



MIKO.

TRUE WELLNESS

PITTA PURE POLISH

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

PITTA PURE POLISH

A soothingly soft and repairing blend of raw Ayurvedic skin food to enhance your outer layer's natural detoxification and balance your sensitivity, giving you a calm skin that both protects and supports your ultimate wellbeing throughout the day, empowering you to live wholeheartedly.

Transcend your morning ritual into an exquisite aromatic awakening that enhances the overnight renewal of your skin, opens your mind for possibilities, and expands your soul into stillness. The luscious creamy Pitta Pure Polish infuses your skin with nutrients while freeing it from overnight cellular activity of detoxification and shedding. Gently buffing with Colloidal Oats, Coconut and purifying Manjistha which assist cellular turnover, while Jojoba and Shea Butter calm while you cleanse. Rose, Neem and Patchouli purify, cool and soothe your Pitta nature and powerful Triphala provides vitality. This intuitive polish can be used as a daily cleanser, exfoliant and mask.



Ritual

AS A CLEANSER:

1. Always start with clean, dry hands.
2. Scoop a pea sized amount of Pitta Pure Polish into your palm.
3. Add a few drops of warm water and mix with your fingers until it is a creamy consistency to your liking.
4. Massage onto your face and neck in circular upward and outward motions with a gentle pressure.
5. If your skin is sensitised, inflamed, sunburnt, irritated or reactive, use a gentle press and release motion to apply Pitta Pure Polish onto your face, rather than massaging it.
6. Remove by rinsing off with cool to lukewarm water.

AS AN EXFOLIATER:

1. For enhanced exfoliation and a gentle peeling effect let the Pitta Pure Polish dry on your skin for a few minutes. This allows for a gentle drawing action allowing the old dead skin cells to adhere to the Pitta Pure Polish while it dries. Remember to include your neck and décolletage too.
2. Once dry, using upwards and outwards circular massage movements, lightly roll it off.
3. The Pitta Pure Polish will peel off revealing soft, fresh and glowing skin.
4. To completely remove, simply rinse off with water.

AS A MASK:

1. As a nourishing and calming mask treatment mix the Pitta Pure Polish with cool to lukewarm water to a thick and creamy consistency.
2. Apply onto damp face and neck and leave on for for 10-20 minutes.
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.
4. To remove, simply wash off with warm water.

Tips

Boost your skin first thing in the morning by using your Pure Polish as a morning mini-mask every day. Apply it to damp skin and then keep it on while you brush your teeth in the morning, read the papers or have your morning drink. Then simply rinse away with water or in the shower for fabulously fresh and super soft skin.

For added nourishment instead of water, mix it with warm milk and honey to your desired consistency. Apply it in a thick layer to your skin for 10-20 minutes. To remove, simply wash off with warm water.

Great to use as a pre-party anti-redness pick me mask up for calmed and refreshed 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:

Avena sativa (oat), Cocos nucifera (coconut), Simmondsia chinensis (jojoba oil), Butyrospermum parkii (shea butter), Rosa centifolia (rose), Rubia cordifolia (manjistha), Azadirachta indica (neem), Emblica officinalis (amla), Terminalia chebula (haritaki), Terminalia belerica (bibhitaki), Citrus sinensis (orange), Rosewood (Aniba rosaeodora), Pogostemon cablin (patchouli).

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

