



TRUE WELLNESS

KAPHA BALM

*Kapha Dosha products are mindfully created to be
invigorating, detoxifying, enlivening and energising for
your skin, body and emotions.*

KAPHA BALM

Enliven your skin to a state of clarity and balance with this ultimate all-you-will-ever-need awakening luxurious creamy balm. You will feel instantly refreshed, clear and smooth as this this regenerative nutrient dense balm penetrates quickly into your skin for deep cellular repair.

Beyond a simple daily moisturiser this intensely refining and nourishing balm lovingly embraces your skin with a potent botanical complex of anti-oxidants, emollients and phyto-nutrients for superior skin health. Its unique triple action provides deep hydration while shielding and protecting your skin from environmental pollution, feeding it with nutrients to strengthen and build its barrier function. Enriched with Babassu Butter, Hazelnut and Apricot for boosting hydration while regulating oil production, this lightweight, non-comedogenic balm balances your skin for a clear and smooth complexion. Precious essences of Jasmine, Grapefruit and Ylang Ylang are combined with extracts of Dandelion and Neem to decongest and clarify, refine pores and banish blemishes for incredible softness and lustre. Dive in deeply to experience the aroma that will delight your senses in the fresh morning light.



Ritual

1. Always start with damp skin, ideally pre-misted with Kapha Tonic for ultimate hydration.
2. Using clean, dry hands take a tiny amount of Kapha Balm, about half a pea size is sufficient.
3. Warm to melt between your fingertips to help activate the phyto-nutrients and help them infuse deeply into your skin. Inhale deeply and enjoy the exquisite aroma.
4. Firmly press and release onto damp face and neck for 20-30 seconds. This press and release action allows for maximum penetration of actives.
5. Then gently massage upwards and outwards in circular movements until absorbed.
6. You may wish to spray over with Kapha Tonic to seal it in.

Tips

Mist your skin with the Kapha Tonic before and after application of the Kapha Balm. The Kapha Tonic provides hydrophilic (water soluble) nutrients which help draw in the Kapha Balm which contains lipophilic (oil soluble) ingredients. The Tonic and Balm work optimally to deliver a complete synergy of essential nutrients and keep your skin hydrated and nourished all day long.

If you have put too much Balm your skin may look extra dewy. If you prefer a more matt look, lightly press over skin with a soft tissue. Use a little less Balm next time, a little goes a long way!

Blend with powder makeup for a super luxe and polished effect. Perfect for when you don't want to use water based liquid foundations that have emulsifiers, preservatives and extraneous ingredients but still find powder makeup too drying. This provides the perfect make up finish with day long hydration, minus the chemicals and irritated skin.

Ingredients

We believe your skin and body deserve only the best. That's why purity is essential to us and we source the very best certified ingredients from around the world. All Aika ingredients are intentionally chosen based on authentic Ayurvedic principles to purify, restore, rejuvenate and bring radiance to your skin, body and mind.

FULL INGREDIENTS

Butyrospermum Parkii (Shea Butter), Orbignya oleifera (Babassu butter), Prunus armeniaca (Apricot kernel oil), Corylus avellana (hazelnut oil), Aloe barbadensis (Aloe vera), Hippophae rhamnoides (seabuckthorn CO2), Taraxacum officinale (dandelion), Azadirachta indica (neem), Citrus paradise (Grapefruit), Cananga odorata (Ylang Ylang), Cedrus atlantica (Cedarwood), Jasminum grandiflorum (Jasmine).

Store below 25C in a cool and dry place out of direct sunlight. Use within 6 months of opening. Patch testing before use recommended.