



MIKO.

TRUE WELLNESS

PITTA DEEP CLEANSER

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

PITTA DEEP CLEANSER

A satiny deep clay cleansing treatment that sensitively soothes your reactive skin, the result is a medicinal calming and a new state of peaceful wellbeing, grounding your adventure weary soul.

Transform your nightly cleansing into a healing aromatic ritual that purifies your sensitive skin of toxins, clears your mind of external ambition and allows your whole self to experience pure relaxation. The sumptuous satiny softness of the Pitta Deep Cleanser envelops your skin in the organic nutrients of vitamin rich plant oils, Coconut, Jojoba and Apricot Kernel. Herbal infusions of cooling and purifying Rose, Manjistha and Neem are combined with Argiletz Pink Clay for gently drawing out toxins, toning and re-mineralising your skin for a calm appearance. Aromatic essences of Geranium, Lavender and Orange reveal a new level of skin clarity and balance. On days of stress or strain, expand your ritual and use as a mask, revelling in the tranquil and soothing relief it brings to your body.



Ritual

AS A DEEP CLEANSER:

1. Always start with clean, dry hands.
2. Take a pea size amount of the Pitta Deep Cleanser and warm to melt between your fingertips, inhaling the warming aroma.
3. Smooth it all over your face and neck. Using a gentle to medium pressure, massage the Pitta Deep Cleanser in a circular upward and outward motion, allowing it to sink deeply into your skin dislodging all debris and makeup.
4. If wearing heavy makeup, you may wish to do a double cleanse – first to get rid of makeup and secondly to deep cleanse, purify and nourish your skin.
5. Take your time with massaging the Pitta Deep Cleanser, you are doing something special for your skin. Give your skin at least a minute of this luxurious massage to help boost circulation, facilitate lymphatic drainage and maximise absorption of the nourishing herbs.

TO REMOVE DEEP CLEANSER:

1. Drench a soft face cloth in warm to hot (comfortable to touch) water, ideally infused with Pitta Ayuressence.
2. Wring it out and compress over face and neck letting the heat and steam immerse into your skin. This will continue the deep cleansing action by opening pores and softening blackheads, releasing toxins and infusing the goodness of the herbs into your skin.

3. You may wish to learn about the Ayuressence Compress Technique in the Pitta Ayuressence product page.
4. Gently wipe off the Pitta Deep Cleanser with the steamy face cloth.

TO REMOVE HEAVY EYE MAKEUP:

1. Take a small amount of Pitta Deep Cleanser and warm to melt between your fingertips.
2. Massage it onto closed eyelids and under the eyes using a very light pressure, always sweeping outwards.
3. To remove, dampen cotton pads with warm water and gently wipe outwards over the eye area to remove.
4. Repeat as needed.

AS A MASK:

1. As an instantly soothing and hydrating weekly mask treatment smooth the Pitta Deep Cleanser liberally over cleansed skin and rest for 10-20 minutes. Remember to include your neck and décolletage.
2. You may wish to place a hot towel, ideally infused with Pitta Ayuressence, over the mask while you rest and allow the heat to help infuse the mask further into your skin.
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.

Tips

Massage it onto your skin before you step into the shower. The warm water and steam will help infuse the oils into your skin for a deeper cleanse with a softening effect.

This is a perfect cleanser to switch to when the weather turns warm and humid and if your skin has started to feel reactive or sensitive.

For the ultimate deep cleansing and calming home facial treat:

1. First cleanse skin with the Pitta Deep Cleanser and remove any makeup.
2. Apply a thin layer of Pitta Deep Cleanser onto your clean face and neck.
3. Then add 5-6 drops of the Pitta Ayuressence to a large bowl of steaming hot water.
4. Lean over the bowl and cover your head with a thick towel and allow the aromatic steam to gently open pores to release impurities, while at the same time further infuse the nourishing plant oils into your skin for 5 -10 minutes.
5. Gently massage skin for a few minutes with circular movements upwards and outwards. This will help soften and dislodge any impurities.
6. Drench a face cloth in the steam bath, wring it out and gently compress onto your skin before wiping off the deep cleanser.
7. Follow with a spritz of Pitta Tonic followed by Pitta Balm or Pitta Elixir.

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:

Helianthus annuus (sunflower oil), Prunus armeniaca (apricot kernel oil), Cera alba (beeswax), Cocos nucifera (coconut oil), Simmondsia chinensis (jojoba oil), Kaolinite (French Pink Argiletz Clay), Rosa centifolia (rose), Azadirachta indica (neem), Rubia cordifolia (manjistha), Citrus sinensis (sweet orange), Pelargonium graveolens (geranium), Lavandula angustifolia (lavender). All Ingredients except clay are certified organic.

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

