



HUMAN UPGRADE PROGRAMS BY COCOON MEDICAL SPA

A comprehensive medical wellness retreat
created to help you feel younger, stronger,
and more focused from the inside out.

It's not just a retreat—it's a guided journey
toward your best, healthiest self.



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 biohacking 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.

A complete medical wellness program designed to support healthier ageing, restore balance in the body, and elevate both mental and physical performance.

This isn't just a program—it's a structured, science-led reset for your whole system.

Benefits of the Human Upgrade Program

- Elevated Cellular Energy
- Reduced Inflammation Load
- Hormonal Rebalancing
- Nervous System Regulation
- Optimized Sleep & Recovery
- Increased Circulation & Oxygenation
- Enhanced Detox & Lymphatic Flow
- Cognitive Clarity & Focus
- Youthful Skin & Tissue Repair
- Strengthened Immunity
- Metabolic Efficiency
- Emotional Grounding & Inner Stability

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

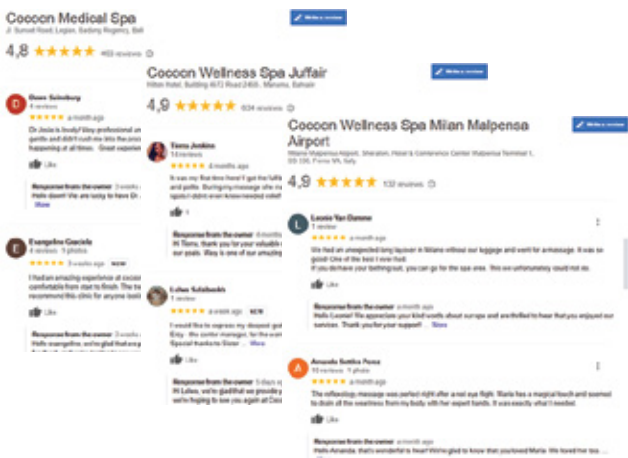
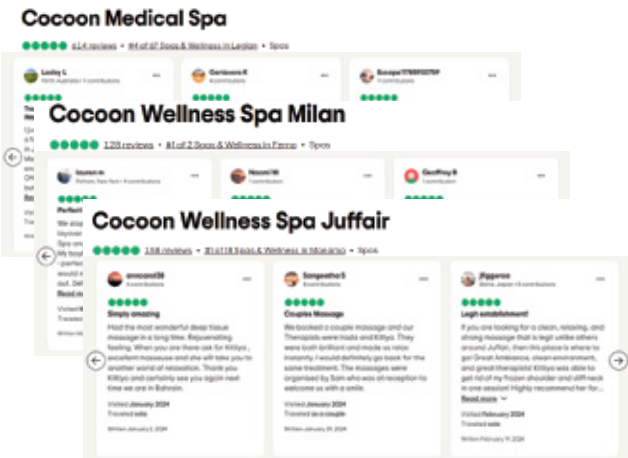


"Favourite Signature Treatment" Bahrain Oh la la Spa Awards 2025
"Best Female Spa" Bahrain Oh la la Spa Awards 2024
"Best Facial Treatment" - Oh la la, Bahrain Spa Awards 2024
"Best Medical Spa Treatment - Naked Skin Package" - AsiaSpa Awards
"Best Cosmetic Clinic in Bali" - Bali Spa Guide
"Best Medical 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 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.

Who this program is best for

This program is designed for people who feel like they should be performing, looking and living better... but something is blocking their full vitality.

It is ideal for those who want to age slowly, stay strong, maintain mental sharpness and preserve long-term health while leading a busy, modern lifestyle.

Have you experienced any of the following?



