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Rejuvenate Before Your Bali Wedding at Cocoon Medical Spa

By Tanya Joslin | November 16, 2015

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Cocoon Medical Spa is the brainchild of Australian Louise Cogan who wanted to create a haven where guests can enjoy proven anti-aging treatments administered by fully-trained doctors using modern technology... without making her customers' wallets cry when it came time to pay the bill!

Bali is well known for offering great value when it comes to luxury experiences. And, with many of our Great Destination Weddings' readers looking at marrying in Bali, I decided to check out Cocoon Medical Spa's modern premises in Seminyak for our dear readers (and myself!).

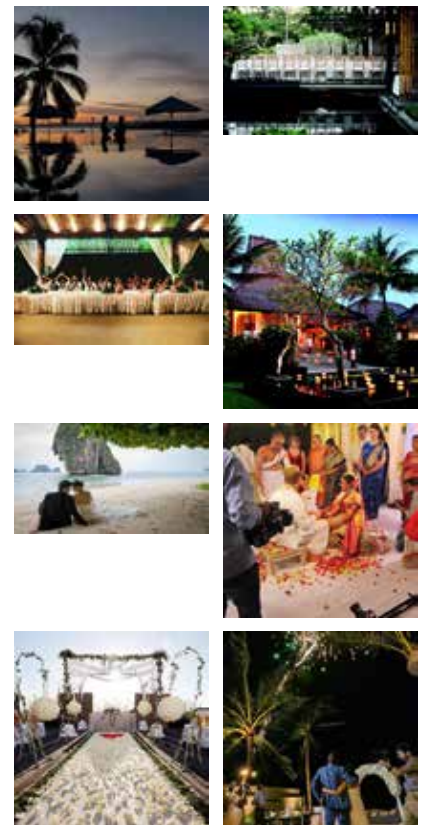
I was in Bali working with back-to-back appointments, so time was not on my side, but if it had been there were a good four or five treatments I would have loved to try. (Note to readers, leave quite a few days to enjoy Cocoon's services as there are so many amazing options for body and face!) One treatment that fascinated me was the Vampire Facial, originally made famous by Kim Kardashian and now embraced by many A-listers.

Better known as platelet-rich plasma injections, the Vampire Facial requires the extraction of blood from your arm, which is then spun through a centrifuge in order to separate out the clear, yellowish plasma which is then injected into the skin. The plasma is rich in collagen, which encourages growth in the skin. There really is a science to this treatment, which may explain why so many celebrities love it!

With my busy schedule leaving no room for down time (the wonderful Doctor Josie was honest with me and said she could not promise that there may not be a little bruising),

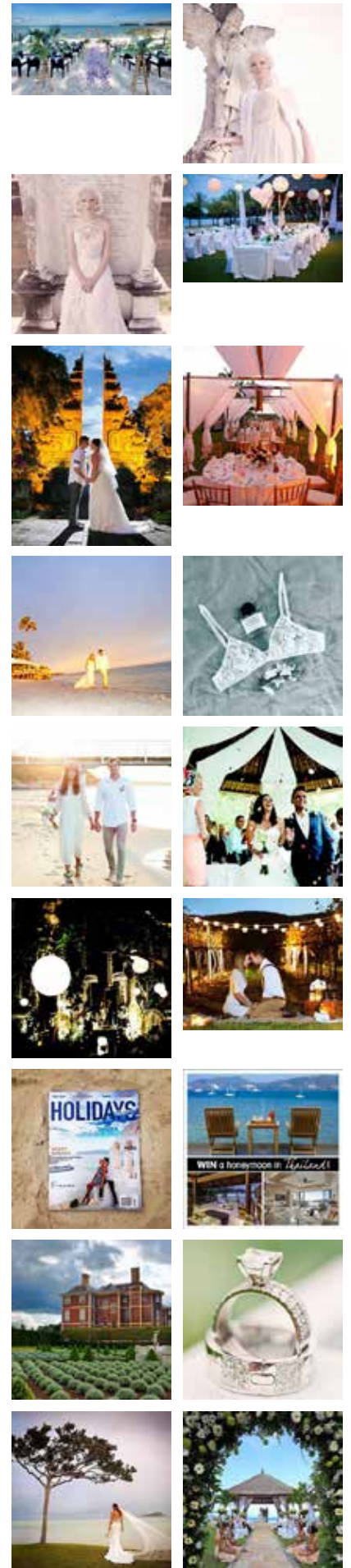


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the Vampire Facial was not an option on this trip. Doctor Josie did, however, arrange a treatment of micro-needling with the added benefit of my own plasma used as a serum during the process. This was a way for me to get some of the benefits the Vampire Facial is so famous for, but not on such a deep level. The treatment was virtually painless, and the results are noticeable even after only one treatment (again, ladies, leave some decent time to visit Cocoon because the effects of many of the treatments culminate, so two or three sessions can often give the ultimate results). You can read more about micro-needling [here](#).

Louise's whole philosophy revolves around being able to offer her clients incredible results in a short amount of time. You can choose from body treatments such the ultimate Fat Loss Package (which includes three Fat Blaster treatments, three colon hydrotherapies, three infrared saunas and five days of juicing), dermal fillers and botox for those looking for a more serious approach, and micro-dermabrasions and LED therapy for the less adventurous. The team at Cocoon will make sure you look your very best on the big day! Even if you aren't holding your wedding in Bali, you could take a hen's getaway to the next level and enjoy a few days on the island of the gods with your BFFs, enjoying the sun, sand, shopping... and treatments at the lovely Cocoon Medical Spa. Visit [Cocoon Medical Spa](#) for more information.



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Nichola Davies

