



## *Kapha Beauty Rituals*

Your skin is your protective barrier between your inner world and the outer world. The quality of your skin reflects your inner vitality and health... Look after your skin so that you are protecting yourself as well as protecting your world...

# kapha oily or congested skin

## Kapha Overview

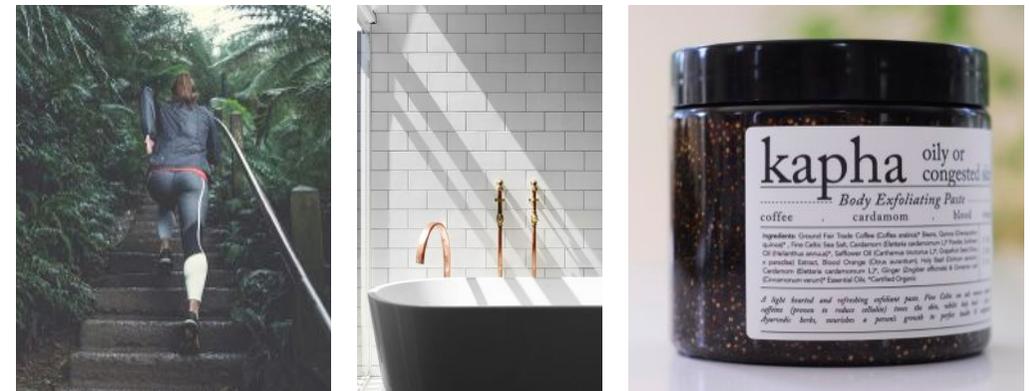
As a person with a predominance of Kapha in your constitution, you are dominated by the elements of earth & water.

Kapha skin types have classically pale or rich olive skin, that is smooth, soft & lustrous. Imbalanced: when its out of balance it becomes sluggish, may feel damp or a little oily & be prone to blackheads or congestion & breakouts.

Kapha skin stays in balance and clear when cleansed, hydrated & nourished with stimulating & detoxifying ingredients found in our Kapha range of skin & body care.



*Kapha Body Exfoliating Paste*  
coffee • cardamom • blood orange



## To Balance Kapha:



### Kapha Starter Kit

- 30g Kapha Cleansing Bar
- 60ml Kapha Hydrating Mist
- 30ml Kapha Face Nourishing Oil
- 50g Kapha Exfoliant & Mask

--> Purchase outright for \$90.00  
Also available as an Introductory Offer trial *free* for 30 days

- Exercise with abandon (you can't overdo it)
- Avoid fried foods & keep oil consumption to a minimum (a low fat diet is your greatest friend). Mustard oil or ghee are your best choices.
- Become aware of your tendency to want to hold onto things & people and see how this can also manifest as weight gain & an inability to let go.
- When ordering drinks ask for "no ice please" it puts your agni or digestive fire out.
- Include lots of wonderfully warming spices & pungent, bitter & astringent tastes with each meal
- Eat fresh fruits and vegetables they are the key to your health, but make sure you cook and serve them hot, light & or spicy (especially in winter).
- Avoid dairy, which is totally 100% Kapha producing.
- Add complex carbohydrates to your diet which will keep you going without weighing you down - toasted muesli, soba noodles, quinoa, rye, millet & corn - light, drying and astringent grains are important
- Know that it's important for you to use stimulating and invigorating beauty rituals like the Rasasara Body Exfoliating Paste or try the Vata Body Oil & massage vigorously!
- Remember that of all 3 body types, you're the one who benefits from not having a routine - (routines are what you love). New foods, new ideas, new friends, change, challenge & variety are your mantra!

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## Morning Ritual

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### *Cleansing Compress*

Fill a basin with warm to hot water & add 5 - 8 drops of the Cleansing Compress Drops. Submerge a clean face cloth in the basin & wring out well - compress your face firmly with the cloth, breathe deeply, inhaling the herbaceous smells of the essential oils. Apply pressure to any areas of tension on the face - focus on areas that are prone to blackheads, pimples & congestion or deep lines.

### *Tone | Hydrate*

Mist the entire face with Kapha Hydrating Mist. If experiencing Kapha congestion or breakouts, apply 2 pumps of Rasa Aloe Serum to the entire face.

### *Moisturise*

In the palm of your hand mix 3 - 4 drops\* of Kapha Face Nourishing Oil + 2 sprays of Kapha Hydrating Mist into a light cream. Massage into your face & neck using upward strokes & gentle circular motions around the cheeks. You can also dab the oil neat onto pimples & scars.

\* Adjust your oil to water ratio with the seasons, your skin will need more oil in the dryer months & more Hydrating Mist in the hotter months. As you reconnect with your skin's needs you will become more attuned to your body's needs.

### *Enjoy*

Cherish the experience of being gentle & loving. Take a gentle breath & visualise every cell of your body filled with loving kindness for yourself.



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*Evening Ritual*

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*Cleanse*

Gently cleanse your face & neck using the Cleansing Bar - lather into a rich cream in the shower or over the basin, avoiding the delicate eye area. Pat your face dry using a soft towel.

*Tone | Hydrate*

Spray your entire face & neck with Kapha Hydrating Mist + 2 pumps of Rasa Aloe Serum if skin is congested.

*Moisturise & Revitalise*

In the palm of your hand place 2 drops of Chandra Revitalising Oil with 3 drops of Kapha Face Nourishing Oil + 3 sprays of Kapha Hydrating Mist. If your skin is imbalanced and you have breakouts, mix your Kapha Nourishing Oil with Rasa Aloe Serum in place of the Chandra Revitalising Oil. Press gently onto the face & gently massage into your skin, using upward strokes & gentle circular motions around the cheeks.