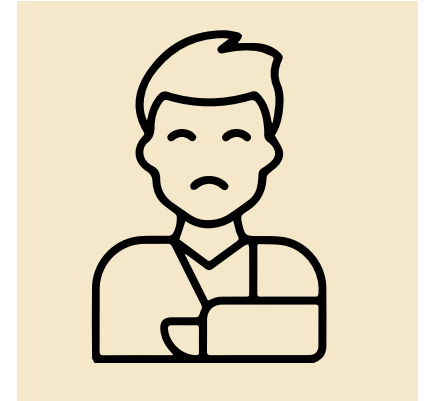
STRESS



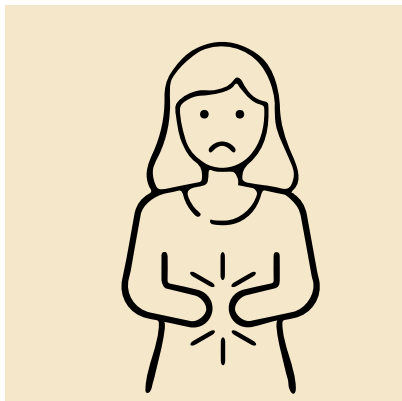
ANXIETY AND
DEPRESSION



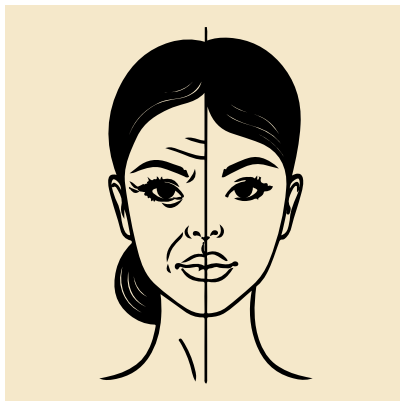
POST CANCER
& DISEASES



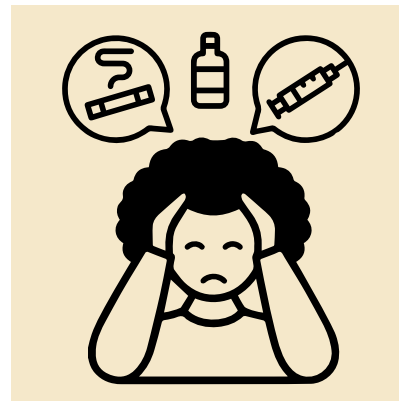
TRAUMA



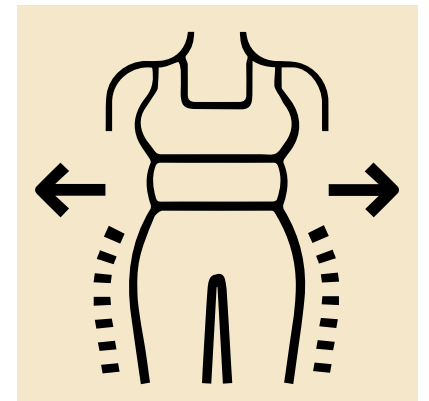
GUT ISSUES



AGING



ADDICTION



WEIGHT GAIN
& BLOATING



POOR SLEEP
QUALITY



INFLAMATION



IMMUNITY ISSUES

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 hormones.

VISBODY:

Body Composition Analysis

VO₂ MAX:

Cardio and lung fitness test

RMR:

Calories your body burns at rest

DERMATOLOGIST CONSULTATION:

Skin check with Dermascope



Targeted 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.



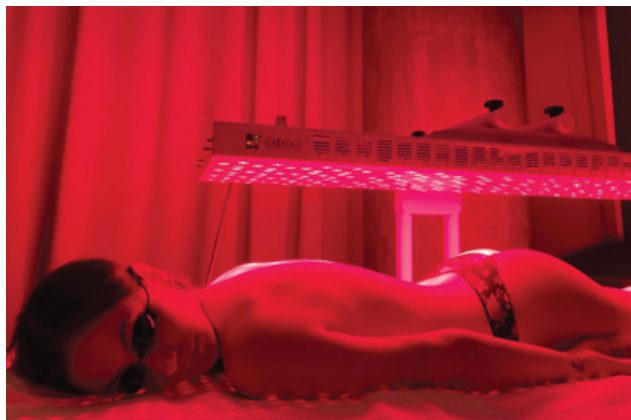
COLON HYDROTHERAPY



VITAMIN IV INFUSION



INFRARED SAUNA



LED RED LIGHT BODY 360



OXYGEN HALO



PRESSOTHERAPY LYMPHATIC



REBALANCE - NEURO RELAXATION



VO2 MAX



PEMF MAT

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.

- Balinese Santi Signature Massage
- Warm Stone Massage
- Feel Good Foot Reflexology
- Karuna Kaya Deep Recovery
- Kundalini Back Release Digital Detox
- Royal Thai Touch
- Tu Na Shiatsu

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



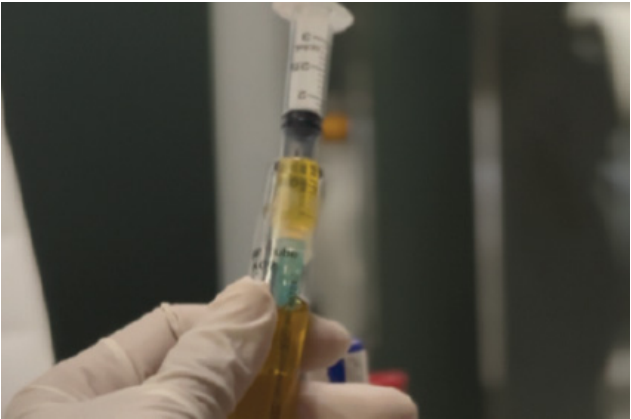
SKIN BOOSTERS,
REVOK50 AND PEPTIDE SKIN BOOSTER



BODY SLIMMING:
VELASHAPE CAVITATION



DERMATOLOGIST
SKIN CHECK AND EXCISION



HAIR STRENGTHENING
WITH PRP

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



Dr. Josie is 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



Dr. Ivan is an Indonesian medical doctor specializing in aesthetic and wellness care, with over 9 years at Cocoon Medical Spa. He graduated from Hang Tuah University Surabaya and continued advanced aesthetic training with Dr. Aldjoefrie in Surabaya, along with further studies in cardiology and pain management.

He previously worked in the ER at Methodist Hospital for 4 years and has contributed to health education through published articles in some Newspaper.

Seminars Of Aesthetic Attended & Trainings recently:

- ASCD Non Surgical Rejuvenation and live injecting MASTERCLASS (Melbourne, Australia) 2016
- MD DYNA CODES and Myomodulation Principle with plastic surgeon Dr. Mauricio De Maio (Bangkok)
- IMCAS ASIA 2017 (Bali)
- Training MD Codes Next Human 2024
- 7th Bali International Symposium and Workshop in Aesthetic Medicine 2025 (Bali)
- Craft Their Extraordinary with "JUVEDERM" (Surabaya)

DR. THERESIA INDRI INDRAWATI SETIADI



Dr. Theri is 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



Dr. Katrina 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.

Contact

Cocoon Medical Spa

+62 811 3990 9002

info@cocoonmedicalspa.com

Facebook: @cocoonmedicalspanusadua

Instagram: @cocoonmedicalspanusadua



COCOON
— MEDICAL SPA —