

## Chocolate Body Scrub Procedure – 1 Hour

Indulge your senses as your body is buffed leaving your skin smooth and hydrated. In addition to its intoxicating scent, chocolate contains over 300 different compounds, some of which can have a significant impact on one's health and beauty. Theobromine, a substance very similar to caffeine, produces a slimming effect on the body; magnesium, potassium and calcium have a calming effect on the body therefore reducing stress; polyphenol antioxidants thwart free radicals which are responsible for cell aging. Our Chocolate Scrub and Chocolate Butter Cream are formulated with the addition of Shea butter, which fortifies your skin's moisture barrier. A sumptuous treat.

### **Do not perform service on clients that are allergic to cocoa**

**Items Needed For Treatment:** Chocolate Scrub, Chocolate Butter Cream, Plastic Wrap, Sheet, Large Towel

**Step 1:** Prepare the table with a blanket, sheet and towel.

**Step 2:** Pour 1½ oz. of Chocolate Butter Cream in a bowl and keep warm.

**Step 3:** Escort client to treatment table and have them lay face down and cover with a towel.

**Step 4:** Pour 2 oz. of Chocolate Scrub in a bowl. Beginning at the feet, moisten area prior to applying Chocolate Scrub. Massage using a fast circular motion up the entire back of the body until skin feels smooth. Have client turn over and repeat procedure. Continue with the entire body always in the direction of the heart. The abdomen area is applied in a clockwise circular motion. Escort client to the shower. While client is in shower put plastic sheet on table. If a shower is not available, use wet warm towels to remove scrub.

**Step 5:** Escort client back to the table, laying face down, apply warm Chocolate Butter Cream liberally to the back. Have client roll over and continue to apply to the rest of the body. Do not apply to the bottom of the feet in case client has to leave the table. Only use one hand for application and apply as quickly as possible so client will not become cold.

*Optional: Perform a massage using the Chocolate Butter Cream rather than wrapping the client.*

**Step 6:** Wrap client in plastic wrap and cover with sheet and blanket. Keep client as warm as possible.

**Step 7:** Time for 20 minutes. Perform a relaxing scalp massage while client is resting. This treatment can also be done in a shorter time frame by just applying Chocolate Butter Cream following the scrub as opposed to leaving the cream on for 20 minutes.

**Step 8:** Unwrap and massage in remaining cream that has not been absorbed.

**Step 9:** Have client rest and drink plenty of water.

**Recommended Home Care:** Chocolate Butter Cream, Chocolate Scrub, Chocolate Massage Oil, Chocolate Candle