



TRUE WELLNESS

VATA DEEP CLEANSER

---

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



## VATA DEEP CLEANSER

A velvety deep clay cleansing treatment that nurtures your dry fine pores with regenerative nourishment, the result is a new level of hydration, firmness and agelessness, igniting your inner Vata healing.

Transform your nightly cleansing into a sensory aromatic ritual that purifies your skin of toxins, clears your mind of tension and expands your own understanding of your body's rich, profound beauty. The velvety soft balm of the Vata Deep Cleanser drenches your skin in organic nutrients. The vitamin rich plant oils of Macadamia, Jojoba and Avocado and herbal infusions of Madagascan Vanilla, Turmeric and Cardamom add vitality to your skin's elasticity, while the aromatic essences of Lemon, Lavender and Nutmeg give your skin a new level of radiance. Argiletz Golden Clay gently draws out toxins while re-mineralising for brightness and increased glow. On days of stress or strain, expand your ritual and use as a mask, revelling in the firmness and hydration its medicinal qualities bring back to your body.



## Ritual

### AS A DEEP CLEANSER:

1. Always start with clean, dry hands.
2. Take a pea size of the Vata Deep Cleanser and warm to melt between your fingertips, inhaling the warming aroma.
3. Smooth it all over your face and neck. Using a gentle to medium pressure, massage the Vata Deep Cleanser in a circular upward and outward motion, allowing it to sink deeply into your skin dislodging all debris and makeup.
4. If wearing heavy makeup, you may wish to do a double cleanse – first to get rid of makeup and secondly to deep cleanse, purify and nourish your skin.
5. Take your time with massaging the Vata Deep Cleanser, you are doing something special for your skin. Give your skin at least a minute of this luxurious massage to help boost circulation, facilitate lymphatic drainage and maximise absorption of the nourishing herbs.

### TO REMOVE DEEP CLEANSER:

1. Drench a soft face cloth in warm to hot (comfortable to touch) water, ideally infused with Vata Ayuressence.
2. Wring it out and compress over face and neck letting the heat and steam immerse into your skin. This will continue the deep cleansing action by opening pores and softening blackheads, releasing toxins and infusing the goodness of the herbs into your skin.

3. You may wish to learn about the Ayuressence Compress Technique in the Vata Ayuressence product page.
4. Gently wipe off the Vata Deep Cleanser with the steamy face cloth.

### TO REMOVE HEAVY EYE MAKEUP:

1. Take a small amount of Vata Deep Cleanser and warm to melt between your fingertips.
2. Massage it onto closed eyelids and under the eyes using a very light pressure, always sweeping outwards.
3. To remove, dampen cotton pads with warm water and gently wipe outwards over the eye area to remove.
4. Repeat as needed.

### AS A MASK:

1. As a deeply hydrating and revitalising weekly mask treatment smooth the Vata Deep Cleanser liberally over cleansed skin and rest for 10-20 minutes. Remember to include your neck and décolletage.
2. You may wish to place a hot towel, ideally infused with Vata Ayuressence, over the mask while you rest and allow the heat to help infuse the mask further into your skin.
3. Use this time to reconnect to your true essence by doing a mindfulness practice such as meditation, listening to some inspiring music or having a warm bath.



## Tips

Massage the Vata Deep Cleanser onto your skin before you step into the shower. The warm water and steam will help infuse the oils into your skin for a deeper cleanse with a softening effect.

This is the perfect cleanser to switch to when the weather gets cold or your skin is starting to feel extra dry and dehydrated.

For the ultimate deep cleansing and nourishing home facial treat:

1. First cleanse skin with the Vata Deep Cleanser and remove any makeup.
2. Apply a thin layer of Vata Deep Cleanser onto your clean face and neck.
3. Then add 5-6 drops of the Vata Ayuressence to a large bowl of steaming hot water.
4. Lean over the bowl and cover your head with a thick towel and allow the aromatic steam to gently open pores to release impurities, while at the same time further infuse the nourishing plant oils into your skin for 5 -10 minutes.
5. Gently massage skin for a few minutes with circular movements upwards and outwards. This will help soften and dislodge any impurities.
6. Drench a face cloth in the steam bath, wring it out and gently compress onto your skin before wiping off the deep cleanser.
7. Follow with a spritz of Vata Tonic followed by Vata Balm or Vata Elixir.

## 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:

Helianthus annuus (Sunflower oil), Macadamia integrifolia (macadamia oil), Cera alba (beeswax), Simmondsia chinensis (jojoba oil), Persea gratissima (avocado oil), Illite (French Yellow Argiletz Clay), Vanilla planifolia (vanilla), Curcuma longa (turmeric), Elletaria cardamomum (cardamom), Citrus limonum (lemon), Myristica fragrans (nutmeg), Lavandula angustifolia (lavender). All Ingredients except clay are certified organic.

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

