



COCOON

— MEDICAL SPA —





Cocoon Medical Clinic at REVIVŌ Resort

Live Longer,

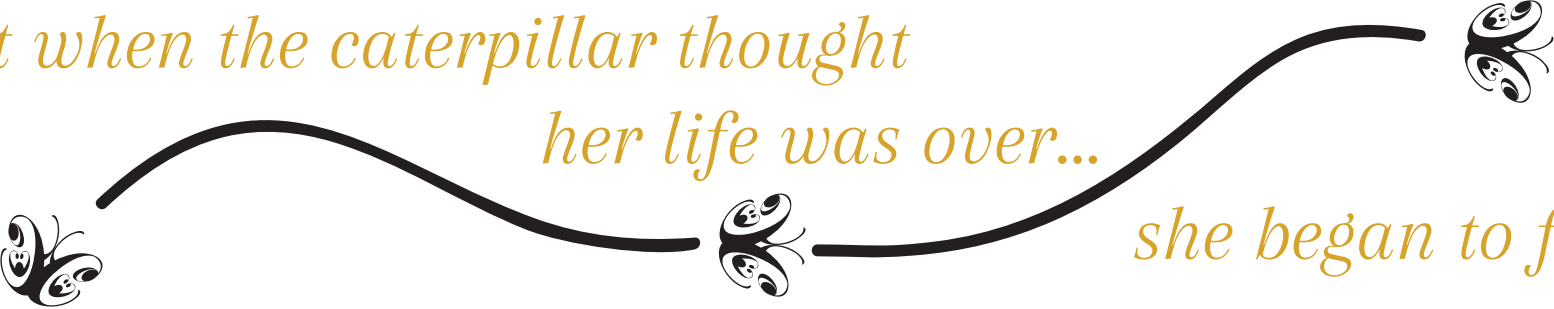
Healthier,

... And Happier.



Comprehensive medical wellness, fitness
and nutrition retreat to transform your health.

*“Just when the caterpillar thought
her life was over...
she began to fly”*



The name Cocoon implies transformation, and we deliver change in the body and mind through the combination of deeply relaxing Asian therapies combined with the newest proven biohack technologies to renew and rejuvenate the body on a cellular level.

Cocoon Medical Retreats offer a world class luxury wellness medical spa with stunning luxury resort facilities, restaurant and wellness classes, delivering results-based programs and solutions to improve our client's health and life.

Delivering a different approach to Wellness Retreats:

We offer a much different approach to Wellness retreats. Usually, you are faced with choosing from a long list of retreats that focus on fitness, or weight loss, or detox, or hormone balancing, or sleep. But what if you would like to achieve all these wellness goals? All aspects of wellness are interconnected. The holistic concept of wellness means that everything you do has an impact on the other.

Cocoon takes the holistic, personal approach as we believe that everyone would like to address all these issues for total wellbeing. We only have 1 comprehensive retreat for total wellness, which has diagnostics and treatments for all issues - lose weight, sleep better, balance your hormones and get fit.

In a few simple steps, you can personalise your retreat, according to your goals, treatments, number of nights, meal preferences and budget.

Cocoon Medical Spa / Cocoon Wellness Spa

EXISTING LOCATIONS



Legian, Bali, Indonesia
Ubud, Bali, Indonesia
Canggu, Bali, Indonesia
Nusa Dua Bali, Indonesia
Milan – Sheraton Hotel
Bahrain – Hilton Hotel Juffair
Bahrain – Hilton Hotel Seef
Bahrain – Riffa

