



TRUE WELLNESS

PITTA TONIC

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

PITTA TONIC

A super light Pitta balancing and calming aromatic skin drink that dramatically increases your skin's hydration, re-mineralising, diminishing sensitivity and giving you an empowering healing penetrating to the deepest core of your cellular being.

This refreshing aromatic potion is brimming with plant extracts and essences that awaken and revive your skin's vitality and dramatically increase hydration and balance. The Pitta Tonic drenches your skin in pure plant hydrosols of Rose, Chamomile and Cucumber hydrate, balance PH, soothing your sensitivities while concentrated fresh plant extracts of Gotu Kola, Raspberry and Marshmallow ease redness, impart comfort and help you feel peace. Aromatic plant essences of Palmarosa, Rosewood and Geranium calm your passionate emotions, promoting creativity and compassion and restoring your adventurous Pitta nature.



Ritual

AS A TONING MIST

1. After cleansing your skin, shake bottle to activate.
2. Close eyes spray the Pitta Tonic liberally over face and neck to drench your skin in hydration and hydrophilic (water soluble) phyto-nutrients.
3. Using the Pitta Tonic before your Pitta Balm helps seal in the hydration and nutrients into your skin.
4. Misting it after application of the Pitta Balm helps increase the absorption of your balm into your skin.
5. Inhale deeply. Exhale mindfully.

AS A SKIN PRIMER

1. Spray the Pitta Tonic before you apply make up as a skin primer
2. Apply Pitta Tonic after you apply makeup to set it and impart a soft dewy glow.

AS A REFRESHING MOOD ELEVATOR

1. Spritz the Pitta Tonic head to toe after your shower to impart a beautiful natural aroma throughout the day.
2. Use it during the day to refresh your skin, revive your spirit and elevate your mood.

Tips

Keep in in the fridge, particularly great for those hot summer days, for a refreshing, cooling and sunburn soothing mist.

Take it to work with you to keep you energised during the day. Spraying this around yourself while at work is particularly good for neutralising the fatiguing effects of positive ions from screens and electronics appliances while energetically cleansing your space.

Use it to aid you in your meditation and mindfulness practice by misting before and after.

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:

Rosa damascena (rose) hydrosol, Matricaria chamomilla (chamomile) hydrosol, Cucumis sativus (cucumber) hydrosol, glycerine, Sodium chloride (Himalayan crystal salt), Rubus idaeus (raspberry), Centella asiatica (gotu kola), Althaea officinalis (marshmallow), Cymbopogon martini (palmarosa), Pelargonium graveolens (geranium), Aniba rosaeodora (rosewood).