



TRUE WELLNESS

KAPHA BODY POLISH

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

KAPHA BODY POLISH

Enliven your whole body with this detoxifying and re-mineralising exfoliating treatment, deeply cleansing and refining every pore and leaving you with divine smoothness, softness and ultimate hydration at a new level of energy and vitality.

Create your own personal sanctuary in your life with this sensory whole body ritual. Kapha Body Polish stimulates and cleanses the lymphatic and circulatory systems, removing toxins, firming and toning the skin while increasing new cell formation. Your skin will be transformed with minerals and hydrating oils that revive even the driest of skins, banishing roughness and flakiness and optimising the flow of Prana (energy) throughout your body. Energising and detoxifying Ayurvedic herbal extracts of Tulsi, Arjuna, Eucalyptus and Dandelion are combined with Himalayan crystal salts, containing 84 minerals essential for your body. A synergistic blend of Lemongrass, Lime, Niaouli and Geranium essences will clarify and uplift your mind leaving you feeling refreshed and enlivened, basking in the divine aroma of true peaceful time for yourself.



Ritual

IN THE SHOWER:

1. Measure a small amount, a teaspoon is sufficient. Take this in a separate little bowl into the shower
2. Wet skin with warm water first.
3. Massage a small amount of the Pitta Body Polish upwards in long sweeping strokes upwards from the feet towards the heart against the direction of hair growth. This stimulates the circulation, breaks down fat deposits and stimulates the lymphatic system to release toxins.
4. Pay extra attention to the dry and rough areas such as elbows and knees.
5. Shower off for exceptionally soft and silky skin.

IN A STEAM ROOM OR SAUNA

1. Measure a small amount into a little bowl, a teaspoon is sufficient. Take this into the steam room or sauna.
2. Once your skin is moist from the warm steam, massage the Kapha Body Polish all over your body.
3. Then sit mindfully in the warm steam letting the herbs and salts work their magic.
4. Shower off to remove. Your skin will feel cleansed, soft and moisturised.

IN THE BATH

1. Run a warm to hot bath.
2. Taking care not to slip, stand in your bath and massage the Kapha Pure Polish all over your skin. Then simply sink into the warm water and let the soothing aromas melt away all tension while you soak.
3. If you prefer not to exfoliate you can put in a teaspoon of the Kapha Body Polish into the bath and use it as you would a heavenly herbal bath salt.

Tips

Ideal to use in the bath for after sport for relieving tired and aching muscles.

You may also use it as a foot bath. Simply add a teaspoon into a large bowl and soak your weary feet.

Great to use as a targeted anti-cellulite treatment. Simply massage firmly in circular movements over the affected area.

Drink plenty of water after you use the Body Polish to aid in flushing toxins out of your body.

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 Ayurvedic principles to purify, restore, rejuvenate and bring radiance to your skin, body and mind.

FULL INGREDIENTS

Sodium chloride (Himalayan crystal salt), Cucurbit pepo (pumpkin oil), Citrus aurantifolia (lime), Eucalyptus globulus (eucalyptus), Taraxacum officinale (dandelion), Ocimum tenuiflorum (tulsi), Terminalia arjuna (Arjun), Cymbopogon flexuosus (lemongrass), Citrus aurantifolia (lime), Melaleuca quinquenervia (niaouli), Pelargonium graveolens (geranium).

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

