

broTheo Oma

Words: Saroni Roy

100% pure chocolate indulgence, 0 calories! Aromatic, delectable and natural, chocolate spa and body products are serious chocolate therapy treatments for the mind, soul and body.

Chocolates, however scrumptious, have always been **sinful!** For years the word was that chocolate was bad for us, causing acne, cavities, tight pants, and all things bad. But it's not necessary to ingest chocolate to get the benefits—you can smear it all over yourself. Or for increased benefits, get someone else to smear it on you. All you have to do is to find a salon which offers **chocolate massages, chocolate facials, and a chocolate body rub**, and many of them do these days.

You can buy chocolate soap, **chocolate massage oil, chocolate lip balm**, and even **chocolate-based skin creams** which claim to help you get rid of the



Chocolate has **multiple chemical compounds** that make it unique, and dark chocolate is higher in antioxidants than both green tea and wine. The benefits of eating a daily dose of dark chocolate include lower blood pressure, mood elevation, weight control, and anti-aging properties.

It's easy to forget that chocolate is made from the seed of a plant — which is the source of these incredible attributes. Chocolate's phytonutrients, more specifically **flavonoids**, are biologically active non-nutritive compounds that have protective, disease-preventing properties. Phytonutrients are associated with the prevention and treatment of cancer, diabetes, cardiovascular disease and hypertension.

cellulite you got from eating chocolate when you should have been applying it!

THE ULTIMATE BEAUTY INGREDIENT

Chocolate contains numerous properties that make it a high quality treat, but it is the **phytonutrients** (plant-derived nutrients) that make chocolate an anti-aging power player and the ultimate beauty ingredient for your body.

Phytonutrients slow the breakdown of bodily systems by retarding the oxidation damage caused by **free radicals**. Phytonutrients are not stored in the body, so they must be consumed or applied on a regular basis. Chocolate's phytonutrients offer incredible **antioxidant** protection. One hundred grams of dark chocolate has the highest amount of **ORAC (Oxygen Radical Absorbance Capacity)** compared to a variety of fruits and vegetables.

Chocolate and **cocoa butter** based skin products are rich in natural softening **glycerides** and **fatty acids**, providing deep moisture and protection for the skin. Products which use premium, organic chocolate instead of chocolate by-products to formulate these aromatic blends, are superior to the rest.



THE ULTIMATE MOOD UPLIFTER

Feeling beautiful has more to do with emotions than anything else. Chocolate contains over **400 known chemicals**, but most notable when considering your mood are **theobromine, caffeine, serotonin, tryptamine, phenylethylamine** and **anandamide**. Chocolate's unique compound can have a profound effect on your mood, creating a feeling of deep relaxation and satisfaction.



So this valentine's day seduce your skin with the aphrodisiac qualities of the delectable and divine Chocolate! **SS**

The Chocolate Spa

In the rolling hills of Hershey, Pennsylvania, nestled atop Pat's Hill lies The Spa At The Hotel Hershey. The Spa At The Hotel Hershey is the newest addition to a town with a richer history than the chocolate that bears the same name. The design of The Spa draws its influence from High Point Mansion, the home of chocolate magnate, Milton Hershey, and his wife, Catherine.

Here you can let yourself be soothed and toned in total luxury where chocolate is not just a treat to eat, but a necessary ingredient for innovative spa treatments such as the Whipped Cocoa Bath, Chocolate Bean Polish, and Chocolate Fondue Wrap.

Throughout your journey, you will discover aromas, flavors, textures, sounds, and vistas that are uniquely Hershey.

Signature Chocolate Spa

Packages:

Hershey Kiss

Approximately 1.5 hours, \$175
Spa Rain Shower - Milk & Honey Soak - 50-minute Cocoa Massage

Hershey Hug

Approximately 2 hours, \$220
Spa Rain Shower - Hydrating Body Wrap - 50-minute Cocoa Massage

Chocolate Escape Package

Approximately 3.5 hours, \$360
Whipped Cocoa Bath - Chocolate Bean Polish or Chocolate Sugar Scrub - Chocolate Fondue Wrap - Cocoa Massage - Lunch in The Oasis

Chocolate Immersion

Approximately 1.5 hours, \$185
Chocolate Bean Polish followed by the Chocolate Fondue Wrap
Chocolate-Dipped Strawberry
Approximately 1.5 hours, \$185
Strawberry Parfait Scrub followed by the Chocolate Fondue Wrap

