

- Chocolate

A CHOCOLICIOUS BOOST TO SKIN HEALTH

The delicious On World Chocolate Day, we look into ingredient's beauty benefits and how it nourishes your skin

HT Cafe · 7 Jul 2022 · 04 · Shweta Sunny shweta.sunny@hindustantimes.com (Inputs by Dr Geetika Mittal Gupta, aesthetic physician)

Chocolate is a constant companion for many of us — we turn to it to cheer ourselves up after a bad day or to celebrate happy events like birthdays, festivals and anniversaries. There's no denying that this scrumptious ingredient can add an aromatic icing to any occasion. But did you know that besides being a terrific mood enhancer, it can also improve the mood of your skin?



CHOCOLATE FOR BEAUTY

While the world is becoming more aware of chocolate's health benefits, the recognition of its incredible potency as a beauty ingredient began fairly recently. Other than the chocolate facials already available in salons, we are seeing a rise in beauty products with chocolate as a primary ingredient.

Made from the antioxidant-rich cacao bean, dark chocolate is well known for its heart-healthy properties.

However, recent studies suggest that it may also be beneficial for your skin. Sheela Tanna, nutritionist and fitness consultant, explains, "Dark chocolate is an excellent source of antioxidants, which help in boosting memory. The alkaloids in it enhance breathing flow. Besides that, the flavonols in it can improve skin hydration, increase blood flow, and shield the skin from the damaging UV radiation."

HIGH ON VERSATILITY

The ingredient has already become a staple in beauty routines for many, since it is believed to moisturise the skin while also giving it a healthy glow. Cocoa powder can also provide moderate exfoliation and help lend a healthy glow to your skin. Thanks to its versatility, chocolate is now used in various skincare products such as scrubs, lip balms, body washes, lotions and moisturisers, etc.

Acknowledging the beauty benefits of chocolate, Mithila Ahuja, dermatologist, shares, "Its nutrients and antioxidants can nourish your skin and remove dead skin cells easily. With cocoa butter being rich in fatty acids and capable of moisturising the skin, it is a fantastic ingredient to include in moisturisers and lip balms. The presence of oleic, palmitic and stearic acids further boosts its nourishment quotient for the skin."

That's not all, folks! Cocoa can also help prevent the breakdown of collagen, making skin glow and slowing down the skin ageing process. And let's not forget about the anti-inflammatory qualities of dark chocolate, which can help soothe sensitive skin, according to Tanna. So, if acne is a concern for you, you will be happy to know that chocolate can help reduce the redness and inflammation caused by it.