



Kapha/Pitta

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
- Pitta Elixir followed by Kapha Moisturizer
- Sakala Environmental Shield
- Sakala Sunscreen
- 5-30 minutes of quiet reflection

Night Ritual

- Kapha Cleanser
- Pitta Elixir
- Sakala Environmental Shield
- Kapha Moisturizer followed by Sakala Eye & Neck Balm as need around eyes and neck area
- 5-30 minutes of quiet reflection

Day 2

Morning Ritual

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

Night Ritual

- Kapha Cleanser
- Pitta Elixir
- Sakala Environmental Shield
- Kapha Moisturizer followed by Sakala Eye & Neck Balm as need around eyes and neck area
- 5-30 minutes of quiet reflection

Once to twice a week, incorporate Kapha Masque 5-15 minutes, either morning or night.

Day 3

Morning Ritual

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

Night Ritual

- Kapha Cleanser
- Pitta Elixir
- Sakala Environmental Shield
- Kapha Moisturizer followed by Sakala Eye & Neck Balm as need around eyes and neck area
- 5-30 minutes of quiet reflection

Day 4 - Repeat the three-day process.