is applied before the microneedling so you don’t feel anything). Afterwards, expect a red face and a bit of tenderness (you are recommended to stay out of the sun and avoid swimming for a couple of days). Your skin will continue to improve over the next couple of months as new collagen is formed.

So confident that you will notice results, Cocoon will invite you back for a second treatment free of charge if you don’t see any difference. For the full list of very affordable treatments offered at Cocoon, check out their website, www.cocoonmedicalspa.com.

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