



TRUE WELLNESS

KAPHA TONIC

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



## KAPHA TONIC

A featherlight Kapha balancing and energising aromatic skin drink that dramatically increases your skin's hydration, re-mineralising, tightening the pores and diminishing oil production for a poised state of wellness, penetrating to the deepest core of your cells and awakening your healing intuition within.

This refreshing aromatic potion is brimming with plant extracts and essences that awaken and revive your skin's vitality and dramatically increase hydration. The Kapha Tonic helps to control the oil on your skin intuitively as you need it, balancing the areas that need attention and creating an even, clear feeling of real freedom. Pure plant hydrosols of Rose, Tulsi and Lime hydrate, balance PH, clarify and refresh while concentrated fresh plant extracts of Dandelion, Burdock and Peppermint reduce oil, refine pores and help you feel uplifted and energised. Aromatic plant essences of Lime, Ylang Ylang and Petitgrain help to enliven your spirit and promote confidence and vitality, restoring your inner Kapha nature.



## Ritual:

### AS A TONING MIST

1. After cleansing your skin, shake bottle to activate.
2. Close eyes spray the Kapha Tonic liberally over face and neck to drench your skin in hydration and hydrophilic (water soluble) phyto-nutrients. Using the Kapha Tonic before your Kapha Balm helps seal in the hydration and nutrients into your skin.
3. Misting it after application of the Kapha Balm helps increase the absorption of your balm into your skin.
4. Inhale deeply. Exhale mindfully.

### AS A SKIN PRIMER

1. Spray the Kapha Tonic before you apply make up as a skin primer
2. Apply Kapha Tonic after you apply makeup to set it and impart a soft dewy glow.

### AS A REFRESHING MOOD ELEVATOR

1. Spritz the Kapha Tonic head to toe after your shower to impart a beautiful natural aroma throughout the day.
2. Use it during the day to refresh your skin, revive your spirit and elevate your mood.

## Tips

Use it when you exercise. Spray it before running, going to the gym and yoga for a reviving pre-workout energiser. Spray it post-workout to refresh and tone.

Take it to work with you to keep you energised during the day. Spraying this around yourself while at work is particularly good for neutralising the fatiguing effects of positive ions from screens and electronics appliances while energetically cleansing your space.

Use it to aid you in your meditation and mindfulness practice by misting before and after.

## 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:

Rosa damascena (rose) hydrosol, Citrus aurantifolia (lime) hydrosol, Ocimum tenuiflorum (tulsi) hydrosol, glycerin, Sodium chloride (Himalayan crystal salt), Taraxacum officinalis (dandelion root), Arctium lappa (burdock), Mentha piperita (peppermint), Citrus aurantifolia (lime), Cananga odorata (ylang ylang), Citrus aurantium amara (petitgrain).