



MIKO.

TRUE WELLNESS

TRI DOSHA HAIR ANOINT

*Tri Dosha products are mindfully created to be used by
all Dosha types. They provide specialised care for your
skin, delicate eye area, hands and hair.*

TRI DOSHA HAIR ANOINT

A lavish Ayurvedic infusion that nurtures a healthy, soothed and cleansed scalp, giving you thick, lustrous and hydrated hair, balancing deeply from the depth of your skin to the tip with intuitive ease.

The Tridosha Hair Anoint is rich in traditional Ayurvedic herbs of Amla, Brahmi, Liquorice and Tulsi prescribed by the ancient texts for nourishing and calming the nervous system, relieving stress, promoting incredible shine to hair and soothing irritated and dry scalp conditions. Sesame, Coconut, Camellia, Argan and Neem are renowned for benefitting the nervous system, while the seven meditative, deeply relaxing aromatic plant essences of Sandalwood, Cedarwood, Frankincense, Petitgrain, Palmarosa, Lavender and Patchouli for calming nerves, relieving stress and fatigue. You will feel alive and free as your hair shines with silken beauty and radiance.



Ritual

NOTE:

1. We use virgin unrefined organic coconut oil which solidifies in cooler temperatures. Warming the Pitta Anoint by sitting the bottle in hot water for a few minutes will make for a beautifully melted velvety texture that is super easy to apply.

AS A CONDITIONER:

1. Warm a small amount (one pump for short to mid length hair, 2 pumps for long hair) in the palms of your hands and take a few deep breaths to inhale the meditative aroma
2. Stroke through your freshly shampooed wet hair instead of a conditioner and use it as a leave in treatment. Towel dry, air dry or style as usual.

AS A STYLING AID:

1. Warm a few drops in the palms of your hands and take a few deep breaths to inhale the meditative aroma
2. Stroke through your towel dried damp hair for heat protection and infusing moisture into the hair shafts pre-blow drying.
3. Stroke through the ends of your dried hair for incredible day long shine and to manage flyaways and frizz control.
4. Remember a little goes a long way, 1-2 drops are all that is required.

AS A SHIROBYANGA TREATMENT:

1. Warm the Hair Anoint by sitting the bottle in bowl of hot water for a few minutes.
2. Use this time to get a chair ready for you to sit on while you do your Shirobhyanga massage.
3. Pump some heated Hair Anoint into the palms of your hands and rub together to spread.
4. Close your eyes and take a few deep breaths of the Hair Anoint, inhaling the meditative aroma and centring yourself to prepare for the massage.
5. Using your fingertips massage the Hair Anoint over your entire scalp using this method, using more Hair Anoint as needed during your massage:
 - Start at the nape of your neck and stroke your neck upwards towards the scalp.
 - Using firm a firm pressure, massage up your scalp towards the crown in small circular strokes as if you are shampooing. Spread the Hair Anoint to cover your entire scalp.
 - Do this for a few minutes, remembering to keep taking deep breaths.
 - Then grab small handfuls of your hair at the scalp, again working from the nape of your neck upwards towards your crown, and gently tug or pull the hair. Do this for a few minutes.
 - Massage behind your ears and then massage the ears gently with your fingertips for a minute.
 - Use two fingertips to massage your temples in gentle circles.
 - Finish by covering your eyes with your palms and taking three deep breaths.

AS A HOT OIL TREATMENT

1. Warm the Hair Anoint by sitting the bottle in bowl of hot water for a few minutes.
2. Warm a few pumps of oil in palms of hands and take a few deep breaths to inhale the meditative aroma.
3. Using your fingertips massage over your entire scalp using small circular strokes.
4. Take a few more pumps and warm in the palms of your hands.
5. Spread this through the rest of your hair from the roots to the ends.
6. Tie your hair up and wrap it in a shower cap and then use a blow dryer to gently heat your hair.
7. Alternatively, you may wish to wrap your hair in a hot towel.
8. Leave it on for at least 30 minutes for an intensive deep conditioning treatment. This is a good time to meditate, rest or give yourself a facial treatment and mask.
9. The Hair Anoint shampoos out easily leaving your hair extraordinarily silky soft and shiny.
10. You do not need to use a conditioner after.

Tips

Massage a small amount of the Hair Anoint at onto your scalp and temples before bed to ensure a deep and restful sleep.

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:

Cocos nucifera (coconut oil), Sesemum indicum (sesame oil), Camellia oleifera (camellia oil), Argania spinosa (argan), Azadirachta indica (neem oil), Cedrus atlantica (cedarwood), Lavandula angustifolia (lavender), Cymbopogon martini (palmarosa), Cedrus atlantica (cedarwood), Citrus aurantium amara (petitgrain), Emblica officinalis (amla), Glycyrrhiza glabra (liquorice), Ocimum tenuiflorum (tulsi), Bacopa monniera (brahmi), Boswellia carterii (frankincense), Pogostemon cablin (patchouli), Santalum spicata (sandalwood).

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

