



TRUE WELLNESS

KAPHA ELIXIR

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

KAPHA ELIXIR

A luscious silken nectar of concentrated Kapha rejuvenating phyto-nutrients, your spirit will feel transformed in the moonlight, as the Kapha Elixir rejuvenates and repairs your skin, body and mind.

A beautiful lullaby in a bottle, Kapha Elixir caresses your skin with a cascade of nutrition for intensive night time repair. Empowered with anti-oxidants, minerals, vitamins and phyto-nutrients it revives, decongests and clarifies the appearance of sluggish and oil prone skin. Enriched with Apricot Kernal, Hazelnut, Hemp, Seabuckthorn and Jojoba, brimming full of vitamins and essential fatty acids and boosted with extracts of Turmeric, Arjuna and Tulsi to repair and rebuild collagen and elastin, increase subcutaneous circulation and bring firmness and brightness to your skin. Precious plant essences of Jasmine, Sandalwood, Bergamot and Petitgrain refine pores, balance oil production and increase cellular regeneration. Uplifting, enlivening and refreshing on the mind and emotions, this nurturing nightly ritual enables the unhindered flow of Prana for ultimate overnight transformation, as your body heals and recovers to a new level of abundance.



Ritual

1. Apply the Kapha Elixir on damp skin, ideally after using the Kapha Ayuressence.
2. Warm a few drops between your palms to help activate the phyto-nutrients and help them infuse deeper into your skin. Inhale deeply and enjoy the exquisite aroma.
3. Firmly press and release onto damp face and neck for 20-30 seconds. This press and release action allows for maximum penetration of actives.
4. Then gently massage upwards and outwards for 30 seconds or until absorbed.

Tips

Use the Kapha Ayuressence prior to using your Kapha Elixir. The Kapha Ayuressence increases your skin's circulation, hydration and opens the pores for ultimate absorption of nutrients from the Kapha Elixir. The plant essences in the Kapha Ayuressence work in synergy with the Kapha Elixir to provide ultimate radiance and glow.

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

Prunus armeniaca (apricot kernel oil), Cannabis sativa (hemp seed), Corylus avellana (hazelnut oil), Simmondsia chinensis (jojoba), Hippophae rhamnoides (seabuckthorn oil CO2), Curcuma longa (turmeric), Terminalia arjuna (Arjun), Ocimum tenuiflorum (tulsi), Citrus aurantium bergamia (bergamot), Citrus aurantium amara (petitgrain), Santalum spicatum (sandalwood), Jasminum graniflorum (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.