

MEDI SPA

METAMORPHOSIS

By **Francesca Steffen**

As we enter the architecturally impressive building of Cocoon Medical Spa we are greeted and welcomed by the friendly and efficient manager who says we'll be seeing Dr Angel for a consultation. We are excited and a bit nervous, and the name Dr Angel creates a heightened sense of mystique.

The clinic is stunning and it oozes a professional air everywhere we turn. The chic, clean lines, minimalist décor and the friendly staff create the perfect atmosphere to be pampered and spoiled.

Cocoon Medical Spa treatments stem from its powerful principle, "Beauty is not merely the absence of lines ... it is youthful vitality." The holistic philosophy behind this concept is clarified by Dr Angel. She explains that long lasting beauty doesn't just come with botox and fillers but from the inside. "We like to work from the ground up," she says. "So rather than starting with Botox and fillers, we focus on rejuvenating the skin."

Dr Angel begins by asking us what we would like to improve about ourselves and assessing our skin's condition and needs.

She encourages me to try the Cleopatra Treatment, which includes a medley of therapies with luxe-sounding names: Diamond Micro-

dermabrasion, LED Red Light therapy, Gold Collagen Mask, 24 Carat Gold Hyaluronic Acid Serum and 24 Carat Gold Collagen Moisturiser. She tells the story about Cleopatra, who slept in a pure gold mask every night, believing it was the secret to her flawless skin. The treatment improves skin elasticity, reverses cell damage and improves blood circulation. It can't get more luxurious than that!

After the treatment, I feel glorious, just like Cleopatra on her Egyptian throne. My skin is smooth, plump and I have that "golden" glow.

I finish off with the popular vitamin IV therapy, the perfect boost recommended by Dr Angel to help me recover from days on end of nonstop work. The vitamin booster contains vitamin C for skin brightening, a vitamin B complex for blood circulation, Neurobion for anaemia and Tationil for detoxification.

This magical cocktail of vitamins and minerals is administered intravenously while I relax on a sofa for half an hour and get a relaxing foot massage. I feel a buzz immediately. We leave Cocoon Medical Spa inspired by the holistic approach and feel beautiful and rejuvenated from the inside out.

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