



TRUE WELLNESS

VATA PURE POLISH

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



## VATA PURE POLISH

A nourishing and brightening rich creamy blend of raw Ayurvedic skin food to enhance your outer layer's natural detoxification, resulting in a hydration that both protects and supports your ultimate wellbeing throughout the day, empowering you to live fearlessly.

Transcend your morning ritual into an exquisite aromatic awakening that enhances the overnight renewal of your skin, opens your mind for new beginnings, and expands your soul into stillness. The luscious fluffy Vata Pure Polish infuses your skin with nutrients while freeing it from overnight cellular activity of detoxification and shedding. Your skin is gently buffed with Colloidal Oats, Almonds and purifying Sweet Orange which assists cellular turnover, while Jojoba and Shea Butter nourish while you cleanse. Madagascan Vanilla, Ashwaghandha and Cardamom are warming and rejuvenating for your Vata nature and powerful Triphala provides an instant boost of vitality. This intuitive polish can be used as a daily cleanser, exfoliant and mask.



## Ritual

### AS A CLEANSER:

1. Always start with clean dry hands.
2. Scoop a pea sized amount of Vata Pure Polish into your palm.
3. Add a few drops of warm water and mix with your fingers until it is a creamy consistency to your liking.
4. Massage onto your face and neck in circular upward and outward motions with a gentle pressure.
5. Remove by rinsing off with warm water.

### AS AN EXFOLIATER:

1. For enhanced exfoliation and a gentle peeling effect let the Vata Pure Polish dry on your skin for a few minutes. This allows for a gentle drawing action allowing the old dead skin cells to adhere to the Vata Pure Polish while it dries. Remember to include your neck and décolletage.
2. Once dry, using upwards and outwards circular massage movements, lightly roll it off.
3. The Vata Pure Polish will peel off revealing soft, fresh and glowing skin.
4. To completely remove, simply rinse off with warm water.

### AS A MASK:

1. As a nourishing and brightening mask treatment mix the Vata Pure Polish with warm water to a thick and creamy consistency.
2. Apply onto damp face and neck and leave on for 10-20 minutes.
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.
4. To remove, simply wash off with warm water.



## Tips

Boost your skin first thing in the morning by using your Pure Polish as a morning mini-mask every day. Apply it to damp skin and then keep it on while you brush your teeth in the morning, read the papers or have your morning drink. Then simply rinse away with water or in the shower for fabulously fresh and super soft skin.

For added nourishment instead of water, mix it with warm milk and honey to your desired consistency. Apply it in a thick layer to your skin for 10-20 minutes. To remove, simply wash off with warm water.

Great to use as a pre-party brightening pick me mask up for radiant and refreshed 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:

Avena sativa (oat), Prunus dulcis (almond), Simmondsia chinensis (jojoba oil), Butyrospermum parkii (shea butter), Citrus sinensis (orange), Elettaria cardamomum (cardamom), Withania somnifera (ashwagandha), Emblica officinalis (amla), Terminalia chebula (haritaki), Terminalia belerica (bibhitaki), Citrus limonum (lemon), Zingiber officinale (ginger), Vanilla planifolia (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.

