



A change for *chocolate*

To be honest, we never really need much of an excuse to indulge in chocolate. However, on the 8-14 October it is National Chocolate Week so to celebrate we've been finding out some alternative ways to enjoy our favourite sweet treat

Good enough to eat

For those that want a taste of chocolate but without the calories we have the answer... an indulgent chocolate massage! The delicious treatment starts with an all over purifying salt exfoliation, leaving your body soft and ready for chocolate. A quick shower later, a special combination of natural cocoa and sweet almond oil is massaged into the skin, creating a thick, dark covering over your body. You then enjoy a relaxing head massage as the chocolate does its work before one final shower and application of a cocoa butter.

As well as leaving your skin smelling absolutely gorgeous, the ingredients in the chocolate treatment actually work to improve your circulation, allowing your blood to naturally rejuvenate and heal your skin. The antioxidants found in chocolate massage creams also help the skin retain moisture long after the massage is over. What's more the aroma of the chocolate releases endorphins, giving you the same mental benefits normally associated with eating chocolate - perfect!

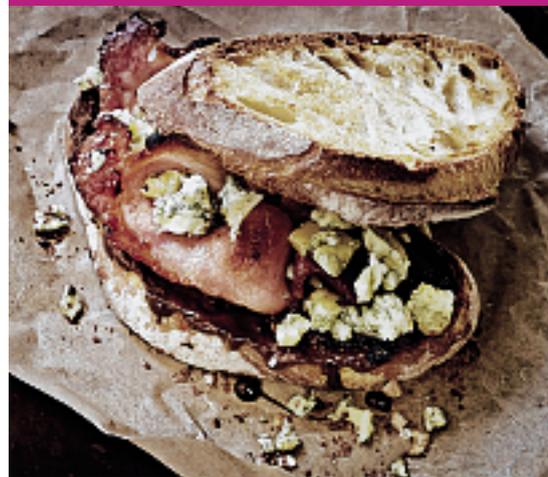
Indulgent Chocolate Massage, £65

01428 724 555, www.oldthorns.com

For a real treat try House of Dorchester's delicious solid milk chocolate Christmas tree slab of chocolate festooned with festive edible decorations. Available September onwards from www.hodchoc.com priced £4.99.



Honey-cured bacon, stilton and chocolate sandwich



(Serves 2)

- 4 thick slices of hand-cut, crusty white bread
- Soft salted butter, for spreading
- 50g Venezuelan 72% dark chocolate
- 6 rashers honey-cured bacon
- 75g very ripe Stilton

Preheat the grill until very hot. Lightly toast the bread on both sides, then spread with butter. Grate the chocolate on top and return to the grill briefly to melt.

Remove and immediately put the bacon under the grill until the edges are crisp and caramelised. Place on top of the chocolate and finish with a generous crumbling of Stilton. Lay the remaining buttered slice on top and press firmly. Cut diagonally and enjoy.

Recipe taken from *Adventures With Chocolate* by Paul A Young is published in paperback by Kyle Books, priced £14.99. Available now.

Local chocolate hot spots!

Cocoa Moon

Petersfield's chocolate capital, Cocoa Moon stocks a range of delicious delights, allowing us to enjoy chocolate in ways we never knew possible! Their latest Lick The Spoon range brings a new concept in chocolate indulgence, combining the elegance of a macaroon with the irresistible melt of fine chocolate! £19.95
01730 262122, www.cocoamoonchocolate.co.uk

House of Dorchester

With almost 50 years experience, the House of Dorchester's passionate team of chocolatiers use the very best ethically produced ingredients sourced from around the world to create everything from the simplest bar to their hand-finished chocolates with love and care.
01420 84181, www.hodchoc.com

Thorntons At Home

Located just off the high street Thorntons At Home are constantly surprising us with new and ever more amazing recipes. Passionate about chocolate and they'd like to share a bit of that passion with you.
01730 300969, www.thorntons.co.uk