

New Year, New You: Here's 4 of our fave medi-spas to visit in Bali in 2019

By Honeycombers Editorial



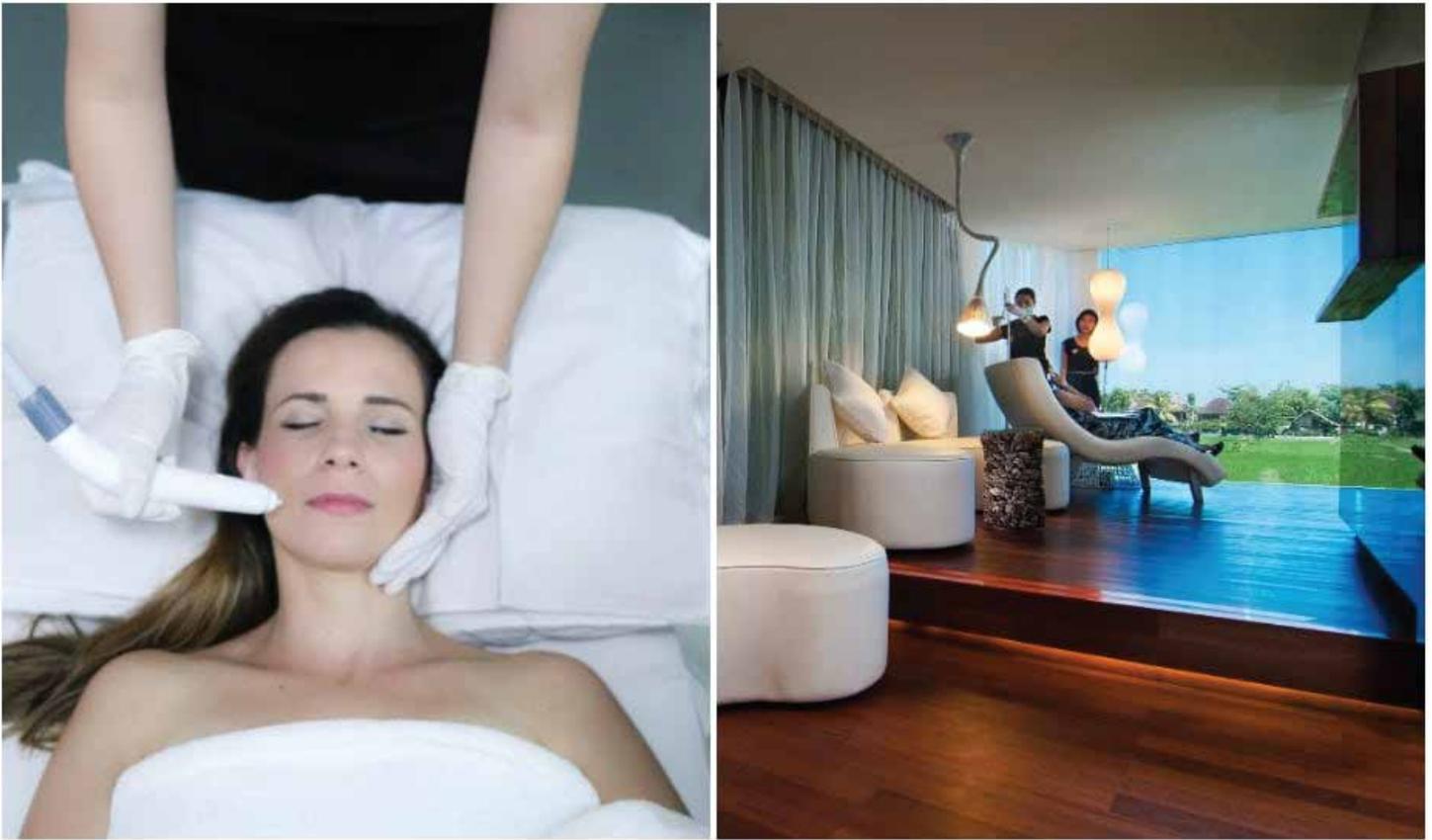
Botox, vampire facials, cosmetic lifts - you name it, Bali's best medi-spas have it. Here are the Top 4 you need to try this year, and the signature treatments they do best.

As we kick off the new year, there are always plenty of beauty and wellness resolutions in tow. Maybe you've promised to hit the gym more often, maybe you're getting ready for a detoxifying juice cleanse, or maybe, you're hoping to visit a top medi-spa to tackle those pesky wrinkles, purify your complexion, lose that additional holiday weight or enhance your facial features.

Well, with world-class facilities, highly trained doctors, and treatments that are almost half the price of Australia or the US (plus the bonus of being able to relax in a lush island setting!), Bali's best medi-spas might be the excuse you need to jet off on a beauty-boosting getaway. So to help you on your journey, we asked expert health and beauty blogger Lolita Walters to give us the low-down on Bali's top medi-spas for 2019 – including the signature treatments that they do best.

Go ahead, you deserve it...

1. Cocoon Medical Spa



You'll love it because... the world-class Cocoon Medical Spa is the *crème de la crème* of anti-ageing and integrative wellness in Bali, with innovatively-designed spaces and a holistic approach from internationally-qualified Indonesian doctors. You won't be compromising on quality here, because Cocoon's prices are extremely affordable, yet their integrative approach, technologies and customer service are all five-star. Cocoon's doctors seamlessly combine aesthetic and cosmetic treatments together with anti-ageing and wellness therapies, including hormones, vitamin IV therapies, detoxification and Platelet Rich Plasma (PRP) to facilitate research-proven results.

