

**\*For Immediate Release\***  
**Media Release**  
**Tuesday, 22 March 2016**

## **CHOCOLATE IS GOOD FOR YOUR SKIN**

Did you know chocolate can be an amazing antioxidant for your skin? As well as being delicious, and for some of us our comfort food in times of stress.

Dark chocolate skin care products help protect your skin from free radical damage, keeping it soft and supple, as well as being an excellent detoxifier when combined with caffeine.

Why not treat yourself to a beautiful DIY chocolate mask, courtesy of the TAFE Queensland South West beauty team, and get yourself into the Easter spirit?

You'll need the following ingredients: 1/3 cup of raw cocoa, 1/4 cup of honey, 2 tablespoons of heavy or sour cream, and 3 tablespoons of oatmeal powder.

Using a small bowl and spoon, mix all ingredients together until well combined.

Immediately apply the mixture on your face using a clean brush or your fingers and gently massage into the skin.

Leave the mask to dry for 15-20 minutes before rinsing off with lukewarm water, and don't forget to moisturise!

For more information about TAFE Queensland South West, please visit [www.tafesouthwest.edu.au](http://www.tafesouthwest.edu.au)

**-ENDS-**

**Photo:** All the ingredients you need to make your own DIY chocolate mask.

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