*Enjoy*

Rejoice in the experience of making the time to nurture yourself, giving to yourself allows you to give to others from a place of joy & sincerity.

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## Bi-Weekly Exfoliation

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*When Kapha skin is balanced:*

Gently exfoliate at least 3 times weekly to remove dead skin cells and oils that create blackheads.

*When Kapha skin is inflamed:*

Or aggravated, avoid scrubbing these areas and instead focus on the masking ritual.

*Exfoliate*

Mix a ¼ tsp of powder with enough water to make a light paste in the palm of your hand, gently massage your entire face using circular motions, avoiding the cheeks if broken capillaries are present; this can be performed in the shower or over a basin - use your compressing water to rinse off & towel pat dry.

\*When exfoliating in the shower avoid taking the whole jar as moisture will eventually cause the exfoliant to deteriorate.



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*Weekly Nourishing Mask*

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*Compress*

Follow the compressing ritual provided in the morning ritual only this time include the entire décolletage. Compressing is highly beneficial for blackheads, congestion & breakouts.

*Gentle Fruit Acid Exfoliant*

To prepare your skin for the mask that follows: in a small bowl mash 4 ripe organic strawberries into a paste, apply to your entire face and leave on for 10 mins; a gentle tingle is normal, if it stings or feels uncomfortable wash off immediately.

*Mask*

Rejuvenating & hydrating this mask will yield maximum results when applied after the exfoliating treatment. Into a small bowl sprinkle Kapha Exfoliant | Mask, mix with 1tbls of honey & enough water to make a smooth thick paste. Apply to the entire face using a basting or cosmetic brush. Allow your skin to soak up the mask - leave for 10 - 15 min & gently remove with tepid water.



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## Self Massage

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This treatment is highly recommended for Kapha types of any age throughout the colder months & on into early spring when Kapha is at its peak - or any time you feel sluggish or uninspired...Just do it!

### *Mantra*

Protect the mind with the mantra 'Ham Sa' meaning I am Divine compliments this self-massage treatment.

### *Massage & Exfoliate*

Draw yourself a warm scented bath and step in, wet your entire body and then using a generous handful of body exfoliant, massage in circles starting with the hips and thighs, move down each leg; using another large handful begin again massaging the lower back & then the abdomen in clockwise circles, move your way up the body, paying particular attention to the upper chest & shoulders as Kapha tends to accumulate here, exfoliate under the arms using gentle circular motions and then work your way down each arm to the finger tips. Of all the doshas you can afford to be the most vigorous in your movement, stimulating the lymph and circulation, this treatment can be a mini workout, so mindfully observe the breath.

### *Bathe*

It's time to sink into your blissfully warm bath & relax.

### *Enjoy*

Inhale into your abdomen using a deep & steady breath, connect with your generous - loving - compassionate kapha nature, consciously offer this love to yourself - imagine a golden light pouring into your crown chakra, infusing every cell of your entire body, the golden light cleansing your body of stagnant energy, clearing your mind of negativity & opening your heart. Stay with your breath protecting your heart-mind, relaxing in the present.



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### *Self Massage during the cooler months:*

We are all a combination of the doshas and therefore, no one is exclusively one dosha. During the cooler months, it is likely that you will experience a Vata imbalance. A Vata self massage will help to alleviate the symptoms, see below:

### *Vata Bi-Weekly Self Massage*

Allow 60 - 90 minutes for this highly rejuvenating practice.

We said bi-weekly because we don't want to scare you away, but this massage can also be practised daily if you're lucky enough to have the time, especially if you have an existing vata imbalance.

### *Meditation*

This practice can easily become a meditation by simply focusing on the breath and the sense of touch.

### *Mantra*

To uplift & protect the mind during your treatment we recommend the mantra Om Nama Shivaya, meaning, I return to my inner self. It will connect you with your true nature ~ Bliss.

### *Warm*

Into a fondue bowl, pour 30 - 50 ml of Vata Body Nourishing Oil, if you don't have one of these pour into a small dish & place this in a larger dish that has boiling water in it for 3 minutes or until the oil is warmed.

This practice is completed by soaking in a warm bath to enable the oils & herbs to penetrate deeply into the tissues, loosening toxins & allowing them to be released via the GI track. So whilst the oils are warming, start drawing yourself a beautifully scented bath.

### *Massage*

In a warm comfortable place with a towel underneath you begin the massage starting with each foot, using circular motions around the joints & working up and down along each limb. Pay particular attention to the upper thighs, hips and lower abdomen, applying extra oil & massage here. You can also apply the oil to your face and scalp if desired.

### *Bathe*

Sink into the blissfully warm bath that awaits you & relax...

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## Natural Facelift

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### *Natural Facelift*

(‘Absolute Beauty’, by Pratima Raichur)

Do this massage to complete the full body massage or any time you want a face lift. Massage each point listed below in a clockwise direction for 20 – 30 seconds. Use the middle finger unless otherwise directed.

1. The centre of the chin (also good for head cold relief)
2. Both corners of the mouth (i.e. the corners of the lips)
3. Centre of the bone between the nose and the upper lip.
4. Outside the corners of the nose where the nostrils flare (this point corresponds to the small intestines and is good for sinuses)
5. Centre of the cheekbones. Push the underside of the bone and massage.
6. The lower lids, (just below the eye on the bone). Press gently with the ring finger, do not massage.
7. Brows. Use the thumbs to press upward on the inside corner of the eyebrows at the bridge of the nose. Then, with thumb and fore finger, pinch each brow across the whole arch from the inside to outside corner. Repeat (when done correctly, this may cause mild soreness due to stored tension. Good for headaches and bladder problems.
8. Temples use flat fingers to massage gently.
9. Third Eye
10. Crown, place both hands on top of the head and move them rapidly back and forth to vibrate the scalp.

