

~ The Tao of Chocolate ~

Man cannot live on chocolate alone; but woman sure can.

~ Author Unknown ~

This guy found a bottle on the ocean and when he opened it, out popped a genie, who gave him three wishes. The guy wished for a million dollars and poof a million dollars appeared beside him. Then he wished for a convertible, and poof, beside him was a convertible.

Then he wished he could be irresistible to all women. Poof, he became a box of chocolates.

~ Author Unknown ~

The 12-step chocoholics program:
Never Be More than 12 Steps Away from Chocolate!

~ Terry Moore ~

Chocolate flows in deep dark, sweet waves,
a river to ignite my mind and alert my senses.

~ Anonymous ~

Chocolate is cheaper than therapy
and you don't need an appointment.

~ Anonymous ~



DINNER AND A MURDER MYSTERY GAMES

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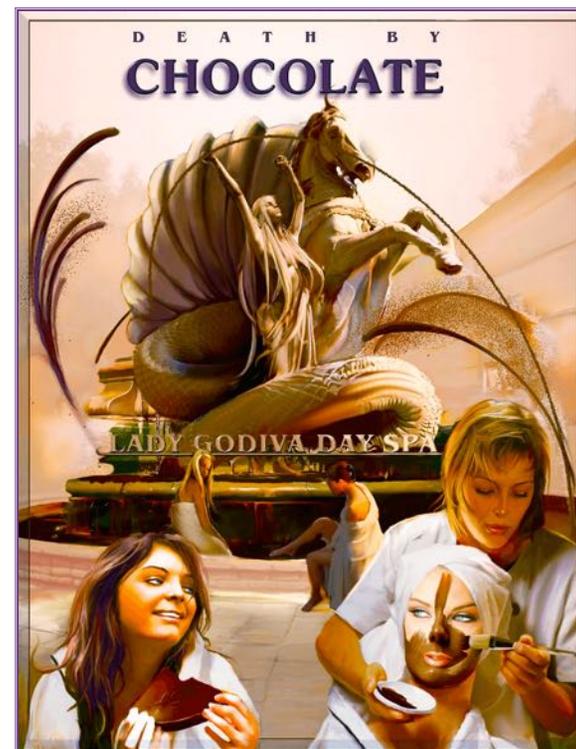
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This booklet was written to accompany our all-girls murder mystery game, Death By Chocolate, which takes place at Lady Godiva's Spa. If you are hosting the Death By Chocolate party, you can download this Spa Booklet from our website, print a copy for each guest, and give it as a parting gift.

They will remember you and your party each time they indulge in one of these heavenly recipes!



Chocolate Spa Recipes



These recipes are used as part of our Death By Chocolate Murder Mystery Game, an all-girls pampering party. We thought that you might enjoy pampering yourself at other times, too. So, mix up your favorite recipe from this booklet when life gets stressful. Buy some exquisite chocolate or use one of the recipes from our website. Relax, enjoy and let your troubles slide away.

Brought to you by your Host & Dinner and a Murder Mystery Games

Spa Recipes

FOR ALL RECIPES I SUGGEST CLEANING ALL CONTAINERS WITH ALCOHOL. JUST SPRAY AND WIPE OUT. ONLY USE DISTILLED WATER IN RECIPES. THESE STEPS PREVENT CONTAMINANTS THAT COULD LEAD TO BAD THINGS GROWING IN YOUR RECIPES!

CHOCOLATE CHAMPAGNE BODY WRAP

Ingredients:

4-5 fresh strawberries (can also use thawed frozen strawberries)
1/3 cup honey
1/2 cup chocolate morsels (chips)
1/2 cup champagne or sparkling cider

Additional items: small clean paint brush, plastic cling wrap, water bottle

Directions:

Melt morsels in microwave. While cooling, puree strawberries and honey and add to melted chocolate. Apply to entire body with a paintbrush, starting at feet. Once covered, spritz on a mist of cider and water and wrap well with cling wrap. Wait 15 minutes. Rinse.

