

Cacao Body Scrub

Ingredients

3 tbsp. cacao powder
1 cup brown sugar
1 vanilla pod
Olive oil

Directions

Combine the cocoa powder , brown sugar and vanilla seeds in a mixing bowl.

Blend well.

Add the olive oil slowly. Stir the mixture as you add the oil,
ensuring that it mixes in thoroughly.

Continue to add the oil until the ingredients form a paste.

Add less oil for a stiffer paste and more for a thinner, more liquid product.

Place the scrub in a plastic or glass container for storage.

The cocoa scrub will stay fresh for weeks, or longer if refrigerated.

Cacao Avocado Face Mask

Ingredients

1 avocado
2 tablespoons cacao powder
2 tablespoons honey

Directions

In a small bowl, combine all ingredients, mashing and mixing until a smooth
cream forms. Smooth mixture onto skin and leave on for a half hour.

Rinse clean

Chocolate Lip Balm

Ingredients

3 Tablespoons cocoa butter
3-4 dark chocolate chips
1 vitamin E capsule
1/4 teaspoon olive oil

Directions

Put cocoa butter in small, microwave-safe dish and melt in microwave.
Add chocolate chips and stir until melted, microwaving again if needed.

Add vitamin E and olive oil. Stir very well.

Store in a small, airtight container.

Note: can use more chocolate chips or add cocoa powder as desired.