

# Melting moments.

Warm the soul this winter with these five sensational chocolate treats

WORDS RACHEL FARNAY JACQUES



## 1 TOUR... HAIGH'S CHOCOLATES FACTORY

Two words sum up this tour: free, chocolate. Find out more about this historic chocolate company during the 20-minute tour. Finish up with complimentary chocolate, tea and coffee. Tours run at 11am, 1pm and 2pm, Mon-Sat. 154 Greenhill Rd, Parkside, South Australia, tel: +61 (8) 8372 7077.

## 2 MAKE... AT SAVOUR CHOCOLATE & PATISSERIE SCHOOL

Learn how to make all manner of yummy chocolate treats with award-winning chefs Kirsten Tibballs and Paul Kennedy. Courses run from one to five days. You'll soon be wowing people with your chocolatier craftsmanship. 22 Wilson Ave, Brunswick, Melbourne, tel: +61 (3) 9380 9777



## 3 EAT... AT KOKO BLACK CHOCOLATE

If you're a "grazer", you'll love Koko Black's new Sandpiper range of "nibbles". The chocolate-covered mini bites come as hazelnut, almond, macadamia nut and liquorice bows; vanilla pistachio nougat; caramelised coconut buttons; and chocolate fruit and nut buttons at AU\$7.50 for 120gm. Or go the whole hog with a Belgian Spoil platter with chocolate cake, mousse, ice cream and more... at AU\$12.50. Shop 4 Royal Arcade, 335 Bourke St, Melbourne, tel: +61 (3) 9639 8911.



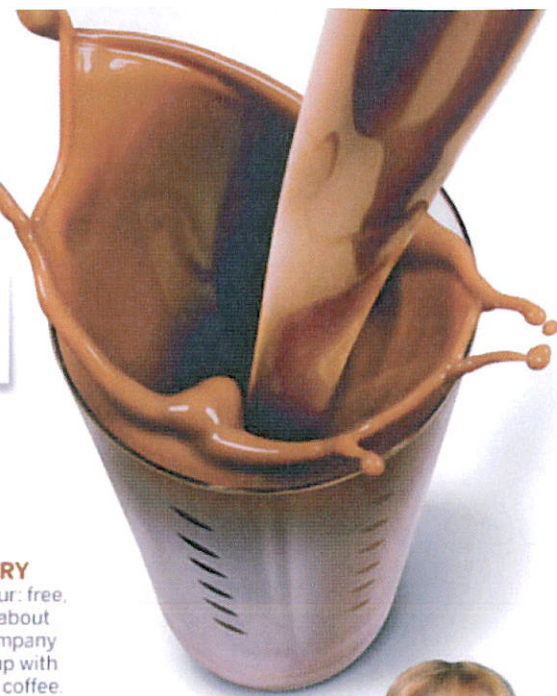
## 4 DRINK... AT MAX BRENNER

The newest Max Brenner Chocolate Bar has opened on the Gold Coast at the Marina Mirage. The now famous Suckao, where you make your own hot chocolate, is not to be missed. Shop 24, Ground Fir, Marina Mirage, 74 Seaworld Drive, Main Beach, tel: +61 (7) 5591 1588



## 5 MASSAGE... WITH RIPPLE MASSAGE AND BEAUTY

If being slathered in chocolate sounds too good to be true, book yourself a Ripple chocolate massage. The mobile day spa will send a masseur to your door for a delicious two-hour treatment (foot scrub, face mask, body exfoliation and massage) which costs AU\$185 and includes nourishing moisturiser chocolate lotion. Tel: +61 (0) 438 567 906.



## COVER ME IN CHOCOLATE

We asked Ripple Massage and Beauty managing director Alison Shaw about this decadent new treatment.

### Why is chocolate beneficial for a massage?

The cocoa in chocolate is packed with nature's anti-depressant, theobromine, and crammed with the love chemical, phenylethylamine (PEA). PEA levels rise when you are in love and chocolate is loaded with it, which is why we crave it!

### How did you come up with the idea for a chocolate massage?

I came across a small day spa in Barcelona. The owner didn't speak English, but I saw a word on the menu that is universally recognised... chocolate! What followed was two hours of bliss, being massaged with warmed chocolate oil from head to foot... divine.

### Are we going to look and smell like a Mars Bar after the treatment?

No, but you will enjoy a hint of chocolate aroma all day after your treatment.

### What is the range of spa treatments you offer based upon?

I travel the world to find the best and rarest treatments. The chocolate massage came from Spain, our lime exfoliation from a traditional Korean bathhouse in Seoul, the seashell massage from Thailand.

### Why a mobile spa business?

After a great massage the last thing I want to do is drive home! With the convenience of us coming to you, even busy people can fit in a spa.