

Sydney Fashion Hunter

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Beauty In Bali - Cocoon Medical Spa



Every girl loves a bit of pampering right? Well in Bali you are spoiled for choice but one definitely worth checking out is Cocoon Medical Spa in Legian. As the name suggests this is much more than your average day spa and offers a myriad of treatments including facials, botox, fillers, colon therapy, PRP (vampire facelift) and fractional laser. Sound good? Read on for all the details ...

Remember when I told you In Bali Basics that you should do your research before you leave home? Well I knew I wanted to hit up a day spa for a bit of pampering while I was here and I practiced what I preached by looking into my options a few weeks before I left. When you google "Day Spas in Bali" a billion options come up. OK this may be a slight exaggeration but it is a lot and sifting through them can be quite daunting. In the end what swayed me to Cocoon was the fact that it was Australian owned, the winner of a 2014 World Luxury Spa Award and rated number 1 on Trip Advisor.

Cocoon is located on a very busy road in Legian but once you step inside the doors you are transported to a tranquil oasis. The reception is welcoming and clean and each treatment room is a glass 'pod' separated by lush greenery with a beautiful stone path meandering between them.



Their treatment menu is extensive but I chose to go with the Cleopatra Gold 1 Facial Package (IDR1,000,000.00) which includes Diamond Microdermabrasion, LED red light therapy, gold collagen mask, 24 carat gold hyaluronic acid serum and 24 carat gold collagen moisturiser. I was introduced to my therapist Nur Laili who explained the treatments thoroughly before beginning.

Once I was settled down on the bed, Nur thoroughly cleansed and toned my skin before starting the microdermabrasion. The sensation felt similar to exfoliation with a sucking sensation. This was followed by an application of serum using a "cold machine" which felt delicious on such a hot day. Next up was 30 minutes under the red LED lights to increase collagen production ahead of the mask. OK so the picture may not look that very glamorous but it felt blissful!



After the treatments my skin felt wonderful, really clean and super soft. My pores actually looked smaller, particularly on my nose and who doesn't love that. Overall I had a great experience at Cocoon and wouldn't hesitate to go back. In fact I'm seriously considering making another booking for Sunday just before we fly out.

Until Next Time ...

Happy Hunting

SFH
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