



Chocolate Body Wrap — At-Home Guide

Mini-brochure: benefits & expectations, ingredients & kit, base recipes (powder/dark chocolate/cocoa+clay), step-by-step protocol, time & temperature, frequency, add-ons, mess control, safety & aftercare.

Benefits & Expectations

- Main effects: ****soft, smoother skin****, temporary appearance of firmness/tone from hydration and occlusion.
- Not a medical fat-loss treatment; best used with hydration, movement and balanced meals.
- Chocolate (cocoa) contains antioxidants; enjoy the ****relaxing ritual**** and aroma.

Ingredients & Kit

Item	Notes
Cocoa powder (unsweetened) or dark chocolate 70–85%	base of wrap
Liquid: hot water or milk	to make a spreadable paste
Optional: white/green clay	adds gentle tightening
Carrier oil (almond/olive) or honey	extra slip/hydration
Add-on EO (optional)	vanilla/orange — keep very low (1–2 drops total)
Body brush/scrub & shower	for prep
Plastic wrap or old cotton sheet/towel	to wrap & avoid mess
Old T-shirt/shorts	chocolate stains possible
Timer, bowl, spatula	ease & control

Base Recipes (mix warm; test on small area)

Type	Blend (ratio)	Notes
Cocoa Powder Classic	6 tbsp cocoa + 6–8 tbsp warm water/milk + 1 tbsp honey or 1 tbsp oil	aim for **yoghurt-like** paste; add liquid gradually
Melted Dark Chocolate	80–100 g chocolate (70–85%) + 2–3 tbsp milk + 1 tsp oil	melt in bain-marie; **lukewarm** , not hot
Cocoa + Clay ‘Firm’	4 tbsp cocoa + 2 tbsp white clay + 6–8 tbsp warm water + 1 tsp oil	dries slightly; keep layer thin (1–2 mm)

Step-by-Step Protocol

1. Patch-test paste on inner arm 15–20 min; rinse. If OK, proceed.
2. Warm shower; quick ****dry brush or gentle scrub****; rinse.
3. Apply chocolate paste in thin even layer on target areas (avoid face/eyes).
4. Wrap loosely with plastic or old sheet/towel; keep warm.
5. Relax ****20–30 min**** (sit/lie on protected surface).



6. Rinse in shower with warm water; mild cleanser if needed; pat dry.

Temperature, Time & Frequency

- Paste should be **lukewarm**, never hot; skin comfort first.
- Session: **20-30 min**; beginners start at 15-20.
- Frequency: **1-2x/week** as a pampering ritual.

Optional Add-Ons

- 1-2 drops **vanilla/orange** essential oil per bowl (max).
- Pre-wrap massage: 1 tsp almond oil on dry areas for better glide.
- Finish with light body lotion or cocoa-butter cream.

Mess Control & Stain Care

- Protect surfaces with old towel/sheet; wear dark/old clothing.
- Chocolate may stain textiles: rinse cold first, then warm wash with enzyme detergent.
- Avoid porous mats/wood; clean splashes immediately.

Safety & Contraindications

- Allergy to cocoa/chocolate, caffeine sensitivity, varicose issues or skin conditions — **skip** or ask a clinician.
- Avoid open wounds, irritation, recent shaving; stop if burning/itching.
- Pregnancy/breast-feeding: avoid essential oils; use mild, fragrance-free base.

Aftercare — Seal the Glow

- Hydrate (water/tea); light snack if needed.
- Moisturise within 3 minutes after shower (lotion/oil).
- Optional short walk/stretch to keep circulation going.



Scan the QR to open the full chocolate wrap article with tips & cautions.