



FIT FOR LIFE

# I should cocoa

Carol Westmorland discovers that chocolate is good for your hair and skin

**O**n February 14, 2013 I stopped eating cake. It may well be 2020 before I eat cake again. I believe life works in seven-year cycles. Previously my hiatus was 14 years.

It's not willpower. It's *my* power. I enjoy the discipline - the ability to blinker my way through life. Blinkers on and I focus only straight ahead. It does us all good to periodically reign in and take charge.

I now satisfy my candy crush with alternative sugary treats and I am a better person for it.

Chocolate. It is wicked. It is addictive. One of life's luxuries and quite rightly so. It is also an extraordinary booster for health. In fact only today I learnt that dark chocolate is great for your hair.

Santa and his helpers are always looking for a nudge in the right direction. For the one you love what follows will be akin to jumping into a vat of the stuff while still being able to indulge the full mince pie quota of the season.

In its purest form, chocolate contains skin soothing antioxidants and is loaded with moisturising cocoa butter.

Cocoa is the perfect colour for a smoky eye. Bobbi Brown Rich Chocolate Eye Palette is devilish and divine in rich velvety hot chocolate hues. Essie Nail Polish in Chocolate Cakes is as close as it is possible to dipping finger nails in gooey heaven. Thierry Mugler's delicious Angel fragrance contains chocolate and caramel.

Fellow chocoholics will melt in the arms of the wearer of Benefit So



## I NOW SATISFY MY CANDY CRUSH WITH CHOCOLATEY TREATS OF THE BEAUTY KIND

Hooked on Carmella. Its sweet vanilla, chocolate box scent will prove too hard to resist. With a whipped-mousse texture and a yummy caramel tone. Clarins Delicious Self-Tanning Cream uses cocoa bean extracts to nourish and protect the skin.

Faith in Nature Organic Chocolate shampoo and conditioner are a blend of chocolate and sage, with aromatherapy oils to condition the hair and scalp, while Spa by Von Essen has launched a Luxury Electric Hair Chocolate Ritual.

For the home fragrance lover Hype Noses Chococaine will permeate the air with the welcoming smell of rich chocolate.

For glowing skin Choco2 Oxygen Crema by Karin Herzog contains Swiss chocolate and has effective anti-ageing benefits.

It is the season of giving but you will not be able to resist these chocolate delights. Give in to temptation and you will be good enough to eat.

Wishing you all a Chocolicious Christmas.