



TRUE WELLNESS

KAPHA PURE POLISH

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

KAPHA PURE POLISH

A nourishing and invigorating blend of raw Ayurvedic skin food to enhance your outer layer's natural detoxification that results in vitalised and balanced skin and inspired awareness for a new day to joyfully unfold before your eyes.

Transcend your morning ritual into an exquisite aromatic awakening that enhances the overnight renewal of your skin and invigorates your mind with energy for living. The luscious creamy Kapha Pure Polish infuses your skin with organic nutrients while freeing it from overnight cellular activity of detoxification and shedding. Gently buffing with Colloidal Oats, Barley and purifying Lemon which assist cellular turnover while Jojoba and Shea Butter deeply nourish while you cleanse. Tulsi, Clove and Lime purify, balance oil and uplift your Kapha nature while powerful Triphala provides an instant boost of vitality. This intuitive polish can be used as a daily cleanser, exfoliant and mask.



RITUAL

AS A CLEANSER:

1. Always start with clean, dry hands.
2. Scoop a pea sized amount of Kapha Pure Polish into your palm.
3. Add a few drops of warm water and mix with your fingers until it is a creamy consistency to your liking.
4. Massage onto your face and neck in circular upward and outward motions with a gentle pressure.
5. Remove by rinsing off with warm water.

AS AN EXFOLIATER:

1. For enhanced exfoliation and a gentle peeling effect let the Kapha Pure Polish dry on your skin for a few minutes. This allows for a gentle drawing action allowing the old dead skin cells to adhere to the Kapha Pure Polish while it dries. Remember to include your neck and décolletage too.
2. Once dry, using upwards and outwards circular massage movements, lightly roll it off.
3. The Kapha Pure Polish will peel off revealing soft, fresh and glowing skin.
4. To completely remove, simply rinse off with water.

AS A MASK:

1. As a balancing and purifying mask treatment mix the Kapha Pure Polish with warm water to a thick and creamy consistency.
2. Apply onto damp face and neck and leave on for 10-20 minutes.
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.
4. To remove, simply wash off with warm water.

TIPS

Boost your skin first thing in the morning by using your Pure Polish as a morning mini-mask every day. Apply it to damp skin and then keep it on while you brush your teeth in the morning, read the papers or have your morning drink. Then simply rinse away with water or shower for fabulously fresh and super soft skin.

For added nourishment instead of water, mix it with warm milk and honey to your desired consistency. Apply it in a thick layer to your skin for 10-20 minutes. To remove, simply wash off with warm water.

Great to use as a pre-party oil controlling pick me mask up for refined and refreshed 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

Avena sativa (oat), Hordeum vulgare (barley), Butyrospermum parkii (shea butter), Ricinus communis (castor oil), Citrus limonum (lemon), Ocimum tenuiflorum (tulsi), Syzygium aromaticum (clove), Emblica officinalis (amla), Terminalia chebula (haritaki), Terminalia belerica (bibhitaki), Citrus aurantifolia (lime), Pelargonium graveolens (geranium), Cupressus sempervirens (cypress).

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