Try the: PRP combined with Dermapen.

Made famous by Kim Kardashian as "the vampire facelift," this treatment involves separating the platelet rich plasma (PRP) from your own blood, which is then distributed to targeted areas of your face via tiny injections. The result is a highly anti-ageing and healing "serum", and combined with a Dermapen, you get a double-infusion of PRP via all-over micro-punctures, with all the added benefits of micro-needling.

The perks: This natural combination treatment is a self-healing catalyst, resulting in increased collagen production, improved skin vitality, diminished acne scarring, reduced sun damage, increased skin hydration... basically a one-way ticket to a flawless complexion. You will see results after just one treatment, however, for the best results you may require a series of sessions, which can be determined by the doctor.

Cocoon Medical Spa. Ubud: Jl Monkey Forest No.8, p +62 8113882241. Legian: Jl Sunset Road, p.+62 8113882240, e. info@cocoonmedicalspa.com. Open Mon – Sat 10am – 7pm.

3. ARC Anti-Ageing Beauty Clinic



You'll love it because... the Australian-owned ARC clinic is the pioneer of medical tourism in Bali, having opened its doors in 2002 and is now Indonesia's largest anti-ageing facility. Staffed by experienced cosmetic physicians and nurses using leading-edge technologies and first-class hygiene standards, ARC's broad range of anti-ageing and cosmetic programs are non-invasive, results driven and offer a tailored-approach to your individual needs.

Try the: Thread Face Lift.

This non-surgical procedure instantly lifts and firms saggy tissues, using absorbable bi-directional barbed threads that are inserted under the skin with a needle to lift drooping skin on the brow, cheeks, eyebrows, lower eyelids, jowls and neck.

The perks: The treatment is carried out under local anaesthesia, which makes it painless and takes just one hour, while the effects are immediately visible (although some light swelling can occur for a few days after). Results last approximately 1 – 2 years depending on your age, the degree of sagging and the number of threads used. If you're not ready for a surgical facelift but would love to look instantly more youthful, a thread lift is your golden ticket.

ARC Anti-Ageing Beauty Clinic, Jl Sunset Road No. 819. Kuta, p. +62 361 754 645 / +62 361 766 282, e. bali@arc-clinics.com. Open Mon – Fri 9am – 6pm & Sat 9am – 3pm.

4. Rejuvie Clinic



You'll love it because... This highly specialised clinic has established itself as one of the island's best medi-spas, with a focus on state-of-the-art anti-ageing beauty and body sculpting treatments. Their wide range of non-invasive procedures prove that you don't need to sacrifice safety in order to achieve highly effective and long lasting results.

Try the: Accent Ultra.

This two-pronged treatment is designed to effectively remove fat, reduce cellulite and contour the body and face using ultrasound and radio frequency. It smoothes and sculpts without going under the knife by utilising synergistic technologies that facilitate lipolysis (the breakdown of fat) and enhance the contour of most body parts.

The perks: Accent Ultra is a popular non-invasive procedure with minimal pain and no downtime. First fat deposits are targeted with ultrasound to reduce localised body or facial fat cells. This is then followed by Radio Frequency to generate heat, stimulating collagen and thereby tightening the skin. It also helps realign collagen and elastin fibres to smooth the fat cells and counteract the "orange peel" dimple effect. Women with cellulite and sagging skin are ideal candidates for Accent Ultra and usually see amazing results...

Rejuvie Clinic, Jl Dewi Sri, Pertokoan Kuta Plaza 18 Blok B4, Kuta, p. +62 361 760084, e. info@rejuvieclinic.com.
Open Mon – Fri 10am – 6pm & Sat 10am – 5pm.

Happy spa-ing Honeys!

2. Eden Life Centres



You'll love it because... This modern sanctuary is a chic one-stop destination for beauty and relaxation, nestled on Seminyak's trendiest strip. Offering a medical spa and beauty bar under one roof, Eden Life Centres houses a selection of boutique cosmetic treatments performed by a team of internationally trained doctors and aestheticians, all working synergistically to deliver the best results, tailored specifically to you. Their extensive menu of therapies help to relax and revive the body from head to toe, while the elegant marble interiors, swinging chairs, flowers, plants and beautiful décor makes you feel like you really are in the Garden of Eden.

Try the: Detox IV & Medi Facial.

Combining Eden's signature Detox IV with their renowned Medi Facials, this treatment is an inside-out approach to looking (and feeling) fabulous. And, since the skin is the body's largest organ, it makes sense to simultaneously take care of it from within as well as from the surface.

The perks: Eden's Medi Facials correct skin imperfections and help with unpleasant conditions like acne or hyper-pigmentation. Meanwhile, the Detox IV infusion helps to fight free radicals, known to damage healthy cells in our body, accelerate ageing and contribute to disease. Therefore, the IV contains a custom cocktail of fluids, electrolytes, vitamin C and glutathione to flood your body with antioxidants and banish those free radicals, helping to detoxify heavy metals, increase energy and vitality, and leave your skin looking luminous and bright from the inside out.

Eden Life Centres, Jl Petitenget No. 12, Seminyak, p. +62 361 934 2958, e. contact@edenlifecentres.com. Open Mon – Sat 10am – 6pm.