AWARDS

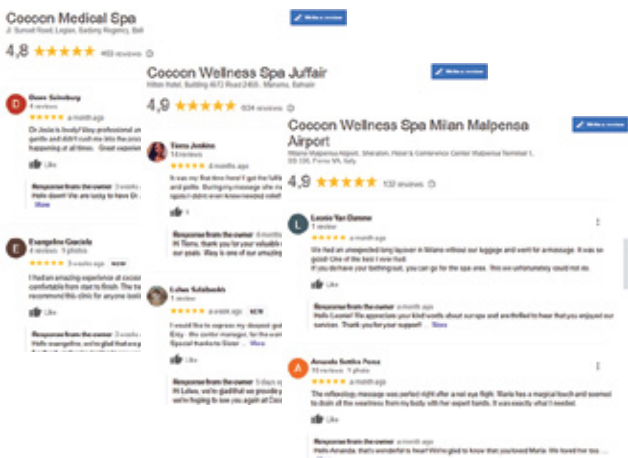
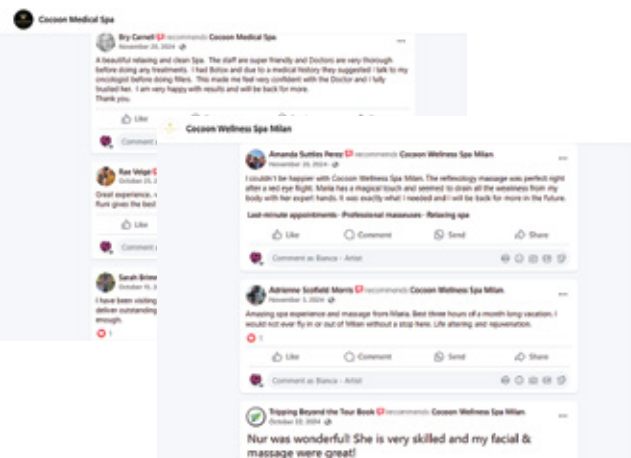
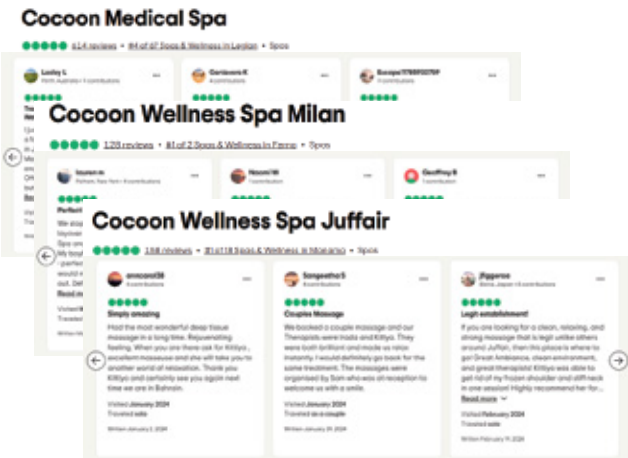


"Favourite Signature Treatment" Bahrain Oh la la Spa Awards 2025
"Best Female Spa" Bahrain Oh la la Spa Awards 2024
"Best Facial Treatment" – Oh la la, Bahrain Spa Awards 2024
"Best Medical Spa Treatment - Naked Skin Package" – AsiaSpa Awards
"Best Cosmetic Clinic in Bali" – Bali Spa Guide
"Best Medical Spa in the World" – IMTJ Awards, London
"Best Luxury Medical Spa – Asia" – World Spa Awards
"Best Medical Spa in Asia" – Asia Spa Awards
"Best Spa in Bali" – Yak Awards

REVIEWS



5 star rating from more than 1,000 reviews across different platforms:





A personalised, comprehensive medical program to transform your health.

6 Principles of Longevity

1. Holistic Medical Diagnostics

Diagnostics that look for the underlying causes of a patient's health concerns to provide a comprehensive health evaluation.

2. Integrative Preventative Medicine

Delivering change in the body and mind through newest proven biohack technologies to renew and rejuvenate the body on a cellular level. We offer the complete range of wellness, detox and aesthetic therapies with state of the art medical devices, along with experienced and caring medical staff to provide a thorough consultations and analysis.

3. Nutrition

Our nutrition programs are personalised according to the diagnostic reports and results in gut health, performance, mood and hydration.

4. Fitness and strength

Regular strength and movement exercise is proven to increase the quality of life and longevity. A personalised routine of fitness, stretching and strength work is vital for long term improvement in health and wellness.

5. Spiritual Health

Spiritual wellness is a way to feel connected to yourself and a higher being, and to handle stress. We offer different modalities, including spiritual healers, meditation, education and immersion into local communities and environment.

6. Sleep

Sleep is essential for good health and well-being, because it supports normal brain and body function. Getting enough quality sleep can help with mood, brain performance, weight, heart, health and immunity.

Key Philosophies



*Through healing, we find balance;
through work, we discover purpose;
and through creativity, we bring our vision to life.*

1. Integrative approach

We offer personalised, holistic programs to achieve health goals. From the facilities to the villas, restaurant meals to the immersive spa circuit, we are committed to providing all the ingredients to achieve long term health goals.

2. Long term approach to guests

Long term health problems cannot be solved in short term stays.

Health goals will be reached, new habits will be formed and a better understanding and knowledge of health and wellness will be formed.