WHITE CHOCOLATE LATTE FOOTSIE

Ingredients:

3 cups milk
1 tsp cocoa butter
1.2 tsp vanilla extract

Additional items: foot basin, hand towel & nail polish

Directions:

Heat milk until warm and mix with cocoa butter and vanilla extract in basin. Soak feet for 10 minutes, rinse, Pat dry and then massage more cocoa butter into feet. Finish with nail polish.

It is a scientific fact that just the smell of chocolate is a male aphrodisiac and causes arousal! (According to neurologist Alan Hirsch of the Smell And Taste Treatment And Research Foundation in Chicago).

CHOCOLATE LIPGLOSS

Ingredients:

2 tsp. Petroleum Jelly
1/8 tsp. Honey
10 mini Hershey's Milk Chocolate Chips (any brand will do though)
1/8 tsp. Shortening (Crisco or other shortening)

Directions:

Carefully Mix all ingredients into a microwave safe container. Make sure they are all clumped together. (Do not put lid on) Heat at high power for 20 seconds, stir then repeat until fully melted.

Pour into a small bottle or container, and freeze for 15 min, or until solid. Then you can apply it to your luscious lips!

CHOCOLATE LIP SCRUB

Ingredients

3 tablespoons sugar
1 tablespoon cocoa powder
2 1/2 teaspoons olive oil
1 teaspoon vanilla extract
3/4 teaspoon honey

Directions

Mix ingredients together in a small bowl. Store in an airtight container in the fridge.

Apply a small amount of lip scrub to lips, rubbing in small gentle circles. Allow it to sit for about a minute.

Wipe off with a soft wet cloth OR lick it off. Reapply up to twice a week.

The botanical name of the chocolate plant is Theobroma cacao, which means "Food of the Gods."

A recent study indicates when men crave food; they tend to crave fat and salt. When women crave food, they tend to desire chocolate.

CHOCOLATE FACIAL MASK

Ingredients:

1/3 cup Cocoa
3 Tbs Fresh Heavy Cream
2 tsp Cottage Cheese
1/4 cup Honey
2 Tbs of Oatmeal

Directions:

This facial will leave your skin, exfoliated, nourished and feeling as soft as can be. Mix all the ingredients together and apply to the face. Let it sit for 20 minutes and then rinse off with warm water using a gentle circular method to massage and exfoliate.

MOCHA SUGAR SCRUB

Ingredients:

1 cup granulated sugar (white or brown)
1/2 cup Cocoa
1/2 cup fresh coffee grounds
1 cup olive or coconut oil
1 large jar with tight-fitting lid or 5 small 4-ounce jars with lids

Directions:

Mix the sugar, cocoa and coffee grounds in a bowl.

Drizzle 3/4 cup oil over the cocoa mixture, stirring well to distribute evenly. When pressed, mixture should form small clumps; if needed, add an additional 1/4 cup oil.

Spoon the body scrub into a jar with a tight-fitting lid. To package for gift-giving, divide the scrub between 5 small (4-ounce) jars.

To use the mocha sugar scrub, first wet the skin in the shower or bath. Put a small amount in your palm and rub gently over areas that need exfoliation. Rinse well.

CHOCOLATE COFFEE COCONUT OIL FACE MASK

Ingredients

1 1/2 Tbsp. Coconut Oil
1 Tbsp Natural Cocoa Powder
2 Tbsp Fresh Ground Coffee

Directions

Mix all ingredients together until smoothish. Apply to clean dry face with a foundation brush and scrub in a circle to exfoliate.. Leave on for 20-30 minutes before rinsing.

CHOCOLATE MASSAGE OIL

Ingredients:

One Part Nesquick! (Yes, that's correct!)
Two Parts Almond, Grape Seed, or Jojoba Oil

Optional: A few drops of essential oil as follows:

For a man; sandalwood, juniper, or patchouli

For a woman; ylang ylang, vetiver, patchouli, or rose

Directions:

Mix all together

CHOCOLATE MILK BUBBLE BATH

Ingredients:

1 cup of bubble bath (unscented)
1/2 cup of soy or whole milk
60 grams of dark chocolate, crushed

Directions:

Slowly bring the milk to a boil, remove from heat and add the chocolate bits, stir until melted and mixed.

