



TRUE WELLNESS

PITTA AYURESSENCE

*Pitta Dosha products are mindfully created to be
cooling, calming, soothing and pacifying for your skin,
body and emotions.*

PITTA AYURESSENCE

A potent Pitta balancing synergy of soothing and anti-inflammatory Ayur-aromatic plant essences to accelerate cellular regeneration and repair, gifting you a calming of sensitivities at the deepest level.

This is an intensely aromatic and sensory journey for restoring radiance, with precious drops that magically melt into water as you activate them. Containing a concentrated blend of soothing and anti-inflammatory organic plant essences, Palmarosa and Geranium are cooling, calming and anti-inflammatory cellular rejuvenators which balance sensitive and inflamed skin. Lavender and Patchouli help reduce redness and heal, repairing skin while having a soothing and overall calming effect on deeper emotions and a stressful state.



Ritual

AS A DAILY COMPRESS

1. Use at night after cleansing and removing all makeup.
2. Add 5-6 drops of the Pitta Ayurescence to a bowl of warm water, ½ litre (1pint) is sufficient and stir to dissolve. If your skin is sensitised, inflamed, sunburnt, irritated or reactive, then make the water temperature lukewarm to cool.
3. Drench a soft face cloth into this aromatic infusion.
4. Wring it out and then press it over your face and neck to infuse the Pitta Ayurescence into your skin and gently steam the pores.
5. Gently hold and cup your hands along the jaw line and press firmly.
6. Then press your hands over your cheeks.
7. Finally press over your eyes and forehead area.
8. Inhale deeply. Exhale mindfully. Repeat 2-3 times.
9. Follow with Pitta Elixir.

AS A WEEKLY STEAM BATH

1. Fill a large bowl with steaming hot water, making sure the bowl is sitting securely on a table.
2. Add 5-6 drops of the Pitta Ayurescence to this.
3. Lean over the bowl with your face about 15-18 inches away from the water, and cover your head with a scarf or towel to create a tent like effect and trap the steam.
4. Allow the aromatic steam to gently open pores, soften and release impurities while increasing your skin's subcutaneous circulation. Steam for 1-3 minutes. The steam should feel comfortably soothing – not too hot.
5. Pat dry and follow with Pitta Elixir.

AS A MOOD ENHANCER

1. When in need of instant calm add a drop of Pitta Ayurescence to your palm and rub your hands together to warm and activate the essences. Cup over your nose and breathe in deeply for a few moments. Particularly good when you feel emotionally drained, angry or stressed
2. Add a drop of Pitta Ayurescence to a cotton ball and wear in your clothing near your heart chakra (avoiding direct contact with your skin) for when you are going through times of stress and emotional upheaval. The calming plant essences will help soothe you during your day.

Tips

For reddened skin that is irritated, itchy, inflamed or sun exposed place 5-6 drops of Pitta Ayuressence in cool water. Drench your face cloth in this cool emulsion, wring out and then place on areas of irritation for an instant anti-redness and skin soothing treatment.

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

Castile soap (Purified Water, Organic Elaeis guineensis oil, Organic Helianthus annuus oil, Potassium hydroxide, Organic Olea europaea oil, Organic Linum usitatissimum oil, Organic Glycerine), Vegetable glycerin, Cymbopogon martini (palmarosa), Pelargonium graveolens (geranium), Lavandula angustifolia (Lavender), Pogostemon cablin (patchouli).

