



COCOON  
— MEDICAL SPA —



Rejuvenate your body from the inside out with innovative new therapies that detoxify and cleanse. Experience total relaxation in our beautiful spa sanctuary whilst your body is transformed using holistic treatments by our qualified team. Our cutting-edge therapies can help with weight loss and skin problems to reveal a happier, healthier you.



**NUR LAILI**  
Senior Aesthetic and Wellness Nurse

Nur has been providing hands-on artistry and expertise in the areas of beauty, wellness and anti-ageing for more than 12 years. With a driving passion to help others achieve a higher level of self-confidence, she is devoted to empowering others to look and feel their absolute best. Nur takes pride in helping her patients achieve their desired results with customised treatment plans and individual attention.

# AESTHETIC FACIAL EXPERIENCES

## DIAMOND MICRODERMABRASION

30 mins / USD 130

Slough away dead skin cells, reduce the size of pores, improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring and other skin-related concerns. The advanced Diamond Microdermabrasion system renews overall skin tone and texture, and is strong enough to clear and exfoliate but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.

## LED RED LIGHT THERAPY

30 mins / USD 120

LED therapy uses low-intensity light-emitting diodes (LEDs) in a process similar to photosynthesis (in which plants use chlorophyll to convert sunlight into cellular building blocks). The light stimulates the production of collagen and elastin, suppressing collagenase, the enzyme that breaks down collagen and accelerates ageing. The Bio-Synthesis system uses the latest technology and treatment principles that stem from extensive research, data and efficacy studies on photosynthesis conducted by NASA.

## GALVANIC IONTOPHORESIS

30 mins / USD 140

Galvanic Iontophoresis therapy involves the use of mild electric currents, consisting of positive and negative ions, to refresh, stimulate and rejuvenate the skin. It uses iontophoresis to transport electronically charged particles (ions) into the skin. This advanced therapy promotes the absorption of products used on the skin, driving them deeper into the pores to increase hydration, circulation, radiance and firming. This helps reduce the appearance of fine lines and wrinkles, and gives a dewy fresh appearance. Recommended for most skin types, including sensitive skin.

## PLATELET RICH PLASMA

1.5 hours / USD 380

The 'Vampire Facial' is popular for those seeking a natural method to rejuvenate their skin and stimulate healing. PRP is tissue regeneration with your own blood cells. Your blood platelets are harvested and treated to extract growth factors and specialised cells involved in the healing process (post-injury) and cell regeneration. This concentrated plasma is enriched with your own platelets, growth factors and natural stem cells. Platelets are blood cells with several crucial functions. They contain important growth factors that, when secreted, are responsible for tissue regeneration, increasing collagen production, initiating vascular re-growth, inducing cell differentiation and extra-cellular matrix formation. Growth factors and stem cells also increase cellular turnover and collagen production, which promotes youthful, glowing and radiant skin. When growth factors are stimulated by a PRP treatment, collagen production is boosted, helping to improve the appearance of age-related skin damage, including wrinkles, scarring and fine lines.

## DERMAPEN MICRONEEDLING

1 hour / USD 280

Erase your skin's history and try one of the most popular anti-ageing treatments in the world. Microneedling has been used for centuries to produce microscopic channels as a way to regenerate skin cells and improve skin texture. Dermapen is an advanced skin needling treatment that increases collagen production and skin regeneration. It also increases product absorption x 1000. Dermapen increases collagen production up to 400% and leads to reorganisation of old collagen fibres and laying down of new collagen, elastin, and capillaries. It can also reduce the appearance of scars, wrinkles and lines.

# AESTHETIC FACIAL EXPERIENCES

## CLEOPATRA 24 CARAT GOLD AND COLLAGEN FACIAL

1.5 hours / USD 230

Diamond Microdermabrasion · LED Red Light Therapy · 24 Carat Gold Leaf Mask · Hyaluronic Acid Serum · Gold Collagen Moisturiser

Described as the Queen of Luxury Facials, this facial experience combines three results-driven treatments to improve skin elasticity, reverse cell damage, increase blood circulation and regenerate natural collagen. Diamond Microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow to support collagen production. The LED (light-emitting diode) Red Light Therapy delivers deep stimulation to the skin and improves natural collagen levels. The nourishing 24 Carat Gold Leaf Mask and Gold Collagen Moisturiser coupled with the application of Hyaluronic Acid Serum stimulates the skin's natural collagen production. The final result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.