3. Results driven

All treatments, technologies and programs we offer are proven efficacy and results.

Holistic, Personalised Program

*Using detox, biohacking technologies,
and medical specialists,
long-term health issues can be resolved.*



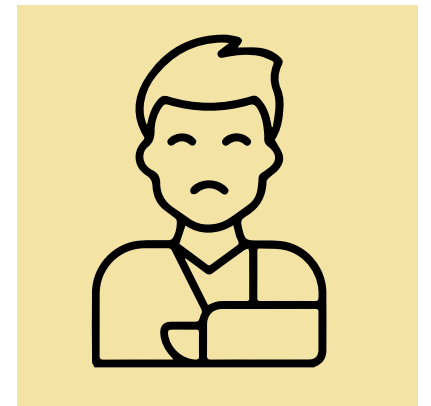
STRESS



ANXIETY AND
DEPRESSION



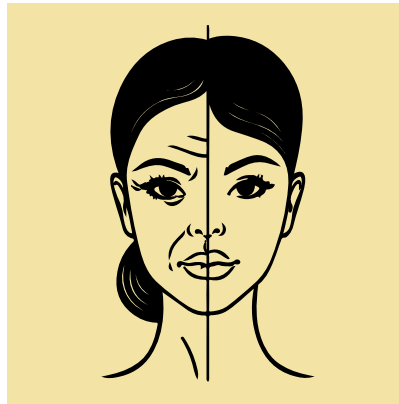
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& DISEASES



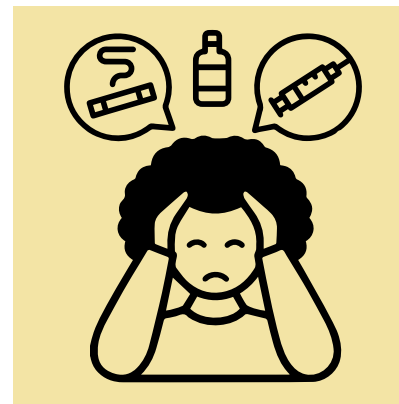
TRAUMA



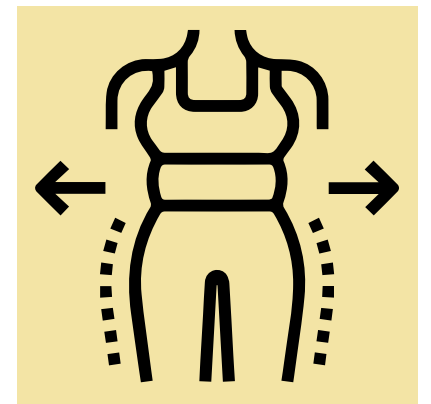
GUT ISSUES



AGING



ADDICTION



WEIGHT GAIN
& BLOATING

Integrative Medical Approach

Treating the body, and mind holistically with a single program



Each client in our program is treated holistically, according to the 6 pillars of longevity. The program consists of cutting-edge diagnostic screenings, and state-of-the-art equipment to determine health problems, including lack of vitamins, diabetes, obesity, hypertension, chronic pain, hormonal imbalance, stress and depression.

- Oxidative stress reduction
- Inflammation Reduction
- Pain Management
- Longevity & Anti-Aging
- Immune System Boost
- Preventative Health
- Viral Infection Management
- Wound Healing
- Mental Health Balance
- Physical Energy Levels
- Sleep Quality
- Recovery After Medical Treatments, Surgeries, Chemotherapies
- Hair & Nail Health
- Improvements of Skin Conditions

Personalised Medical Program and Retreat

- Boost your health with physical detox & healing
- Reducing stress & redefining your life
- Connecting with yourself, others, and the world around you
- Achieving inner peace through presence, focus, and clarity
- Achieving true personal freedom through mental & emotional wellbeing
- Getting clarity on your life direction - lifestyle, abundance, career, family & more



STUNNING LOCATION

World-class luxury in nature, private, surrounded by peace and ultimate service and support.



MEDICAL SPECIALISTS

Medical practitioners, labs, tests, and treatments performed by an experienced team.



COMPREHENSIVE PROGRAMS

A large range of treatments, diagnostics, and wellness therapies, allowing you to customize your program to suit your needs.



AFFORDABLE & ACCESSIBLE

We offer the most affordable luxury treatments and retreats. No other retreats have so many inclusions at such an affordable price.

The Program

An all-in-one holistic wellness and healing program.



