



TRUE WELLNESS

KAPHA DEEP CLEANSER

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

## KAPHA DEEP CLEANSER

A silken deep clay cleansing treatment that understands the depth of your need for replenishment, rest and rejuvenation, clearing congestion and leaving your combination skin feeling luxurious balance and clarity in every pore.

Transform your nightly cleansing into a calming aromatic ritual that purifies your skin of toxins, clears your mind of worries and expands your heart into loving and accepting your true self. The sumptuous silken softness of the Kapha Deep Cleanser drenches your skin in the organic nutrients of vitamin rich plant oils Hemp, Jojoba and Castor. Herbal infusions of detoxifying Dandelion, Tulsi and Eucalyptus refine while Argiletz Green Clay draws out toxins and clears the pores. Aromatic plant essences of Lime, Geranium and Juniper refresh your world-weary soul with herbal energetic healing. On days of stress or strain, expand your ritual and use as a mask, revelling in the peaceful balance it returns to your body.



## Ritual

### AS A DEEP CLEANSER:

1. Always start with clean, dry hands.
2. Take a pea size of the Kapha Deep Cleanser and warm to melt between your fingertips, inhaling the warming aroma.
3. Smooth it all over your face and neck. Using a gentle to medium pressure, massage the Kapha Deep Cleanser in a circular upward and outward motion, allowing it to sink deeply into your skin dislodging all debris and makeup.
4. If wearing heavy makeup, you may wish to do a double cleanse – first to get rid of makeup and secondly to deep cleanse, purify and nourish your skin.
5. Take your time with massaging the Kapha Deep Cleanser, you are doing something special for your skin. Give your skin at least a minute of this luxurious massage to help boost circulation, facilitate lymphatic drainage and maximise absorption of the nourishing herbs.

### TO REMOVE DEEP CLEANSER:

1. Drench a soft face cloth in warm to hot (comfortable to touch) water, ideally infused with Kapha Ayuressence.
2. Wring it out and compress over face and neck letting the heat and steam immerse into your skin. This will continue the deep cleansing action by opening pores and softening blackheads, releasing toxins and infusing the goodness of the herbs into your skin.

3. You may wish to learn about the Ayuressence Compress Technique in the Kapha Ayuressence product page.
4. Gently wipe off the Kapha Deep Cleanser with the steamy face cloth.

### TO REMOVE HEAVY EYE MAKEUP:

1. Take a small amount of Kapha Deep Cleanser and warm to melt between your fingertips.
2. Massage it onto closed eyelids and under the eyes using a very light pressure, always sweeping outwards.
3. To remove, dampen cotton pads with warm water and gently wipe outwards over the eye area to remove.
4. Repeat as needed.

### AS A MASK:

1. As a deeply detoxifying and decongesting weekly mask treatment smooth the Kapha Deep Cleanser liberally over cleansed skin and rest for 10-20 minutes. Remember to include your neck and décolletage.
2. You may wish to place a hot towel, ideally infused with Kapha Ayuressence, over the mask while you rest and allow the heat to help infuse the mask further into your skin.
3. Use this time to reconnect to your true essence by doing a mindfulness practice such as meditation, listening to some inspiring music or having a warm bath.

## Tips

Massage it onto your skin before you step into the shower. The warm water and steam will help infuse the oils into your skin for a deeper cleanse with a detoxifying effect.

This is a great cleanser to switch to if your skin is starting to look congested and suffering from blackheads, whiteheads and blemishes.

For the ultimate deep cleansing and balancing home facial treat:

1. First cleanse skin with the Kapha Deep Cleanser and remove any makeup.
2. Apply a thin layer of Kapha Deep Cleanser onto your clean face and neck.
3. Then add 5-6 drops of the Kapha Ayurescence to a large bowl of steaming hot water.
4. Lean over the bowl and cover your head with a thick towel and allow the aromatic steam to gently open pores to release impurities, while at the same time further infuse the nourishing plant oils into your skin for 5 -10 minutes.
5. Gently massage skin for a few minutes with circular movements upwards and outwards. This will help soften and dislodge any impurities.
6. Drench a face cloth in the steam bath, wring it out and gently compress onto your skin before wiping off the deep cleanser.
7. Follow with a spritz of Kapha Tonic followed by Kapha Balm or Kapha Elixir.

## 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:

Helianthus annuus (sunflower oil), Cannabis sativa (hemp oil), Ricinus communis (castor oil), Cera alba (beeswax), Simmondsia chinensis (jojoba oil), Illite clay (French green Argiletz clay), Eucalyptus globulus (eucalyptus), Ocimum tenuiflorum (tulsi), Taraxacum officinalis (dandelion), Citrus auratifolia (lime), Pelargonium graveolens (geranium), Juniperus virginiana (Juniper). All Ingredients except clay are certified organic.

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

