



## Vata/Pitta

### Day 1

#### Morning Ritual

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

#### Night Ritual

- Vata Cleanser
- Pitta 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

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

#### Night Ritual

- Vata Cleanser
- Pitta 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

- Vata 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

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

**Day 4 - Repeat the three-day process.**