Your Retreat

One Complete Package - Comprehensive, Holistic and Personalised

Wellness is about treating the entire body, mind and spirit. Therefore, we offer a comprehensive program, which allows you to completely customise your experience.

You can choose your diagnostics package, your treatments package, accommodation, fitness and meals - according to your health goals and budget.



DIAGNOSTICS:

You may choose the comprehensive package that gives you the complete picture of your health. Or you may choose to skip it for the treatments package only.



TREATMENTS:

The combination of functional and aesthetic medical wellness treatments is designed to improve overall health, balance hormones, lose fat and detox



MEALS:

You may choose to have a specialised program eg. detox juices, or all inclusive meals or if you are staying outside the resort, you can choose no meals.



FITNESS:

If your goal is to get fit, you can choose the fitness package including personal trainer. There are also additional tours and activities you can choose from.



OPTIONAL TREATMENTS:

A range of other specialists are available but not part of the package including: Dermatologist, Cardiologist and Psychologist - for trauma recovery, relationship difficulties and addiction. Please enquire for specialist treatments.



ACCOMMODATION:

REVIVŌ Resort is one of the worlds most luxury wellness resorts, with beautiful rooms and villas surrounded by Balinese nature. You are also able to complete your retreat as a day guest at Cocoon if you stay in another resort or villa.

Advanced Preventive Diagnostics

Get a complete picture of your health

Optimal health starts with comprehensive testing, using technologies, lab tests and devices, to understand your body's deficiencies, metabolism and DNA.

VISBODY:

Body Composition Analysis

SCREENING:

Electrocardiogram, Blood Pressure, Blood Glucose

EPIGENETICS:

Your genetic code assists in understanding your deficiencies

COMPREHENSIVE BLOOD ANALYSIS:

For internal organ health, cardio health, inflammatory markers, thyroid status

HORMONE PROFILING:

For men and women

IGE ALLERGY TESTING:

All common food and environmental factors

SLEEP ANALYSIS:

with Ultrahuman Ring

FITNESS TEST:

V02 Max

DERMATOLOGIST:

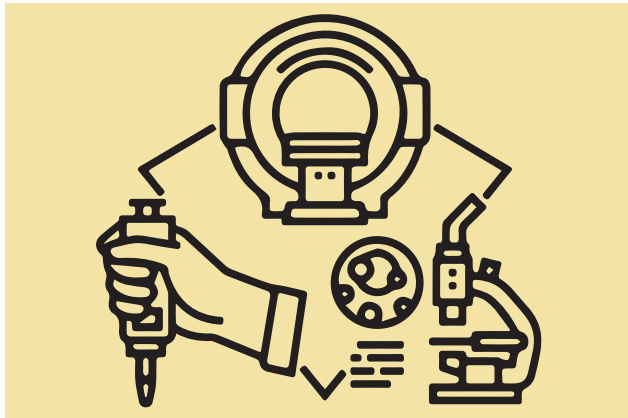
skin check with Dermascope



Epigenetics DNA Analysis

Epigenetic Testing in partnership with one of the worlds leading DNA labs in Hong Kong.

The key to longevity is the ability to detect and diagnose diseases at their earliest stages. This is a simple non invasive saliva test that can be done prior to travelling or in Bali, with results back in 1 week on your personal app.



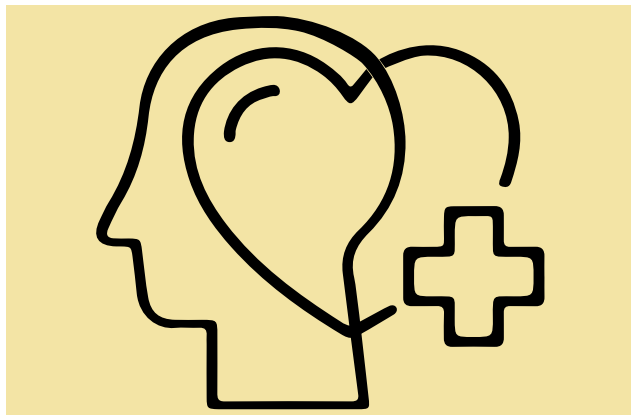
EPIGENETIC AGE

Discover your real epigenetic age, which differs from your chronological age, based on your DNA patterns changing over time with the influence of your environment and lifestyle.

Discover key genetic and epigenetic insights into your DNA with the FDA-registered MetaGen Mutations Panel.



