

JADE ROLLER & GUA SHA

Jade roller is mainly a lymphatic drainage massage, and gua sha is a facial release massage

BENEFITS

Anti-Aging Properties

Jade rollers are mostly known for their extreme anti-aging effect.

- They work to smooth down wrinkles, stimulate collagen production through massage, and lift the under eye area.
- The roller works through massage to increase circulation, increase product absorption, and stimulate lymphatic drainage.
- Really, what that means is keeping the skin in the healthiest state possible.
- It is seen as less puffiness, decrease in lines, tightening of the skin, and better muscle tone through the massage action.
- The natural anti-inflammatory property of the jade roller will also help to reduce redness, sensitive skin, and other signs of skin irritation.

Detoxifying

How are they detoxifying?

- The act of rolling and massaging the skin with the rollers increases circulation and helps the lymphatic system to carry away toxins.
- With increased blood and lymph flow, you can count on a renewal of cells and moving the toxins away more quickly.
- Increasing blood flow effectively brings more oxygen to the surface which can help improve skin tone.
- Detoxifying the skin will lead to more brightness, clarity, and glow in your complexion.

Increases Chi

With the flow of fresh blood, chi is also brought to the face.

- Chi is life force energy and prevents stagnation (which makes the complexion sallow).
- In addition to increased Chi, jade rollers are cooling in the summer and can be made to be warming in the winter (by removing the stones and placing in warm water).
- This helps us to remain balanced when seasonal extremes are present.
- Skin-care trends tend to fall into two camps: Space-age, cutting-edge technological breakthroughs, or time-honored, traditional practices handed down through the generations.

Rolling jade across the skin will get you glowing, it revs up circulation, de-puffs the eye area and improves skin elasticity—and since it promotes lymphatic drainage as well, it's detoxifying. It can help calm and even out your complexion, the skin guru says, and make it noticeably less puffy, defining your cheekbones, jawline, and brows.

WHAT TO EXPECT

When using the roller after applying moisturizer, it is noticed that the cream is absorbed very quickly. The puffiness disappears immediately after use of the roller. It is relaxing and eases stress as the roller is always cold.

May help treat infections: Jade may treat viral and bacterial infections, making it a wonderful addition to your beauty routine if your skin is inflamed, active, sensitive or cystic. It's also fantastically cooling for eczema, rosacea and dermatitis.

May have restorative properties: Jade rolling helps to increase blood flow and healthy tissue regeneration - the massaging action is vital to healthy skin.

HOW TO USE

The technique

- Before you begin rolling, make sure your skin is freshly cleansed and apply your favorite face oil or hydrating serum.
- Start at the base of your neck and roll upwards, working against gravity.
- Once you've completed this on your neck, roll from your jawline up towards the middle of your cheeks.
- Then, from the middle of your chin make broad strokes with the roller out towards your ear, where the lymph drains from your face. Continue with the broad strokes and gradually move up your face, over your lips, under your nose and from the bridge of your nose out to your ear using the small end of the roller to get the sensitive skin under your eyes and eyebrows.
- When you get to your forehead, use the large end of the jade facial roller to roll from your eyebrows up to your hairline.
- Finish by rolling from the middle of the forehead out towards the temples.

BONUS TIPS

- Repeat each stroke at least three times.
 - Always roll upwards & outwards to drain the lymph, never back & forth.
 - A flushed face means you're increasing your circulation in the skin
 - To boost the depuffing effect, store your facial roller in the fridge or freezer.
 - Use your facial roller when wearing a sheet mask to help nutrients soak in.
 - Jade facial rolling is a great morning ritual to wake up tired eyes and energize your skin.
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HOW TO CARE

After using:

- Gently wipe clean using a soft cloth.
- Store your Jade Roller somewhere dry and don't let it sit in a steamy bathroom, or in an area that gets damp. The delicate metal mechanism will rust if it gets wet.
- You can wash it in warm salted water - however do make sure that it's completely dry before storing.

- You can travel with your Jade Roller, I simply wrap mine up in a clean, dry face cloth to protect it.

enjoy using your Jade Roller- it'll change the way your skin feels and looks!

COMMON Q&A

1. How often should I use jade roller and gua sha?

The jade roller can be used every day. In the morning, you can roll it on your puffy eyes. And you can use it before you go to bed to help penetrate better. And we recommend you to glide on your skin three times a week.

2. What differences can I see after using the jade roller and gua sha?

The jade roller helps de-puff the under-eye circle, minimize fine lines and penetrate skincare products better. Gua sha is designed to relieve tensions in the muscles, boost blood circulation and encourage lymphatic drainage. And a gua sha can noticeably lift the face, create a more sculpted and defined look, particularly around the chin and jawline.

3. Are they easy to be broken?

Rollers and the gua sha are made of rose quartz or natural jade. It may be broken during transit, but it rarely happens. When not in use, you can store it in the box to avoid falling down.

4. What can I do if the roller couldn't roll smoothly?

In order to hold the roller well, the frame may be a little tight. So you can pull the frame wider before use.

5. Why are black spots in the rollers or gua sha?

Jade is naturally formed. So they may have natural texture and black spots.

6. Why do I have more fine lines after several uses?

Before use, please wipe it with a wet cloth to make sure the tool is clean. It's best to clean your face and apply a face serum, oil or moisturizer before using a jade roller and gua sha. And then roll gently in one direction without drag.

ANY PROBLEMS, DON'T HESITATE TO CONTACT US! WE ARE ALWAYS HERE TO HELP