



## Pitta/Kapha

### Day 1

#### Morning Ritual

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

#### Night Ritual

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

### Day 2

#### Morning Ritual

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

#### Night Ritual

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

Once to twice a week, incorporate Pitta Masque 5-15 minutes, morning or night.. For active acne or pre acne conditions, apply Sakala Ama Release Tonic on effected areas before applying masque.

### Day 3

#### Morning Ritual

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

#### Night Ritual

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

**Day 4 – Repeat three-day process.**