



This booklet was written to accompany our all girls murder mystery game "Death By Chocolate", which takes place at Lady Godiva's Spa. Well we thought, if you are going to have a party about chocolate, and set in a spa, then you should have some chocolate spa recipes for the most guilt free chocolate experience. This booklet is a culmination of months of research trying to find the best of them. I hope that you enjoy it as much as we do.

If you are hosting the Death By Chocolate party then you can print this booklet and give it as a parting gift for your participants. They will remember you and your party each time they indulge in one of these heavenly recipes!

Dinner and a Murder Mystery Games created this booklet. We provided the work and the server resources for this booklet. Please observe proper linking etiquette and do not link directly to this file. You are welcome to link to our Chocolate theme page, which contains the link to this booklet along with other chocolate resources.

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If you received this booklet elsewhere please enjoy and visit us to learn about Murder Mystery Parties... the ultimate party experience.

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## 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 when life gets stressful mix up your favorite recipe from this booklet. Buy some exquisite chocolate or use one of the recipes from our website. Relax, enjoy and let your troubles slide away.

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## Spa 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 Honey Scrub – 2 Treatments

**Ingredients:**

6 Tbs. unsweetened chocolate, grated or cocoa powder  
2 cups honey  
2 cups kosher salt  
½-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.

### 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)

**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 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 Massage Oil

### Ingredients:

Sweetened coco  
Almond, Grape seed, or Jojoba Oil

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

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

## 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 and 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

It 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.

## Cocoa Bath

### Ingredients:

1/8 cup unsweetened cocoa powder  
1/8 cup powdered milk  
1/4 cup Epsom salts  
1 Tbs. baking soda  
1 Tbs. cornstarch

### Directions:

Mix in a bowl and then add to your bath as the water is running. A whirlpool tub works for maximum froth and foam.

Light candles and dim the lights. Have a few candy kisses and a glass of water or champagne nearby.

## 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. . The milk nourishes skin leaving it feel soft and creamy.

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

## 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 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.