

# Janiqueel

## Bareskinned in Bali Cocoon Medical Spa



*Cocoon Medical Spa Legian waiting room*

If you wear makeup for long hours everyday like I do, I'm gonna tell you now that no amount of DIY facial masks on your self-care Sundays is going to really brighten up the boring, dull complexion on your face. On top of the occasional acne breakouts induced by stress and pollution (which I hide with makeup), I learnt that this seemingly "dull complexion" is actually caused by YEARS of dead skin cells build up on the top layer of our face. While my combination skin is fortunately low-maintenance, I would have never reckoned it's potential until I was introduced to microdermabrasion.

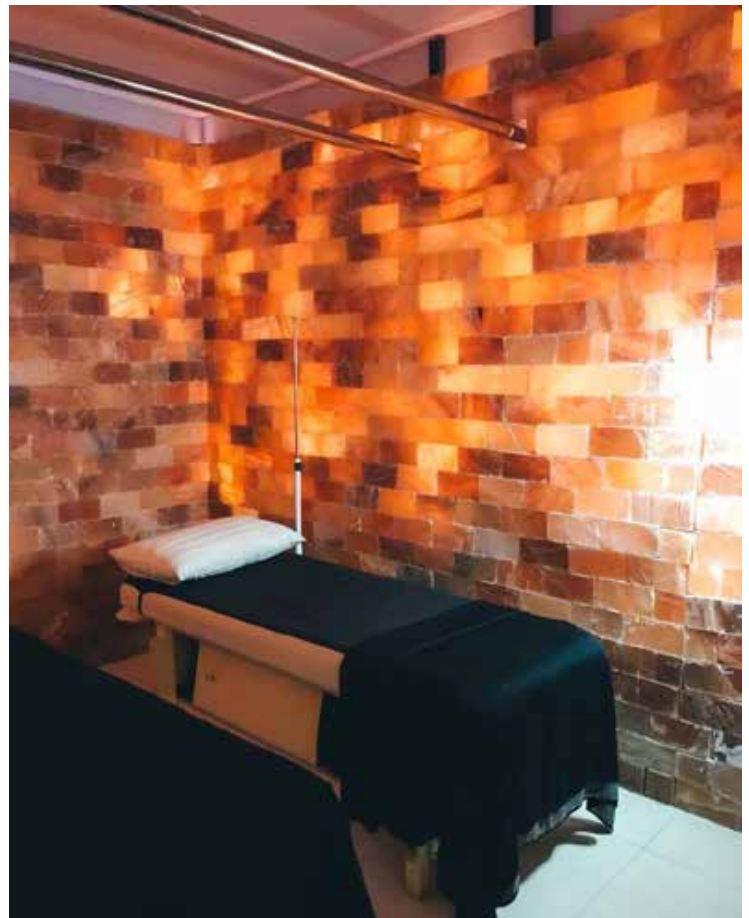


### *Cocoon Medical Spa Legian*

While I was in Bali, I visited Cocoon Medical Spa in Legian (they have another branch in Ubud too) and as soon as I stepped into it's facilities I was immediately taken in awe by it's architecture, futuristic interior and the variety of services they offer. Treatments at Cocoon Medical Spa includes botox and fillers, laser, permanent hair removal, slimming and cellulite removal and different types of skin rejuvenation including diamond microdermabrasion. While there was a clear upscale ambience, Cocoon promises to “deliver international quality for tiny Indonesian prices”. I indulged in the Cleopatra Gold 1 Package (quoted at Rp 1.000.000/approximately SGD\$98) which consists of various treatments like Diamond Microdermabrasion, LED Red Light Therapy with the 24 Carat Gold Hyaluronic Acid Serum and Collagen Moisturiser and the Gold Collagen mask. Value for oney, if you ask me!



*Cocoon Medical Spa Legian hallway*



*Salt Room for Halotherapy*

Unlike a lot of spas I have been to around Legian and even in Ubud, everyone was warm and welcoming. The staff are professionals; they were able to explain the steps clearly and elaborate on the procedures and the effects it has on your skin type. Their advanced Diamond Microdermabrasion technology boasts to be their latest treatment which removes dead skin cells, smooth wrinkles, treat pimples and clears the complexion... and that is exactly what it did, because you can immediately feel and see the difference. The treatment is non-surgical, non-invasive (by that I mean, it's as invasive as your daily facial scrub), and it provided no discomfort for me. Gone are years of dead skin cells build up and it felt like my skin is finally breathing!

After the microdermabrasion, the cooling in-house 24 Carat Gold Hyaluronic Acid Serum is applied to keep the skin plump and hydrated. The LED Red Light Therapy is followed after to create a healthy glow about your face and speeds with the healing of blemishes, like acne. As I often spend a lot of time in tropical climates, the LED Red Light Therapy is also beneficial in repairing sun damage on your skin and my uneven skin tone. The therapy does not require the use of needles and isn't at all painful. Albeit, I figured I might be a little claustrophobic in the beginning when the equipment was hovering over my face but there is nothing meditated breathing cannot help you with, especially in minor situations like this.



### *Collagen gold mask*

The last part of the treatment was the application of the Gold Collagen Mask. The masks are new and deeply saturated with their in-house collagen serum. Looking a little like Iron Man with its bright gold color, the mask feels cool to the skin and brought no side effects to my skin. Collagen moisturizer and sunscreen was applied at the end of the treatment to protect the skin from immediate exposure of the UV.

Immediate results from the treatment after the session is guaranteed. My skin felt light, clear and my cheeks — rosy, without a blush. I haven't found the need to put on makeup since the treatment while I am still in Bali (except for lipstick). I moisturised my face like I always do (twice a day, every time after a shower) and made a more conscious effort to put on sunscreen all the time because the sun here is unforgiving like that. This treatment has truly been a game changer in my beauty regime and also an added must-do when I come back to Bali next time on top of the regular Balinese massages and flower baths.