



Pitta 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...

pitta sensitive or combination skin

Pitta Overview

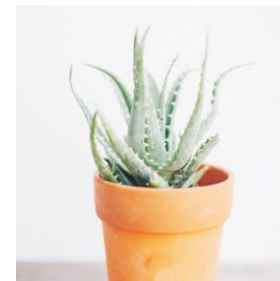
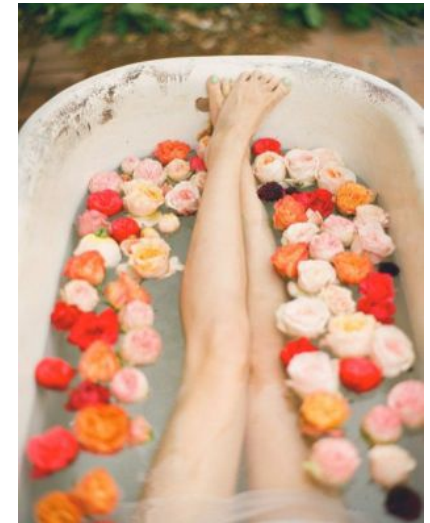
As a person with a predominance of Pitta in your constitution, you are dominated by the elements of fire & water.

Pitta types feel the heat, note their warm glowing cheeks, are often lightly freckled or dotted with beauty marks & burn easily. Imbalanced pitta skin is prone to conditions such as redness, acne, rosacea, an oily t-zone & broken capillaries.

Balance pitta skin with the application of cooling, calming & natural ingredients found in Rasasara's pitta range.



Pitta Starter Kit for Super Sensitive Skin



To Balance Pitta:

- Avoid excessively hot, steamy environments (i.e. bikram yoga)
- Flavours that balance Pitta are bitter, sweet & astringent.
- Steer clear of oily & fried foods, caffeine, salt, alcohol, hot spicy food, red meat, tuna & garlic.
- Eat lots of fresh fruit & vegetables, especially bitter greens like dandelion & beetroot leaves, watercress & parsley
- Chlorophyll rich plants or supplements support Pitta's active liver.
- Eat high protein foods, like tofu, tempeh, cottage cheese; organic cows, goats & soy milk
- Cook with ghee, unsalted butter or organic sunflower oil
- Add cooling herbs & spices such as coriander, dill, cumin, saffron, mint & fennel to your diet.
- Drink coconut water chilled from the fridge will balance a Pitta aggravation on a hot summer's day.
- Sweeteners can be heating for Pitta types. Stick to maple syrup, barley malt, organic raw sugar & young honey
- Most of all eat moderately
- Apply Pitta Hydrating Mist (contains rose water) to your face liberally in the summer & utilise Rasa Aloe Serum as a mask to cool sunburn, heat rash & skin inflammations
- Walks in the moonlight (moon baths)
- Take the time to become aware of the needs of others & give generously without a need for anything in return
- Remembering that a compassion & understanding are the best antidotes to anger, jealousy & irritation

Pitta Starter Kit

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

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



Morning Ritual

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 Pitta Hydrating Mist. If experiencing Pitta breakout or imbalances indicated by inflammation or redness apply 2 pumps of Rasa Aloe to the entire face.

Moisturise

In the palm of your hand mix 3 - 4 drops* of Pitta Face Nourishing Oil + 2 sprays* of Pitta Hydrating Mist into a light cream. Press onto & massage into the face & neck, using upward strokes & gentle circular motions around the cheeks.

* Adjust your oil to water ratio with the seasons, your skin will need more oil in the dryer months & more Pitta 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 & connect deeply with loving kindness.



Evening Ritual



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. If your skin is not in balance but showing signs of inflammation or sensitivity then follow the ritual below.

Imbalanced

Apply the Gentle Eye Gel & Makeup Remover to wet skin - smooth over your face & neck. Remove with a warm face washer or cotton pads. If you don't wear make-up & feel you don't need a cream based cleanser, use the Cleansing Compress Drops & follow the morning cleansing compression ritual.

Tone | Hydrate

Spray your entire face & neck with Pitta Hydrating Mist & apply Rasa Aloe Gel - especially if your skin is aggravated or inflamed.

Moisturise & Revitalise

In the palm of your hand place 2 drops of Chandra Revitalising Oil with 3 drops of Pitta Face Nourishing Oil + 3 sprays of Pitta Hydrating Mist - adjust this ratio to your skins changing needs, in accord with the seasons. Press gently into your face & gently massage into your skin, using upward strokes & gentle circular motions around the cheeks. See natural facelift.

Enjoy

Take a gentle breath & connect deeply with loving kindness & send this out to the people in your world make everything in your day/everyday possible, starting with the person who roasts your coffee beans right to person who makes the bed you sleep in each night. Rest deeply in this space of gratitude for the kindness you see in your world.

Bi-Weekly Exfoliation

When Pitta skin is balanced:

Exfoliation is recommended to remove dead skin cells & allow the Face Nourishing Oils to penetrate your skin deeply and work their magic at a cellular level.

When pitta skin is inflamed:

Or highly sensitive we do not encourage exfoliation using the pitta exfoliant. Instead during the compress ritual, use your face cloth to gently exfoliate the t- zone (avoiding the delicate cheek area).

Exfoliate

Sprinkle exfoliant into the palm of your hand & mix with enough water to make a fine, light paste. Gently massage your entire face, chin and neck using circular motions. Be careful to avoid your cheeks or anywhere that broken capillaries are present. Rinse off thoroughly & towel pat dry. You can also carry out this ritual in the shower* or over a basin (use your compress water to rinse off). Pat your skin dry using a soft towel.

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



Weekly Nourishing Mask

Prepare

Put on some comfy clothes in which you feel elegant but relaxed. If you're including the décolletage, then a robe will be most suitable.

Compress

Follow the compressing ritual provided in the daily morning ritual only this time include the entire décolletage.

Deeply Nourish

For dehydrated Pitta skin gently apply a layer of Rasa Skin Balm to your entire face, neck & décolletage. Now repeat the compression ritual used above and using the warm face washer compress the balm into your skin. This treatment can be applied alone when your skin is appearing stressed and you need it to look nourished & hydrated fast!

Mask

Rejuvenating & hydrating, the mask yields maximum results when applied after the above nourishing treatment. Mix Pitta Exfoliant / Mask & with 2tbls of organic milk or cream (enough to make a smooth thick paste). Apply to your entire face using a basting or cosmetic brush. The mask stays active whilst wet – spray with the pitta aromatic hydrating mist to keep it moist. Leave for 10 - 20 min & gently remove with tepid water.

Enjoy

Use this time to relax, rest the mind & listen to sounds of nature; tuning into nature is highly balancing for the pitta dosha.



Self Massage

Self Massage during the warmer months:

Following a cool to warm shower or bath, gently massage the Pitta Body Moisturising Milk onto damp skin. Start with each foot, and simply work your way along each limb, using circular motions around the joints & massage in a clockwise direction around the abdomen.

During the warm weather this practice helps keeps pitta in check & will alleviate symptoms of mild sunburn, heat rash or inflammation. If suffering from severe sunburn - apply Rasa Aloe Serum liberally to the inflamed areas.

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...

Pitta Body Moisturising Milk



Vata Body Oil



Natural Facelift

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.

