



U.K.D.

TRUE WELLNESS

VATA BALM

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



## VATA BALM

Dramatically boost hydration, firmness and suppleness with this ultimate all-you-will-ever-need awakening luxurious creamy balm. You will feel instant softness, smoothness and lift as this regenerative nutrient dense balm cocoons your skin for deep cellular repair.

Beyond a simple daily moisturiser, this intensely nourishing balm lovingly embraces your skin with a potent botanical complex of anti-oxidants, emollients and phyto-nutrients for superior skin health. Its unique triple action provides deep hydration while shielding and protecting your skin from environmental pollution and feeding it with nutrients to strengthen and build its barrier function. Nourishing Cacao, Macadamia and Pomegranate protect against free radical damage, increase elasticity and boost hydration while minimising lines for plumped, supple and revitalised skin. Precious essences of Rosewood, Frankincense and Neroli are combined with rejuvenating herbal extracts of Gotu Kola and Cardamom to assist cellular regeneration and promote collagen repair for a healthy dewy complexion. Let the sensual aroma cocoon you as the balm prepares you for a day of gratitude.



## Ritual

1. Always start with damp skin, ideally pre-misted with Vata Tonic for ultimate hydration.
2. Using clean, dry hands take a tiny amount of Vata Balm, about half a pea size is sufficient.
3. Warm to melt between your fingertips to help activate the phyto-nutrients and help them infuse deeply into your skin. Breathe deeply and enjoy the exquisite aroma.
4. Firmly press and release onto damp face and neck for 20-30 seconds. This press and release action allows for maximum penetration of actives.
5. Then gently massage upwards and outwards in circular movements until absorbed.
6. You may wish to spray over with Vata Tonic to seal it in.

## Tips

Mist your skin with the Vata Tonic before and after application of the Balm. The Vata Tonic provides hydrophilic (water soluble) nutrients which help draw in the Balm which contains lipophilic (oil soluble) ingredients. The Tonic and Balm work optimally to deliver a complete synergy of essential nutrients and keep your skin hydrated and nourished all day long.

If you have put too much Balm your skin may look extra dewy. If you prefer a more matt look, lightly press over skin with a soft tissue. Use a little less Balm next time, a little goes a long way!

Blend with mineral makeup for a super luxe and polished effect. Perfect for when you don't want to use water based liquid foundations that have emulsifiers, preservatives and extraneous ingredients but still find powder makeup too drying. This provides the perfect make up finish with day long hydration, minus the chemicals and irritated 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

Butyrospermum parkii (shea butter), Theobroma cacao (cocoa butter), Macadamia integrifolia (macadamia oil), Simmondsia chinensis (jojoba oil), Punica granatum (pomegranate), Aloe barbadensis (aloe vera), Elettaria cardamomum (cardamom), Centella asiatica (gotu kola), Aniba rosaeodora (rosewood), Lavandula angustifolia (lavender), Citrus aurantium (neroli), Boswellia serrata (frankincense).