



Vampirism invades spa



Vampires have taken over the beauty industry but that does not mean treatments suck, writes **Jill Russell**

I SUPPOSE it was inevitable, with vampires being pop culture favourites, that another industry would want its cut, so to speak.

That industry is health and beauty, where I find myself undergoing a vampire facelift. In Bali.

I am on a luxurious, yet affordable, holiday while undergoing best-practice care at Cocoon, an up-market medical spa at Legian, specialising in non-surgical

TRAVEL MATE

DOING THERE: Cocoon Medical Spa, Sunset Rd, Legian, Bali. Cocoon offers a complimentary pick-up service to hotels and residents in the Seminyak, Kuta, Legian, Kerobokan, Canggu, Pererenan and Denpasar areas.

what hydrates and plumps dry and ageing skin. Cocoon has a range of what it calls pure skincare products that include the "hot" skincare ingredient.

Cocoon's prices, up to 80 per cent less than Australia, may be what first capture clients' interest. But it's the realisation that lower prices come with quality, state-of-the-art procedures carried out by qualified staff in a stylish setting, while enjoying an affordable Bali holiday, that



MEDICAL HOLIDAY: Combine your healthy skin and well-being procedures at Cocoon with a stay at Amana Estates and treat yourself to a luxurious holiday.

enterprising Australian businesswoman Louise Cogan.

But, before we get wrapped up in Cocoon, I know you want to know about the vampire facelift.

First, it involves blood. Your own. The good news is that, although it sounds creepy, it is a painless, non-surgical cosmetic procedure that involves reinjecting the clear, gel-like substance, platelet-rich plasma (PRP), extracted from your own blood.

Micro-needles are used to prick the facial area, into which the gel is smeared to kickstart your skin's renewal. The result is that wrinkles will be reduced, jowls become less noticeable, pigmentation is improved and acne scars lessened. In short, you'll get back some of that lovely glow of days gone by.

Vampire facelifts received attention when celebrities started to blog and tweet about theirs. Supermodel Bar Refaeli posted a selfie of her face smeared in blood during the process. Kim Kardashian had a \$1500 Hollywood-style vampire facelift on camera for her TV reality show.

For eight years Cogan owned and ran cosmetic surgery company Gorgeous Getaways, with thousands of Aussie clients to its Malaysia and Thailand locations. Big procedures. Never non-surgical.

"I really had seen a lot of the big, invasive surgery procedures," Cogan says. "Everybody is looking for a quick fix and plastic surgery does deliver it, a massive change in just a couple of weeks, but there is a price to

of Seminyak, offers a range of luxury villa accommodation, including private butler services and access to affiliated venues, such as the exclusive Canggu Country Club sports facility.

MORE INFO:
cocoonmedicalspa.com.

pay for surgery and it really is a long road to recovery. It's painful and it's difficult, emotionally as well as all the scarring.

"What I really saw in all those years was the need for prevention. About 80-90 per cent of our surgeries we could have prevented through non-surgical procedures earlier on in life. Then you don't need to do the whole invasive surgery in your 50s and 60s."

It was this belief that there had to be a better way, prevention, plus a driving desire to explore wellness options for clients, that spurred Cogan to set up Cocoon.

"On the wellness side, keeping our skin healthy has long-term benefits for anti-ageing," she says. "If we really keep our skin healthy through non-surgical procedures, just a bit of maintenance every year, and, as we get into our 40s, a little procedure every month, or a facial."

Expensive creams aren't necessary, Cogan says products with hyaluronic acid are the go, as this ingredient is

spa we'll start talking about our philosophy and how we believe in the combination of treatments to improve skin health," Cogan says. "We definitely do not want to be an in-and-out Botox centre. Botox has its place for anti-ageing but it's not everything."

Cocoon has partnered with about 10 Australian and British doctors and nurses to train its staff in technique and communication to tailor the right packages for clients.

Cogan says clients often want their treatments over a week. Two or three appointments in between the client's other holiday activities. So, over a week, a client may have laser treatment, the vampire facelift and perhaps a salt treatment.

Cocoon's packages can be viewed at its website and these include skin rejuvenation and anti-ageing; acne and associated scarring; and detox, wellness and fat blasting.

Cosmetic treatments include anti-wrinkle injections, dermal fillers, laser fractional

skin rejuvenation for pigmentation and wrinkles, and photodynamic therapy.

Wellness options include colon hydrotherapy, infra-red sauna and vitamin IV therapies, while Cocoon's salt room reproduces a salt cave's microclimate to relieve skin irritations and respiratory ailments.

Once done at Cocoon, then Bali fun beckons. More than once reason to glow.

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