

January 10, 2004

## **Why Chocolate is Good For Your Health:**

### **Beloved Warm Chocolate Swedish Massage at Ste. Anne's Spa Offers Many Proven Benefits**

GRAFTON, Ontario – The spa experts at Haldimand Hills are bringing back their most popular way to experience chocolate just in time for Valentine's Day – the *Warm Chocolate Swedish Massage*. Using 100% pure, organically-grown dark chocolate, this seasonal treatment offers numerous health benefits, and because it is unsweetened, is even safe for diabetics.

The chocolate is combined with almond oil and your choice of peppermint or orange essences to create a customized aromatherapy blend which is then applied to the skin during the full hour-long massage. "The heavenly aroma stimulates the release of endorphins, a natural analgesic known for their ability to lift spirits into a state of euphoria," says Christine Pearson, Spa Director of Haldimand Hills Spas, who guided the research and development of this treatment.

The treatment ends on a delectable note with an ice wine chocolate truffle, enabling spa guests to enjoy chocolate's internal health benefits as well. Dark chocolate contains four times the amount of flavonoids (plant compounds) than is found in green tea. Flavonoids are powerful antioxidants that slow the aging process and protect cells against the damaging effects of chronic diseases such as cancer. Chocolate also inhibits cholesterol build-up in your arteries, reducing the risk of a heart attack or stroke. Each *Warm Chocolate Swedish Massage* is performed by a registered massage therapist, so guests also receive the therapeutic benefits of improved circulation and stress relief.

This seasonal treatment is available for a limited time only, and will be offered at Ste. Anne's Spa from January 15, 2005 until February 28, 2005.

Canada's largest destination and day spa, Ste. Anne's is located 75 minutes east of Toronto, near Grafton, Ontario. For rates and reservations, please call 1-888-346-6772.

"To bring to the world the power of healing through human touch."

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