



Kapha

Day 1

Morning Ritual

- Sakala Ama Release Tonic applied to dry skin followed with Kapha Cleanser directly over Sakala Ama Release Tonic – Rinse well. Pat skin dry
- Kapha Elixir followed by Kapha Moisturizer
- Sakala Environmental Shield
- Sakala Sunscreen
- 5-30 minutes of quiet reflection

Night Ritual

- Kapha Cleanser
- Kapha Elixir
- Sakala Ama Release Tonic applied to any active acne or pre acne areas
- Sakala Eye & Neck Balm over eyes, lips and neck
- Kapha Moisturizer over entire face (avoid areas treated with Sakala Ama Release Tonic)
- 5-30 minutes of quiet reflection

Day 2

Morning Ritual

- Kapha Cleanser– Rinse well.
- Sakala Exfoliant – Rinse well. Pat skin dry
- Kapha Elixir followed by Kapha Moisturizer
- Sakala Environmental Shield
- Sakala Sunscreen
- 5-30 minutes of quiet reflection

Night Ritual

- Kapha Cleanser
- Kapha Elixir
- Sakala Ama Release Tonic applied to any active acne or pre acne areas
- Sakala Eye & Neck Balm over eyes, lips and neck
- Kapha Moisturizer over entire face (avoid areas treated with Sakala Ama Release Tonic)
- 5-30 minutes of quiet reflection

Twice a week, incorporate Kapha Masque 5-15 minutes, either morning or night. For active acne or pre acne areas spot treat with Sakala Ama Release Tonic under the Kapha Detoxifying Masque.

Day 3

Morning Ritual

- Kapha Cleanser– Rinse well. Pat skin dry
- Kapha Elixir followed by Vata Moisturizer
- Sakala Environmental Shield
- Sakala Sunscreen
- 5-30 minutes of quiet reflection

Night Ritual

- Kapha Cleanser
- Kapha Elixir
- Sakala Ama Release Tonic applied to any active acne or pre acne areas
- Sakala Eye & Neck Balm over eyes, lips and neck
- Kapha Moisturizer over entire face (avoid areas treated with Sakala Ama Release Tonic)
- 5-30 minutes of quiet reflection

Day 4 – Repeat the three-day process.