



Pitta/Vata

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

Night Ritual

- Pitta Cleanser
- Vata Elixir
- Sakala Environmental Shield
- Sakala Eye & Neck Balm over the entire face and neck area
- 5-30 minutes of quiet reflection

Day 2

Morning Ritual

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

Night Ritual

- Pitta Cleanser
- Vata Elixir
- Sakala Environmental Shield
- Sakala Eye & Neck Balm over the entire face and neck area
- 5-30 minutes of quiet reflection

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

Day 3

Morning Ritual

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

Night Ritual

- Pitta Cleanser
- Vata Elixir
- Sakala Environmental Shield
- Sakala Eye & Neck Balm over the entire face and neck area
- 5-30 minutes of quiet reflection

Day 4 and 5 - Repeat Day 3

Day 6 - Repeat from beginning, Day 1