



TRUE WELLNESS

VATA AYURESSENCE

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*Vata Dosha products are mindfully created to be  
warming, nourishing, regenerating and grounding for  
your skin, body and emotions.*



## VATA AYURESSENCE

A potent Vata balancing synergy of brightening and revitalizing Ayur-aromatic plant essences to accelerate cellular regeneration and repair giving you a deeper level of skin softness and cleansing, while restoring your inner Vata nature to joy and serenity.

This is an intensely aromatic and sensory journey for restoring your skin's luminosity, as these precious drops magically melt in water. Containing a concentrated blend of brightening plant extracts, Lemon and Bergamot unite with rich natural plant AHA's (alpha hydroxyl acids) to gently exfoliate the upper layers of dead skin cells. Rosewood and French Lavender repair and regenerate at the deeper layers of skin by boosting cellular turnover. The grounding earthy aroma assists in calming the nervous system and reducing anxiety. Daily ritual use will result in dramatically brighter skin that looks smoother, softer and alive.



## Ritual

### AS A DAILY COMPRESS

1. Use at night after cleansing and removing all makeup and before you apply your Vata Elixir.
2. Add 5-6 drops of the Vata Ayurescence to a bowl of warm water, ½ litre (1pint) is sufficient and stir to dissolve.
3. Drench a soft face cloth into this aromatic infusion.
4. Wring it out and then press it over your face and neck to infuse the Vata Ayurescence into your skin and gently steam the pores.
5. Gently hold and cup your hands along the jaw line and press firmly.
6. Then press your hands over your cheeks.
7. Finally press over your eyes and forehead area.
8. Inhale deeply. Exhale mindfully. Repeat 2-3 times.
9. Follow with Vata Elixir.

### AS A WEEKLY STEAM BATH

1. Fill a large bowl with steaming hot water, making sure the bowl is sitting securely on a table.
2. Add 5-6 drops of the Vata Ayurescence to this.
3. Lean over the bowl with your face about 12-15 inches away from the water, and cover your head with a scarf or towel to create a tent like effect and trap the steam.
4. Allow the aromatic steam to gently open pores, soften and release impurities while increasing your skin's subcutaneous circulation. Steam for 3-5 minutes. The steam should feel comfortably soothing – not too hot.
5. Pat dry and follow with Vata Elixir.

### AS A MOOD ENHANCER

1. Whenever you need to feel grounded, secure and stable, add a drop of Vata Ayurescence to your palm and rub your hands together to warm and activate the essences. Cup over your nose and breathe in deeply for a few moments. Particularly good during times of anxiety, transition and change and when travelling by air.
2. Add a drop of Vata Ayurescence to a cotton ball and place this under your pillow (avoiding direct contact with your skin) for a beautiful soothing aroma to help you have a restful sleep.



## Tips

Vata Ayuressence is also a wonderful as a lukewarm soothing compress on your face and nape of neck for when you have a headache. Fold the face cloth and leave it on your forehead to cool while your rest for 10 minutes with your eyes closed.

## 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

Castile soap (Purified Water, Organic Elaeis guineensis oil, Organic Helianthus annuus oil, Potassium hydroxide, Organic Olea europaea oil, Organic Linum usitatissimum oil, Organic Glycerine), Vegetable glycerin, Citrus limonum (lemon), Lavandula angustifolia (lavender), Citrus aurantium bergamia (bergamot), Aniba rosaeodora (rosewood).

