



Body, Mind and Spirit

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OUR Profile

# Chocolate Massage



## What it is:

Our Chocolate massage treatment is the essence of indulgence while promoting healthy skin, a deep sense of wellbeing and removing toxins from the body. Our pure, melted down chocolate mixture is mixed with warm water and whey to create a paste mixture. Chocolate has properties that tone and moisturize the skin, plus it smells divine.

The treatment commences with a coffee process to exfoliate the skin and pen the pores which are then ready to absorb. The chocolate massage body treatment then works on the feet, torso, face, head and skin. This beautiful treatment offers benefits that include giving you a deep sense of relaxation, relieves tension in the back, neck and shoulders, rid the body of impurities, break down fatty tissues and help reduce the appearance of cellulite.

Enjoy the decadence as you are covered in chocolate, while relaxing in our serene and calm therapy rooms. Once your massage has been completed you will then be cocooned in a warm wrap to allow the unique formula to start working deep within your skin. Take the time to enjoy the peace and tranquillity while the heavenly aroma surrounds you.

After you have enjoyed your relaxing wrap your therapist will then begin an Indian head and face massage. By now you should be feeling all stress tension melt away as body relishes in the oils and chocolate.

You will be left feeling wonderful, relaxed, pampered and silky smooth with of course, the faintest hint of wonderful chocolate. This experience is one not to be missed.



## The Benefits:

- Benefits of using chocolate on the skin include:
- Menstrual pain can be eased
- Can reduce risk of heart diseases
- Is a rich source of antioxidants needed in preventing chronic fatigue, cancer and hardening of the arteries, so can reduce the risk of heart disease.
- Its high antioxidant levels, tryptophan, minerals and vitamins are good for the skin.
- The chemical substances found in chocolate lets you relax and feel good, comparable to eating chocolates
- The theobromine content helps burn fat and eliminates unwanted cellulite.
- It has polyphenol content which contains anti-aging and anti-oxidant properties.
- It has glycerides content which contain lipids and fats used to moisturize, to plump and to firm your skin.
- It has calcium, potassium and magnesium contents, needed for cell renewal and growth
- It has a calming effect that reduces stress and makes your muscles feel relaxed and rejuvenated.
- It reduces the appearance of wrinkles, fine lines and stretch marks.
- It improves the texture of your skin.
- It removes harmful radicals caused by exposure to ultraviolet rays of the sun, dust, wind and other harmful substances found in the air.
- It leaves your skin glowing, fresh and younger looking
- Eases painful joints and increases movement
- Speeds up the movement of toxins and other wastes through body
- Provides all the benefits of classic massage improving circulation, bringing oxygen and nutrients to the muscles to help them function better improving flexibility and posture

## What to expect:

- Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process.
- Although you will be undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured.
- Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.



### **Contraindications of Chocolate Massage**

- Chocolate allergy
- Problems with circulation
- Pregnancy
- Open wounds or infection
- Broken skin, eczema or rash
- Tumour
- Fever
- High blood pressure
- Thrombosis
- Inflammatory disease
- Epilepsy
- Joint and muscle rheumatism
- Arthritis
- Stomach and digestive problems
- Fungal problems affecting the intestines, skin or other organs
- Chronic tiredness
- Headache
- Female discharge and period problems
- Depression

### **After Care Advice for Chocolate Massage F:**

*Beware, some oils used with massage can be very powerful and some people may have allergies. This also applied to chocolate itself. Its absorbency can occasionally cause a reaction. Always consult your GP before this type of therapy and advise your therapist of any health problems.*

- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible
- Excess urination, bowel movement is normal as toxins are eliminated