



Bali's gentle living softens your mind and opens your heart. But with hours spent squinting into the sun and ploughing through scooter fumes, it doesn't exactly foster your facial glow.

Thankfully, Bali reigns supreme in beauty services with facials for every skin type and budget. The choice boils down to the common baffling question: to go holistic or tap into the high-tech? The standard Western facial has been amped up with medical fine-tuning, which focuses on results far more than relaxation. Meanwhile, more holistic practitioners still take a gentler approach, working from the inside out and prioritising a zen mode.

Here we look at two of Bali's top centers for skin renovation, taking a comparative look at different beauty perspectives in the East vs West of facials as delivered here in Bali.

Western approach: Cocoon Medical Spa Facial

Designed like a Cocoon, albeit an industrial one, walking into this medical spa is like stepping into a chic warehouse with pebbled floors and a 50ft ceilings. The treatment rooms are called 'pods' – self-enclosed structures that line both sides of the warehouse – and only the scent of lemongrass reminds you that this is a day spa. It's a good feeling, in a futuristic, no-nonsense way. You know their treatments aren't for fun and the facial itself is taken seriously, with a full play-by-play breakdown emailed to customers the day before. The aesthetician explains each step of the procedure, down to the minute. Their basic facial includes a deep clean, microdermabrasion, full face LED, and Oxygen Jet Peel and Oxygen Infusion, which is finished by a collagen mask that comes out of a sealed semi-frozen container.

The therapist explains that clients wanting serious skin improvement come in specifically for skin rejuvenation, particularly surfers and beachgoers who suffer from sunspots, open pores or freckling. For this they recommend their laser treatment, micro-needling and plasma injections. They also offer a salt room, and an oxygen bar complete with B-vitamin IV drip. FYI, Bali locals get a discount.

Find out more: cocoonmedicalspa.com