



TRUE WELLNESS

VATA BODY ANOINT

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

VATA BODY ANOINT

A warming and fortifying exquisitely aromatic Vata balancing Ayurvedic daily massage oil ritual for strengthening, toning and hydrating your skin, relaxing your muscles and restoring your soul into a divine level of true wellbeing.

Anoint yourself with this precious blend of exquisitely aromatic and skin nourishing oils. The Sanskrit word for oil Sneha, means love. Massaging your whole body with oils is a profound and mindful act of loving self-care that benefits your whole self, leading to higher levels of wellbeing and consciousness. This special herbal oil provides transdermal absorption of the therapeutic qualities of the nutrients through your skin, while simultaneously allowing for the elimination of toxins. Your Ayurvedic Abhyanga massage ritual combines deeply emollient and anti-oxidant rich plant oils of Sesame, Camellia, Macadamia and Avocado brimming with essential fatty acids and vitamins. An infusion of rejuvenating Ashwaghandha and Brahmi will help fortify your immune system and relieve any stress or fatigue from your body, while Exotic Madagascan Vanilla, Cedarwood, Sweet Orange and Bergamot warm and nourish your Vata nature, leaving a trail of subtle aroma to remind you throughout the day of how worthy you are of self-love.



RITUAL

AS A DAILY SKIN HYDRATOR:

1. After you shower or bath while your skin is still damp, shake the bottle to activate and then warm a few pumps of Vata Body Anoint between your palms.
2. Breathe in the warm and rich aroma and then smooth all over your body lovingly and mindfully to lock in moisture, provide day long hydration and give your skin a luxurious healthy glow.
3. Finish by taking a few deep breaths and gifting yourself a moment of quiet.

AS AN AYURVEDIC ABHYANGA MASSAGE RITUAL:

1. Warm the Vata Anoint by sitting the bottle in bowl of hot water for a few minutes.
2. Use this time to prepare a towel to stand on while you do your massage or if you prefer a chair to sit on.
3. Pump some heated Vata Anoint into the palms of your hands and rub together to spread.
4. Close your eyes and take a few deep breaths of the Vata Anoint, inhaling the uplifting aroma and centring yourself to prepare for the massage.

5. Massage downwards in the direction of hair growth towards the feet in this sequence:
 - Start with the neck, shoulders and arms working from the shoulders towards the hands using firm long strokes along the neck and bones of arms and circular strokes around the joints - shoulders, elbows and wrists.
 - Massage your hands including the palms and back of hands and the individual fingers and the finger joints.
 - Massage the chest and stomach with a lighter pressure using both hands in a circular motion, moving clockwise which aids digestion.
 - Massage the back, spine and sides as far as your hands can reach using firm and long strokes.
 - Now massage the legs in the same way you did the arms: straight on the bones, circular on the joints and from the hip downwards towards your feet, in the direction of the body hair.
 - Massage the feet including the sole and top of the foot vigorously applying firm pressure with your palms. The toes are massaged individually like the fingers.
 - Finish by closing your eyes and taking a few deep breaths. You may wish to do the Sacred Aika Meditation. Sit for a few moments to let the oils sink into your skin.
6. The Vata Body Anoint has been created to be left on the skin for all day nourishment. Alternatively, you may wish to remove it in the shower or bath. If you do so, minimise the amount of soap you use as this can be very drying on the skin.

TIPS

Use the Vata Anoint as an opulent bath oil for a sensuous and aromatic bathing ritual. Simply add a few pumps to a warm to hot bath.

Perfect for using after dry body brushing to help absorption and stimulate the lymph.

It is very beneficial to apply the Vata Body anoint before yoga, sports or physical activities. This will warm and increasing the circulation in your muscles and ligaments.

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:

Sesemum indicum (sesame oil), Camellia oleifera (camellia oil), Macadamia integrifolia (macadamia oil), Persea gratissima (avocado oil), Citrus sinensis (sweet orange), Withania Somnifera (ashwaghandha), Bacopa monniera (brahmi), Vanilla planifolia (vanilla), Cedrus atlantica (cedarwood), Citrus aurantium bergamia (bergamot).

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

