



Read the text and mark the statements

True (1),

False (2),

Not Stated (3).

### *Wrapped in Chocolate.*

#### *A Deliciously Indulgent Day at The Spa.*

If you are a fan of chocolate, then the following spa treatment was made for you! The chocolate body wrap is the new (and healthy) way to enjoy your favourite treat! The mouth-watering treatment involves getting smothered in a thick layer of delicious melted chocolate. Once covered, patients are then wrapped in foil and told to lie back and relax.

Like other body wrap treatments, chocolate wraps are designed to remove harmful toxins from the body. This results in smoother, healthier-looking skin. Chocolate has anti-ageing properties that make skin firmer, so it looks less wrinkled. Chocolate is also an excellent stress reliever. Studies show that the smell alone is enough to improve a person's mood. In addition, when absorbed through the skin, chocolate leads to a rise in endorphins (feel-good chemicals) in the body and lowers blood pressure. Once patients have been thoroughly soaked in chocolate, they are unwrapped and rinsed with warm water.

Afterwards, many people report a sense of well-being as well as immediate weight loss. This is due to the release of water through sweating, and is a temporary effect of all wrap therapies. For more lasting results, a series of treatments is recommended, which should be combined with a healthy diet as well as regular exercise.

Although chocolate body wraps are safe for the majority of people, they are not recommended for pregnant women. They are also unsuitable for those with high blood pressure or heart disease due to the tightness of the wrap.

The prices of body wrap treatments vary from spa to spa, but are often considerably high. A single session could cost hundreds of pounds, which is a major drawback. Many spas offer package deals for multiple sessions that are more economical in the long run. However, it will still hit your wallet quite hard!

If a chocolate spa treatment is a little out of your price range, you can still enjoy a relaxing chocolate face mask in the comfort of your own home. All you need is half a cup of cocoa, a quarter of a cup of honey, some cream and oatmeal powder. Blend the ingredients together and then massage the mixture onto your face. After twenty minutes, rinse it all off and enjoy all the benefits of a chocolate treatment for a fraction of the price!

1. Solid chocolate is used in the treatment.
2. This treatment helps people to relax.
3. Smelling chocolate causes the body to produce something that's good for it.
4. The treatment can be painful for some people.
5. The treatment is not recommended for some categories of people.
6. This kind of treatment is quite expensive.
7. Some spas offer big discounts for multiple sessions.
8. You can make a similar treatment at home.

