



MIKO.

TRUE WELLNESS

PITTA BALM

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

PITTA BALM

Soothe away all sensitivities with intuitive, silky kindness with this all-you-will-ever-need awakening luxurious creamy balm. You will feel an instant lift and lasting hydration as this regenerative nutrient dense balm envelops your skin for deep cellular repair.

Beyond a simple daily moisturiser this intensely soothing and nourishing balm lovingly embraces your skin with a potent botanical complex of anti-oxidants, emollients and phyto-nutrients for superior skin health. Its unique triple action provides deep hydration while shielding and protecting your skin from environmental pollution and feeding it with organic nutrients to strengthen and build its barrier function. Enriched with Mango Butter, Tamanu, Argan and Aloe to reduce redness and sensitivity, while boosting hydration and repairing your skin's barrier function, this balm will make your skin breathe with sweet relief. Precious essences of Rose Otto, Sandalwood and Geranium are combined with extracts of Liquorice and Amla for lightening, brightening and a cocoon of softness.



Ritual

1. Always start with damp skin, ideally pre-misted with Pitta Tonic for ultimate hydration.
2. Using clean, dry hands take a tiny amount of Pitta Balm, about half a pea size is sufficient.
3. Warm to melt between your fingertips to help activate the phyto-nutrients and help them infuse deeply into your skin. Inhale deeply and enjoy the exquisite aroma.
4. Firmly press and release onto damp face and neck for 20-30 seconds. This press and release action allows for maximum penetration of actives.
5. Then gently massage upwards and outwards in circular movements until absorbed.
6. You may wish to spray over with Pitta Tonic to seal it in.

Tips

Mist your skin with the Pitta Tonic before and after application of the Balm. The Pitta Tonic provides hydrophilic (water soluble) nutrients which help draw in the Balm which contain lipophilic (oil soluble) ingredients. The Tonic and Balm work optimally to deliver a complete synergy of essential nutrients and keep your skin hydrated and nourished all day long.

If you have put too much Balm your skin may look extra dewy. If you prefer a more matt look, lightly press over skin with a soft tissue. Use a little less Balm next time, a little goes a long way!

Blend with mineral makeup for a super luxe and polished effect. Perfect for when you don't want to use water based liquid foundations that have emulsifiers, preservatives and extraneous ingredients but still find powder makeup too drying. This provides the perfect make up finish with day long hydration, minus the chemicals and irritated 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

Mangifera indica (mango butter), Butyrospermum parkii (shea butter), Argania spinosa (argan oil), Simmondsia chinensis (jojoba oil), Calophyllum inophyllum (tamanu oil), Aloe barbadensis (aloe vera), Emblica officinalis (amla), Glycyrrhiza glabra (liquorice), Pelargonium graveolens (geranium), Lavandula angustifolia (lavender), Santalum spicatum (sandalwood), Rosa damascena (rose otto).

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