GENETIC MUTATIONS PANEL



LONGEVITY DNA

Look deeper into your unique DNA to get a clearer picture of your body's genetic predispositions to potential issues with absorbing vitamins.

Functional Medical Wellness

Biobacking cells for repair & recovery

Once wellness goals are identified, the patient is treated by medical technologies combined with holistic healing therapies and programs.

The unique combination of technologies together with holistic treatments delivers real results for the individual's wellness goals, whether it is anti-aging, hormone balancing, recovering from chronic illness, addiction or simply: fitness, weight loss or detox.



COLON HYDROTHERAPY



VITAMIN IV INFUSION



INFRARED SAUNA



LED RED LIGHT BODY 360



OXYGEN HALO



PRESSOTHERAPY

Healing Therapies

Relaxation at the deepest level



We offer deep healing and spiritual therapies to help you find peace, balance, and a deeper connection with yourself.

- Tui-Na Asian Therapy
- Reiki / Energetic Cleansing
- Thai Yoga Therapy
- Vibrational Sound Therapy
- Transformational Breathwork
- Bali Soul Blessing

Aesthetic & Anti Aging

Love the skin you're in

For 13 years, Cocoon has specialised and delivered advanced aesthetic anti aging treatments. Using tried, tested and loved products, together with the most advanced technologies, our goal is always to deliver visible results with every treatment, so your skin can be the best it can be. Results are long lasting and you will return home with the extra sparkle and glow.



ADVANCED FACIALS INCLUDING
SIGNATURE HYDRAFACIAL



ANTI-AGING SKIN REJUVENATION:
PRP, RADIO FREQUENCY, MICRONEEDLING



LASER HAIR REMOVAL
WITH DIODE



ACNE MEDICAL PEELS



INJECTABLES:
BOTOX AND FILLER



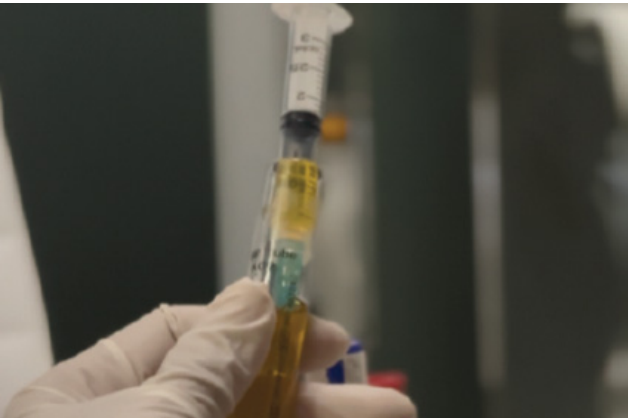
PROFHILO AND REVOK50
SKIN BOOSTERS



BODY SLIMMING:
VELASHAPE CAVITATION



DERMATOLOGIST
SKIN CHECK AND EXCISION



HAIR STRENGTHENING
WITH PRP

Fitness & Discovery

Improve your health and vitality



Your personal fitness program includes a combination of group and personal training sessions. We also offer adventure activities, including trekking volcano, learning to surf and beach walks.

- Expert Personal Trainers
- Pilates
- Gym
- Hiking the Volcano
- Surfing & Water Sports
- Aqua Yoga
- Yoga & Pilates
- Beach Walks
- Functional Fitness

Wholesome Meals

Eat well to live well

Fresh, wholesome and absolutely delicious meals. Personalise your own retreat, by choosing a special diet plan eg. juice only for a deep detox, or high protein and low carb for muscle building, or no sugar for weight loss. We deliver organic, fresh and sustainable food, much of it grown at the resort itself at the edible gardens.



FRESH, WHOLEFOODS,
LOCAL SOURCED



JUICE ONLY PROGRAM,
FOR DEEP DETOX



PERSONALISED DIETS:
PALEO, KETO, VEGAN,
VEGETARIAN, NO SUGAR



HEALTHY SNACK OPTIONS



JUICES, TEAS & HEALTH ELIXERS



INTERNATIONAL VARIETY:
ASIAN, WESTERN,
MEDITERRANEAN

Luxury Accommodation at REVĪVŌ Resort

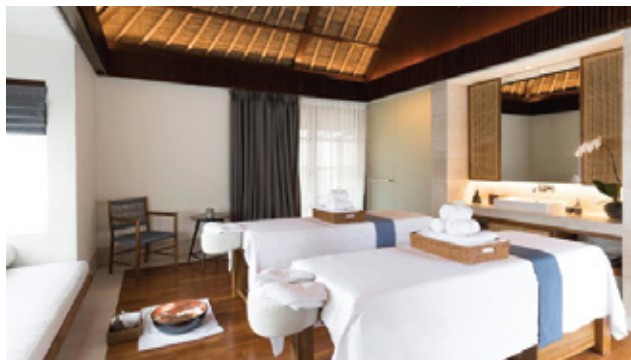
Your Luxury Haven



Cocoon Medical Spa is located within the luxury exclusive REVĪVŌ Resort, one of the most beautiful resorts in Bali. Your private pool villa is spacious, luxurious and comfortable. Your accommodation package is inclusive of:

