



TRUE WELLNESS

VATA BODY POLISH

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

VATA BODY POLISH

Warm and vitalise your whole body with this sumptuous and re-mineralising treatment which gifts you a luxurious sensual smoothness, softness and ultimate hydration, banishing away dryness and roughness while instilling a deep sense of peace.

Create your own personal sanctuary in your life with this sensory whole body ritual. Vata Body Polish stimulates and cleanses the lymphatic and circulatory systems, removing toxins, firming and toning the skin while increasing new cell formation. Your skin will be transformed with minerals and hydrating oils that revive even the driest of skins, banishing roughness and flakiness and optimising the flow of Prana (energy) throughout your body. Dive deeply as Sweet Orange, Ashwaghandha, Brahmi and Turmeric are combined with Himalayan Crystal Salts, containing 84 essential minerals essential for your body, to invigorate your nervous system, relieve fatigue and calm your mind. A synergistic blend of Vata balancing Nutmeg, Lemon, Madagascan Vanilla and Lavender essences relieves fatigue and anxiety, helping you feel grounded to the earth in a state of blissful renewal.



Ritual

IN THE SHOWER:

1. Measure a small amount, a teaspoon is sufficient. Take this in a separate little bowl into the shower
2. Wet skin with warm water first.
3. Massage a small amount of the Vata Body Polish upwards in long sweeping strokes upwards from the feet towards the heart against the direction of hair growth. This stimulates the circulation, breaks down fat deposits and stimulates the lymphatic system to release toxins.
4. Pay extra attention to the dry and rough areas such as elbows and knees.
5. Shower off for exceptionally soft and silky skin.

IN A STEAM ROOM OR SAUNA

1. Measure a small amount into a little bowl, a teaspoon is sufficient. Take this into the steam room or sauna.
2. Once your skin is moist from the warm steam, massage the Vata Body Polish all over your body.
3. Then sit mindfully in the warm steam letting the herbs and salts work their magic.
4. Shower off to remove. Your skin will feel cleansed, soft and moisturised.

IN THE BATH

1. Run a warm to hot bath.
2. Taking care not to slip, stand in your bath and massage the Vata Pure Polish all over your skin. Then simply sink into the warm water and let the soothing aromas melt away all tension while you soak.
3. If you prefer not to exfoliate you can put in a teaspoon of the Vata Body Polish into the bath and use it as you would a heavenly herbal bath salt.

Tips

Ideal to use after a travel and long haul flights to help you feel grounded and in touch with the earth element.

You may also use it as a foot bath. Simply add a teaspoon into a large bowl and soak your weary feet.

Drink plenty of water after you use the Body Polish to aid in flushing toxins out of your body.

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

Sodium chloride (Himalayan crystal salt), Sesamum indicum (sesame), Citrus sinensis (sweet orange), Cinamonum verum (cinnamon), Withania somnifera (ashwaghandha), Bacopa monnieri (brahmi), Citrus limonum (Lemon), Curcuma longa (turmeric), Myristica fragrans (nutmeg), Lavandula angustifolia (lavender), Vanilla plantifolia (vanilla).

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

