



TRUE WELLNESS

VATA TONIC

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

VATA TONIC

A light Vata balancing and soulful aromatic skin drink that dramatically increases your skin's hydration, re-mineralises, diminishes fine lines and gives you a new level of radiance as the deepest core of your cells hydrate from within.

This refreshing aromatic potion is brimming with plant extracts and essences that awaken and revive your skin's vitality and dramatically increase hydration. Pure plant hydrosols of Rose, Blood Orange and Geranium hydrate, balance PH, promote circulation and refresh, while concentrated fresh plant extracts of Passionflower, Rock Rose and Rosehip soothe the nerves, quieten the mind and keep you feeling grounded in your heart space. Divinely aromatic plant essences of Bergamot, French Lavender and Cedar revive your true spirit and bring a lightness and joy that your inner Vata nature needs.



Ritual

AS A TONING MIST

1. After cleansing your skin, shake bottle to activate.
2. Close eyes spray the Vata Tonic liberally over face and neck to drench your skin in hydration and hydrophilic (water soluble) phyto-nutrients.
3. Using the Vata Tonic before your Vata Balm helps seal in the hydration and nutrients into your skin.
4. Misting it after application of the Vata Balm helps increase the absorption of your balm into your skin.
5. Inhale deeply. Exhale mindfully.

AS A SKIN PRIMER

1. Spray the Vata Tonic before you apply make up as a skin primer
2. Apply Vata Tonic after you apply makeup to set it and impart a soft dewy glow.

AS A REFRESHING MOOD ELEVATOR

1. Spritz the Vata Tonic head to toe after your shower to impart a beautiful natural aroma throughout the day.
2. Use it during the day to refresh your skin, revive your spirit and elevate your mood.

Tips

Take it on board when you are travelling by air as a wonderful skin hydrator and mist it around you when you land. The positive ionising Himalayan crystal salts and grounding plant extracts and essences will help alleviate the effects of insomnia and jet lag.

Take it to work with you to keep you energised during the day. Spraying this around yourself while at work is particularly good for neutralising the fatiguing effects of positive ions from screens and electronics appliances while energetically cleansing your space.

Use it to aid you in your meditation and mindfulness practice by misting before and after.

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:

Rosa damascena (rose) hydrosol, Citrus sinensis (blood orange) hydrosol, Pelargonium graveolens (geranium) hydrosol, glycerine, Rosa canina (rose hip), Passiflora incarnata (passionflower), Cistus canadensis (rock rose), Sodium chloride (Himalayan crystal salt), Citrus aurantium bergamia (bergamot), Lavandula angustifolia (lavender), Cedrus atlantica (cedarwood).