



TRUE WELLNESS

PITTA BODY POLISH

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

PITTA BODY POLISH

Deeply tranquil and soothing for your soul, the sumptuous Pitta Body Polish re-mineralising exfoliating treatment will lovingly and gently cleanse your whole body, leaving you feeling transformed with sensual smoothness, softness and ultimate hydration.

Create your own personal sanctuary in your life with this sensory whole body ritual. Pitta Body Polish stimulates and cleanses the lymphatic and circulatory systems, removing toxins, firming and toning the skin while increasing new cell formation. Your skin will be transformed with minerals and hydrating oils that revive even the driest of skins, banishing roughness and flakiness and optimising the flow of Prana (energy) throughout your body. Cooling and calming Ayurvedic herbal extracts of Rose, Neem, Liquorice and Shatavari are combined with Himalayan Crystal Salts, containing 84 essential minerals for your body. A synergistic blend of Sweet Orange, Palmarosa, Geranium and Lavender essences soothes your overactive mind and releases any feelings of tension and stress from your day.



Ritual

IN THE SHOWER:

1. Measure a small amount, a teaspoon is sufficient. Take this in a separate little bowl into the shower
2. Wet skin with warm water first.
3. Massage a small amount of the Pitta Body Polish upwards in long sweeping strokes upwards from the feet towards the heart against the direction of hair growth. This stimulates the circulation, breaks down fat deposits and stimulates the lymphatic system to release toxins.
4. Pay extra attention to the dry and rough areas such as elbows and knees.
5. Shower off for exceptionally soft and silky skin.

IN A STEAM ROOM OR SAUNA

1. Measure a small amount into a little bowl, a teaspoon is sufficient. Take this into the steam room or sauna.
2. Once your skin is moist from the warm steam, massage the Pitta Body Polish all over your body.
3. Then sit mindfully in the warm steam letting the herbs and salts work their magic.
4. Shower off to remove. Your skin will feel cleansed, soft and moisturised.

IN THE BATH

1. Run a warm to hot bath.
2. Taking care not to slip, stand in your bath and massage the Pitta Pure Polish all over your skin. Then simply sink into the warm water and let the soothing aromas melt away all tension while you soak.
3. If you prefer not to exfoliate you can put in a teaspoon of the Pitta Body Polish into the bath and use it as you would a heavenly herbal bath salt.

Tips

If you are suffering from skin inflammations, irritation or sunburn use it in the bath as a soothing herbal bath salt, rather than as a body polish.

You may also use it as a foot bath. Simply add a teaspoon into a large bowl and soak your weary feet.

Drink plenty of water after you use the Body Polish to aid in flushing toxins out of your body.

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

Sodium chloride (Himalayan crystal salt), Cocos nucifera (coconut oil), Rosa centifolia (rose), Rubia cordifolia (manjistha), Azadirachta indica (neem), Glycyrrhiza glabra (liquorice), Asparagus racemosus (shatavari), Citrus sinensis (sweet orange), (Cymbopogon martini (palmarosa), Pelargonium graveolens (geranium), Lavandula angustifolia (lavender).

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

