

The Cocoa Facial Mask

WELLNESS GUIDE

Reconnect with your senses. Restore your glow.

A simple, sensory-based skincare experience to help you pause, unwind, and nourish your body and mind—starting with chocolate.



by Dr. Kalei Ross
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I'M KALEI ROSS

Hi there—I'm so glad you're here.

This guide isn't just about skincare. It's an invitation. A gentle nudge to slow down, reconnect with your senses, and give yourself the kind of care that restores—not just your skin, but your presence, energy, and clarity.

This simple cocoa facial mask is one small way to pause the noise, ground yourself in the moment, and begin tending to the parts of you that often go overlooked. My hope is that as you walk through this guide, you'll feel a little more anchored. A little more at ease. And a little more like yourself.

Let's begin.



WELCOME

MY PHILOSOPHY: WE ARE DESIGNED TO EXPERIENCE LIFE

We were created with five senses for a reason. In a world that constantly pulls us toward productivity, distraction, and disconnection, we often find ourselves functioning solely in the mental realm—checking off to-dos, staying on task, doing more.

But when we live only in the mental space, our senses become dulled. And when we swing to the opposite extreme—living only in the emotional—we become overwhelmed, reactive, and unsatisfied.

Healthy, lasting peace comes when we engage the full experience of life—mind, body, spirit, and senses—in moderation and intention.

Children live this way instinctively. They stop to touch, smell, ask, explore. But as adults, we rush past those things. It's time to pause again.

When you allow yourself to stop, savor, and experience—you'll find not just stillness, but deeper focus, richer joy, and true restoration.



THE COCOA FACIAL MASK

Why it works?

Each ingredient in this mask offers unique skin and wellness benefits:

- **Cocoa Powder** - Rich in antioxidants and flavonoids, supports healthy circulation, reduces inflammation, and gives your skin a natural glow.
- **Honey** - Anti-bacterial and deeply hydrating. Helps soothe irritation while locking in moisture.
- **Oat Milk** - Oat milk helps calm irritated skin and helps it retain moisture and forms a protective barrier.

HOW TO MAKE IT

Ingredients

1 tsp 100% cacao powder

2 tsp raw honey

½ tsp oat milk

Instructions

Mix all ingredients in a small bowl until smooth.

Apply evenly to clean skin, avoiding the eye area.

Let sit for 15 minutes.

Rinse with warm water and pat dry with a soft cloth.

Follow with your favorite gentle moisturizer or facial oil.

Use once a week for radiant, refreshed skin and a calming pause in your routine.



CACAO SOURCING RECOMMENDATION

For best results, use a 100% pure, food-grade cocoa powder that's rich in antioxidants and ethically sourced. One brand I personally recommend is **Cacao Mae | www.cacaomae.com**

A FINAL WORD

Caring for yourself isn't a luxury—it's a wise and intentional way to steward your energy, your health, and your presence in the world. You've been given one body and one life to live deeply, richly, and fully—and it starts with moments like this.

Let this mask be more than a beauty practice. Let it be a quiet invitation to come back to your senses—and to yourself.

I'm honored to be part of your journey.

—Kalei



BONUS:

3 SENSORY WELLNESS PRACTICES FOR THE WEEK

These simple practices help you reawaken your senses and slow your pace throughout the week.

Slow Savoring

Choose one small moment each day to slow down and experience something fully—a bite of chocolate, a warm drink, a scent. Let it be a full sensory pause.

Attentive Walking

Take a short, unhurried walk and notice five things that catch your attention. Pay attention to texture, light, color, or movement. Let your mind rest as your senses lead.

Intentional Stillness

Choose a time of day to sit quietly with something comforting—like tea, music, or journaling. Focus on your breath. Let yourself simply be, without agenda or rush.

WANT TO GO DEEPER?

If you're curious about what I do, how chocolate plays a role in communication and stress relief, or want to see what's next—visit [**KaleiRoss.com**](http://KaleiRoss.com).

You'll find more about my award-winning book **In Pursuit of Purity: The Paris Chocolate Files**, my latest book **Stories Behind the Bar: The Dominican Republic**, and the ways I use sensory tools—like chocolate—to help people slow down, deepen connection, and feel more at ease, whether at home or within a team.

I can't wait to share more with you!

—**Kalei**

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