Allow it to cool completely then add the bubble bath.

Pour into a bottle and add 1/2 cup to the bath for each use.

Store in an airtight container and use within 3-4 days or refrigerate up to a week. The milk nourishes your skin leaving it feel soft and creamy.

CHOCOLATE HONEY SCRUB – 2 TREATMENTS

Ingredients:

6 Tbs. unsweetened chocolate, grated or cocoa powder
2 cups honey
2 cups kosher salt
1/2-cup grape seed oil

Directions:

In rubber mixing bowl, combine honey and oil. Stir in chocolate and salt mixing completely. Consistency should be grainy and thick. Apply scrub to skin and gently massage all over the body. Remove with warm damp towels or rinse in shower.

Benefits: Increases circulation and aids in ridding body of toxins. Honey provides moisturizing effect as well as fights damaging free radicals.

MILK CHOCOLATE PEDICURE AND MANICURE

Ingredients:

2 Oz. Whole Milk Powder
2 Oz. Cocoa Powder
2 Oz. Cane Sugar
2 tsp. Cinnamon
2 tsp. Nutmeg
4 Tbs. Oil (sweet almond oil is nice)

Container of Cocoa Butter

Basic Pedicure & Manicure Products

Directions:

Combine sugar, cinnamon, and nutmeg. Mix with oil to create an exfoliating paste.

- Remove old polish with cotton or gauze (preferred).
- File nails with a nail file straight across to prevent hangnails.
- Fill pedicure tub and manicure dishes with warm water and add whole milk and

cocoa powders.

- Soak feet and hands for about 10 minutes.
- Exfoliate with cinnamon, nutmeg, oil mixture. Soak again.
- Massage with cocoa butter. Wipe with warm, wet towel.
- Towel dry feet & hands
- Gently push back cuticles with an orange stick
- Polish

COCOA BATH SOAK

Ingredients:

1 cup oats
1/2 cup coarse sea salt
1/2 cup corn starch
1/2 cup baking soda
1/2 cup Cocoa
1 large Jar with tight-fitting lid or 3 medium 8-ounce jars with lids

Directions:

Put the oats in a food processor and grind to a fine powder.

Mix all ingredients in a bowl and add to small jars.

Add 1/2 Cup to your bath as the water is running. Soak for 20-30 minutes.

Light candles, dim the lights, have a few candy kisses, and a glass of water or champagne nearby. Enjoy!

COCOA BUTTER HAND & FOOT EXFOLIATING CREAM

Ingredients:

1/2-Cup Almonds
1/2-Cup Dry Oatmeal
4 Tbs. Cocoa Butter
3 Tbs. Honey

Directions:

Process the almonds in a blender or coffee grinder until coarsely ground. In a bowl, combine oatmeal, cocoa butter, honey and ground nuts. Rub into your hands and feet, cover with cotton gloves and socks, and leave on overnight. The next morning, remove the gloves and socks and rinse. You'll be delighted with your incredibly smooth skin.

This remedy is ideal for soothing hard-working hands and feet because it gently exfoliates old, dead skin and nourishes new cells.

CHOCOLATE BODY STICK

Ingredients:

4 oz. sweet almond oil
4 oz beeswax
4 oz. cocoa butter
2 tsp of chocolate fragrance

Directions:

This chocolate moisturizing body stick is almost good enough to eat.

Using a double boiler method melt the beeswax, and cocoa butter together then allow it to cool slightly then add the oils, Pour into molds lotion bar molds or any other container you have on hand that you think will be suitable for a stick like bar. Pour it in and allow it to harden and dry.

Then simply rub it over your body. It will melt as your body heat touches the surface. Refrigerate during the summer.

Chocolate is the only perfume that may actually help make you thin! Recent research indicates that just the smell of chocolate may actually fool your brain and satisfy your craving and appetite as if you'd actually eaten some chocolate! It's the perfect diet aid. (Your Health Magazine, March 8, 1994 p.21-22) Indulge in the pleasures of chocolate with none of the high fat guilt.