## SILK PEEL DERMAL INFUSION

1.5 hours / USD 370

Diamond Microdermabrasion · Galvanic Iontophoresis Facial · LED Red Light Therapy · Gold Collagen Mask · Hyaluronic Acid Serum · Gold Collagen Moisturiser

Reveal a truly luminous holiday glow through non-invasive exfoliation and the application of skin-specific topical solutions to revitalise your skin. The Diamond Microdermabrasion deep cleans by buffing away clogged pores and removing the outermost layers of dry dead skin in preparation for the Galvanic Iontophoresis Facial which applies Hyaluronic Acid Serum directly into the deeper layers of the skin for hydration. The LED Red Light Therapy, Gold Collagen Mask and Moisturiser will leave skin glowing, hydrated and radiant.

## MESO-NEEDLING FACIAL

2 hours / USD 480

Diamond Microdermabrasion · Dermapen Microneedling · LED Red Light Therapy · Gold Collagen Mask · Peptide Hyaluronic Acid Serum · Peptide Collagen Moisturiser

Achieve smoother and younger-looking skin with this rejuvenating facial treatment that penetrates deep into the skin, treating fine lines and wrinkles, improving texture and colour, and stimulating collagen growth. The Dermapen's multiple, vibrating needles pierce the skin several hundred times per minute to enhance results. The deeply hydrating Gold Collagen Mask and LED Red Light Therapy promotes additional collagen production.

## BIO CELL FACIAL

1.5 hours / USD 610

Diamond Microdermabrasion · PRP Cell Rejuvenation · Galvanic Infusion · LED Red Light Therapy

The powerful PRP (active stem cells cultured from your own blood) repairs cells and encourages the growth of new ones. It activates deep tissue to tighten and firm the skin. The treatment also includes a Diamond Peel to deeply exfoliate the skin and LED Red Light Therapy to stimulate the growth of new collagen. The treatment cleans, exfoliates, tightens and hydrates, so it's a one-stop treatment for anti-ageing. By tightening facial muscles and repairing the skin's cells, the Bio Cell Facial will deliver firmer, fresher and more youthful skin.

## ANTI-AGEING FACIAL EXPERIENCES

### NAKED SKIN

2 hours / USD 860

Diamond Microdermabrasion · Dermastamp · PRP Cell Rejuvenation · LED Red Light Therapy

Our most raved about facial experience, Naked Skin clears and brightens the skin naturally so you can go makeup-free every day. The experience includes four treatments that target different levels and resolves different problems including reducing pigmentation, fine lines and wrinkles, large pores and acne scarring. It renews the skin and promotes the growth of collagen naturally, in a process called 'collagenisation'.

### MARINE PEPTIDE BRIGHTENING FACIAL

1.5 hours / USD 270

A pick-me-up brightening facial that clears impurities and deeply hydrates the skin. The treatment consists of:

Deep Clean + Toner · Facial Massage · Steam Extraction · High Frequency · LED Red Light Therapy · Algae Peel-Off Mask · Ginseng Mist · Peptide Moisturiser · Sunscreen

Cocoon's signature facial rejuvenates skin and visibly reduces imperfections. This facial is perfect for congested skins with blackheads and whiteheads caused by pollution or stress. After a deep cleanse and facial massage, clogged pores are manually extracted under a steamer.

The High Frequency and LED Red Light Therapy calms skin and has anti-bacterial properties to prevent future breakouts. An Algae Peel-Off Mask further extracts any remaining impurities. Once the skin is thoroughly cleansed, hydrating serum and moisturiser are applied to stimulate the growth of new skin cells promoting a smoother, tighter and brighter complexion.

## WELLNESS, DETOX AND BODY CONTOURING

### COLON HYDROTHERAPY

1 hour / USD 175

Do you suffer from bloating, constipation, dark circles under the eyes, tiredness, fatigue, indigestion, headaches, or nausea? These are all symptoms of an underactive and clogged bowel. With our modern lifestyles and unhealthy diets, our digestive systems tend to become sluggish, affecting the elimination of waste which can lead to problems such as constipation, IBS, extreme fatigue and premature ageing.

