

# Jade Facial Roller

## DIRECTIONS:

Start with a freshly cleansed face. Apply your favorite moisturizing oil or serum. Gently glide the jade roller over your skin, following the pattern below:

### 1. ROLL UP AND OUT:

#### NECK

With the large end of the roller, start at the base of the neck, rolling upward toward the chin.

#### CHEEKS AND JAWLINE

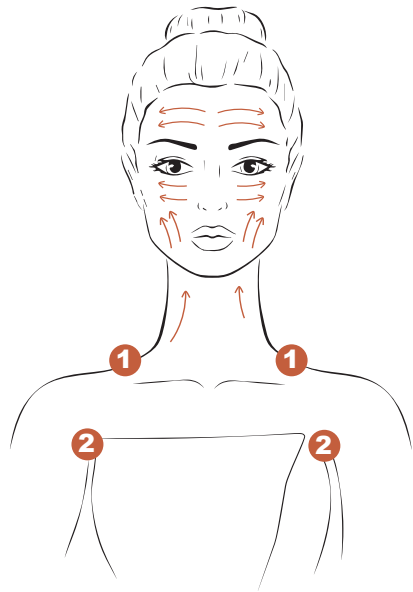
With the large end of the roller, start at the chin, rolling up and out toward the cheeks.

#### EYES

With the small end of the roller, start at the inner corners of both under-eyes rolling outward.

#### FOREHEAD

With the large end of the roller, start at the middle of your forehead. Roll first to the left, then to the right.



### 2. ROLL DOWN AND OUT:

Repeat the process but roll down the face starting from the forehead and going down each temple, down and out on each area of the face.

### 3. SQUEEZE AT LYMPH NODE AREAS:

To aid in lymph node detoxification, squeeze each lymphnode for about 2-3 seconds.

- 1 Start with the lymph nodes at the base of the neck.
- 2 End with the lymph nodes under each armpit.

**PRO TIP:** Store in freezer for a truly rejuvenating effect.