

CHOCOLATE AROMATHERAPY

CHOCOLATE IS GOOD FOR YOUR SKIN ! IT CONTAINS MORE ANTIOXIDANTS THAN WINE OR GREEN TEA TO PROTECT THE HEART, REGULATES IMMUNE RESPONSE . THE SCENT OF CHOCOLATE RELEASES SEROTONIN , THE SAME HORMONE THAT WE EXPERIENCE WHEN FALLING IN LOVE AND FOR MANY PEOPLE PROMOTES HAPPY FEELINGS AND REDUCES STRESS . THE COCOA BUTTER IS A NATURAL SKIN SOFTENER AND CONDITIONER TO MOISTURIZE . CAFFEINE STIMULATES YOUR CIRCULATION AND GIVES YOUR SKIN A HEALTHY GLOW WHEN USED IN A MASSAGE CREAM OR BODY SCRUB . THE NEXT TIME YOU HAVE A CRAVING FOR SOMETHING SWEET ,EAT SOME CHOCOLATE BUT USE MORE ON YOUR BODY , THAT'S A " BALANCED " CHOCOHOLIC !