- 1 Bedroom Private Luxury Suite or Pool Villa
- Luxury, stylish furnishings
- Lounge & desk areas
- Ensuite bathroom with shower and bath
- Balcony and patio area
- Daily housekeeping
- Room Service: your own customized wellness menu
- Resort Inclusions:
 - Infinity pools, Gym, Cold and Warm Plunge Pools, Sauna, Restaurant,
- Wellness Clinic

REVIVÔ Resort, Nusa Dua



Functional Medical Wellness

Biobacking cells for repair & recovery

We are dedicated to helping you look and feel your best through expert care and personalized treatments. Our skilled team offers advanced skincare solutions, holistic wellness services, and supportive mental health care to promote overall balance and confidence. With a focus on safety, comfort, and lasting results, we provide a comprehensive approach to beauty and well-being in a welcoming and professional environment.



DR. JOSEPHINE ONG

a Medical University Surabaya graduate with a CIBTAC UK Diploma, brings 7 years of experience in medical and cosmetic clinics. Trained by Dr. Jeremy Cumpston at Ageless Clinics Australia, she specializes in facial treatments like Diamond Microdermabrasion, Mesotherapy, RF Microneedling, and laser therapies for skin rejuvenation, resurfacing, veins, rosacea, and hair removal.



DR. IVAN MARCEL CHEWARDY

an Indonesian medical doctor specializing in aesthetic and wellness treatments. A graduate of Universitas Sumatera Utara, he has advanced training in aesthetics, cardiology, and pain management. Formerly a medical officer at Methodist Hospital, he also contributes to health education through published articles in Analisa Newspaper. His dedication to holistic health makes him a trusted expert in medical and aesthetic care.



DR. THERESIA INDRI INDRAWATI SETIADI

a dermatologist specializing in dermatology, venereology, and aesthetics. A cum laude graduate from Diponegoro University, she is skilled in advanced aesthetic procedures like blepharoplasty and laser treatments. She is known for her research, clinical expertise, and active role in medical organizations and community outreach.



DR. KATRINA NEEDHAM

certified Core Energetics Therapist and Integrative Sex and Couples Therapist, with expertise in NLP, Hypnotherapy, and Advanced Theta Healing. She was previously a Chartered Accountant with a Commerce degree from the University of Western Australia and holds a Diploma in Interior Design from the University of London.

Service



The world famous Balinese customer service with a smile will be at the heart of the resort. The Cocoon brand has a reputation for delivering over and above expectations for a truly memorable experience. We will be recognized worldwide for our customer service with many of our clients will returning again and again to the resort.

Service is a crucial component to ensure the concept is executed well and it is based on our Experiential Brand Statement, that defines "How we treat our clients, partners, colleagues":

"You have come a million miles for us, so we will go a million miles for you."

Service focuses on a long term approach to our client's needs for results. We give absolute privacy and exclusivity, and comfort and relaxation.

'Surprise and Delight' services includes gift bags, small tester facial creams, and sunscreens, complimentary snacks during the day and other thoughtful touches during their stay.



Our retreats offer the best value in terms of pricing, inclusions, and luxury service and accommodation that you won't find anywhere else.

We have priced our programs to maximize value for you. Wellness shouldn't be expensive, and Cocoon offers more value than any other medical retreat. In addition, Cocoon offers the option of staying in your accommodation and traveling to Cocoon for treatments.

Book your retreat today to get to your health goals, including:

- Transform your physical health with world class medical treatments combined with ancient asian therapies
- Experience the tranquility of REVĪVŌ resort, get present and focus on what truly matters to you
- Take time to connect with nature and de-stress your life with our daily yoga, meditation, and healing classes
- Leave the retreat with a whole new life direction and a plan for your future after discovering your passions and purpose

"A butterfly always reminds us that there is always beauty at the end of all the pain".



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