Colon Hydrotherapy is ideal for cleansing the colon, flushing out the impacted matter, toxic wastes, yeasts and other undesirables that build up over time. In doing so, your internal system is instantly hydrated increasing bowel mobility and improving nutrient absorption, as well as replacing gut bacteria, contributing to liver, blood and kidney cleansing, raising energy levels, managing the symptoms of IBS and restoring bowel regularity. Cocoon Medical Spa uses a closed system for colon hydrotherapy. The treatment is gentle and involves your expert therapist massaging your stomach. It is relaxing and you will feel completely cleansed after the treatment. Results include dewy skin, better fitting clothes and a greater sense of wellbeing.

# WELLNESS, DETOX AND BODY CONTOURING

## VITAMIN IV

### GLOW FROM THE INSIDE OUT

A mixture of vitamins and minerals are administered intravenously while you relax. This treatment boosts immune system, improves energy, and alleviates hormonal problems and hangovers.

- Vitamin C (5000mg) - for skin brightening
- Vitamin B Complex (B1 / B6 / B12) - for blood circulation
- Neurobion - for anaemia
- Tationil - for detoxification
- Saline - for rehydration

## VITAMIN IV INFUSIONS

### JET LAG HYDRATION

30 mins / USD 190

Don't let a long flight ruin your holiday with tiredness and sleepless nights. A therapeutic cocktail of high-dose Vitamin C and saline will reboot your system.

### DETOX AND RECHARGE

30 mins / USD 230

Similar to the famous Myers Cocktail from Johns Hopkins, Vitamins C, B1, B6, B12, Neurobion and Glutathione detox the liver, improve your immune system and provide a much needed energy boost.

### ANTI-AGEING

30 mins / USD 280

The ultimate combination of vitamins and minerals bring back youthful skin: Vitamins B1, B6, B12, Glutathione, and the miracle skin ingredient Alpha-Lipoic Acid with collagen and Vitamin C.

## VELASHAPE FAT BLAST

1 area / USD 250 | 2 areas / USD 480 | 3 areas / USD 600

This is a fast, safe and effective weight loss solution offering a harmonious blend of the latest scientific technologies to remove stubborn fat that diet and exercise alone are unable to shift. This treatment reduces cellulite, shapes and firms the skin resulting in a reduction of body fat from abdomen, hips, thighs, and arm areas. The advanced treatment works by using a combination of technologies, including cavitation and radio frequency to target and destroy fat cells, while normal body tissue remains unaffected. Once fat cells are broken down, they are naturally removed through the body's normal elimination process. Expect results with just one session.

- Eliminate stubborn fat
- Reshape 'problem' areas
- Perfect for those last pockets of fat that diet and exercise alone simply cannot move
- No downtime: the fat blaster is a walk-in, walk-out procedure and you may resume your normal routine the same day

## EPIGENETIC ANALYSIS

USD 195 per person | USD 350 per couple

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells. The epigenetic test gives you lifestyle and diet recommendations to optimise your health.

# WELLNESS AND AESTHETIC PROGRAM

## ABSOLUTE IMMUNITY AND GLOW

Boost your health and skin at once with this powerful combination of natural vitamins, a relaxing massage, and 24-carat gold hyaluronic mask. The high level of vitamins helps balance the hormones, improve immunity level, and antioxidants improve the overall luminosity of your youthful skin.

- \* IV DRIP, OXYGEN THERAPY, FOOT MASSAGE 60 mins / USD 280
- \* ADD GOLD COLLAGEN HYALURONIC ACID MASK USD 310

## COMPLETE DEEP CLEANSING AND PURIFYING FACIAL

This professional deep-acting treatment will give you a complete deep cleanse and hydration. A guaranteed safe and effective way of exfoliating the skin that will help activate natural cell renewal, collagen production, and oxygenation to awaken tired, sallow, and dull skin.

Choose any of the following packages for an excellent aesthetic experience program. Enhance your treatment with Diamond Microdensitometer and LED Red Light Light Therapy that helps diminish fine lines, wrinkles and brightens the overall complexion, giving the skin back its natural radiance and glow.

- \* SILVER PACKAGE 60 mins / USD 180  
Facial Massage. Deep Cleanse. Gold Collagen Hyaluronic Acid Mask. Oxygen Therapy
- \* GOLD PACKAGE 90 mins / USD 250  
Silver package with Diamond Microdermabrasion and LED Red Light Therapy

