

6 RELIEVING TECHNIQUES

MOVALUES GUIDE TO MODERN FACIAL ROLLING

Look good, feel good

WELCOME!

Welcome to the MoValues guide to jade rolling!

We hope you love your roller and make time each day to work in a little self-love - you'll begin experience benefits in no time!

We've created this guide as a way to clear up a lot of the confusion around jade rollers -- how to use them, the benefits, etc. We want you to get the most out of your jade roller.

You've probably heard some of the perks of facial rolling, but a jade roller is capable of so much more. In addition to the lymphatic drainage card and video, we've included several techniques to utilize your jade roller. Check them out to

become a Jade-Rolling Genius! (heheh ;)

The mission with our jade roller is to provide you with a high quality product that not only helps you naturally take care of your skin, but also inspires you to make self-love and holistic self-care a point of emphasis in your life. We hope this guide helps you incorporate a little more time for YOU each day.

At MOVALUES, we believe in natural, holistic beauty and we are honored to help you along your personal beauty journey.

Happy rolling, and thanks for choosing MOVALUES:)

FIRST THING'S FIRST

Before you read any further, we want to make sure you are ready to... roll!

If you have ANY problems, questions or concerns - we're standing by to take care of you! No robots, no useless web pages - We are here to help!

You can contact us at mvsupport@movalues.com or by clicking the button below

[I NEED HELP!](#)

BENEFITS OVERVIEW

There are so many ways to utilize your jade roller! From massages to skin tightening, we've got you covered.

We've prepared general use tips, 5 face benefitting exercises, and some extra goodies!

GENERAL USE



PUFFY EYES



HEART AND SOUL



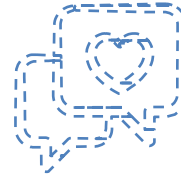
TENSION HEADACHE



LYMPHATIC DRAINAGE



COMMUNITY TIPS



SPECIAL THANKS



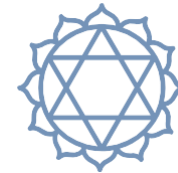
SINUS PRESSURE
& HEADACHES



FACIAL YOGA



THE MOVALUES STORY



DID YOU KNOW?

Jade has been used in the beauty practices of Chinese Royalty for thousands of years!

In roughly 206 BC - 221 AD, the Han Dynasty's Xu Shen described jade's 5 virtues as:

BENEVOLENCE

for its lust and brilliance

HONESTY

due to the translucent texture

WISDOM

for its tranquil, far-reaching tone

INTEGRITY + BRAVERY

as it can be broken but not twisted

GENERAL USE

Whether you want to perform a specific technique or just roll at your own leisure, there are a few general instructions to keep in mind.

GENERAL USE INSTRUCTIONS:

Clean your face before using your jade roller.

Use the large roller for most of your face, switching to the small roller for delicate and hard-to-reach areas, like around the eyes.

Always roll outwards, working from the middle of the face to the side of the head. (Imagine a line straight down the middle of your face, and work away from that line).

Roll in long strokes, and only roll in one direction, do not roll back and forth over the same line.

When not performing one of the specific techniques below, feel free to experiment with your own style:)

Have fun! Jade Rolling is about taking a few minutes for yourself. Recite an affirmation if you'd like, our favorite is "I am love, I let love in."

Gently clean your jade roller and rinse your face after each use by using a mild soap and water. Dry thoroughly, especially the metal (to avoid rusting).

BE YOUR OWN KIND OF
beautiful



TENSION HEADACHES

NEED TO KNOW:

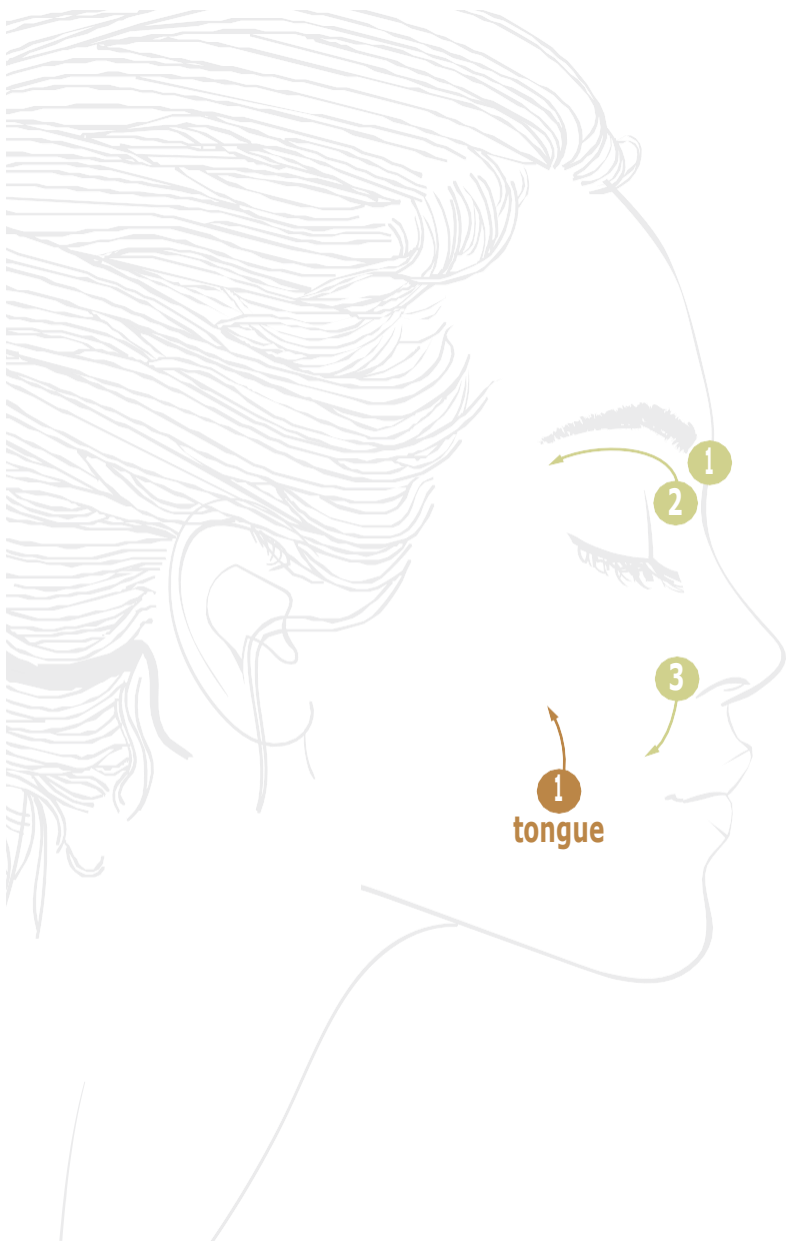
Tension headaches feel like a dull to moderate pain, pressure, or tightness around the forehead, sides, or back of the head. Tension headaches have many causes--high stress, lack of sleep, bad posture, and others. If addressing those causes doesn't help, you can use your jade roller to help relieve tension headache symptoms.

TIP

Try using your jade roller on top of a sheet mask! It's a great way to get the most out of your sheet masks - you'll flatten them as you roll and soak up all the "goodness" :)

TO RELIEVE TENSION HEADACHE SYMPTOMS:

- 1 **Using the small roller, roll along your bottom eyelid, working from the inside of your eye to the outside of your face and to the temple.**
- 2 **Close your eyes. Using the small roller, roll along your top eyelid, rolling from the inside corner of your eye to the outside of your face and to the temple.**
- 3 **Using the large roller, roll slowly along the forehead, rolling outward from the center of the face to the temples.**
- 4 **Using the small roller, roll slowly and gently over your temples, using vertical strokes.**



SINUS PRESSURE & HEADACHES

NEED TO KNOW:

Congestion in your sinus cavities, a feeling of “fullness” in cheeks, and the possible blockage of nasal cavities are common symptoms of sinus pressure. Caused often by irritation from the common cold or allergies, sinus pressure can lead to sinus headaches: characterized by throbbing pain or aches in the cheeks, nose, behind the eyes or forehead, and even the back of the head.

Your jade roller can help you relieve the symptoms of sinus pressure and headaches. Here’s how:

TO RELIEVE SINUS PRESSURE:

- | | |
|---|---|
| 1 | Using the small roller, apply pressure in between your eyebrows (where your nose meets your forehead). While you’re doing this, press your tongue flatly against the roof of your mouth. Hold for 20 seconds and release. This should help you drain your sinuses naturally. |
| 2 | Using the small end of the roller, apply gentle pressure to the top inside corner of your eye, where your brow meets your nose. Press and slowly roll halfway across the top of your eye socket, stopping just above the middle of your eye. |
| 3 | Using the small roller, apply gentle pressure to the side of your nose, at your nostril. Slowly roll down and out, finishing under your cheekbone and beside your mouth. |



TIP

Cool your roller in the refrigerator before using for a relieving cold-massage.

TO RELIEVE SINUS HEADACHE SYMPTOMS:

1

Using the small roller, roll upwards along the side of your nose, rolling from your nostrils to the bottom of your eye.

2

Close your eyelids, and use the small roller to roll down slowly along the inside corner of your eye socket. Start at the top of your nose, by your eyebrow, and roll along your nose, stopping just under your eye. Do this multiple times, slowly.

3

Using the small roller, roll outwards along the bottom of your eye to your temple.

4

With your eyes closed and using the small roller, roll along the top of the eyelid, rolling from the inside corner of your eye to the outside of your face.

5

Using the large roller, roll slowly along the forehead, rolling outward from the center of the face to the temples.

6

Using the small roller, roll slowly and gently over your temples, using vertical strokes.



PUFFY EYES

NEED TO KNOW:

Puffy eyes are often caused by fluid buildup below the eye. Your eyes will be one of the first place to reflect an imbalance in your lymph fluid. The best thing you can do for puffy eyes is GET MORE SLEEP! When you're tired, your blood vessels dilate and result in puffiness.

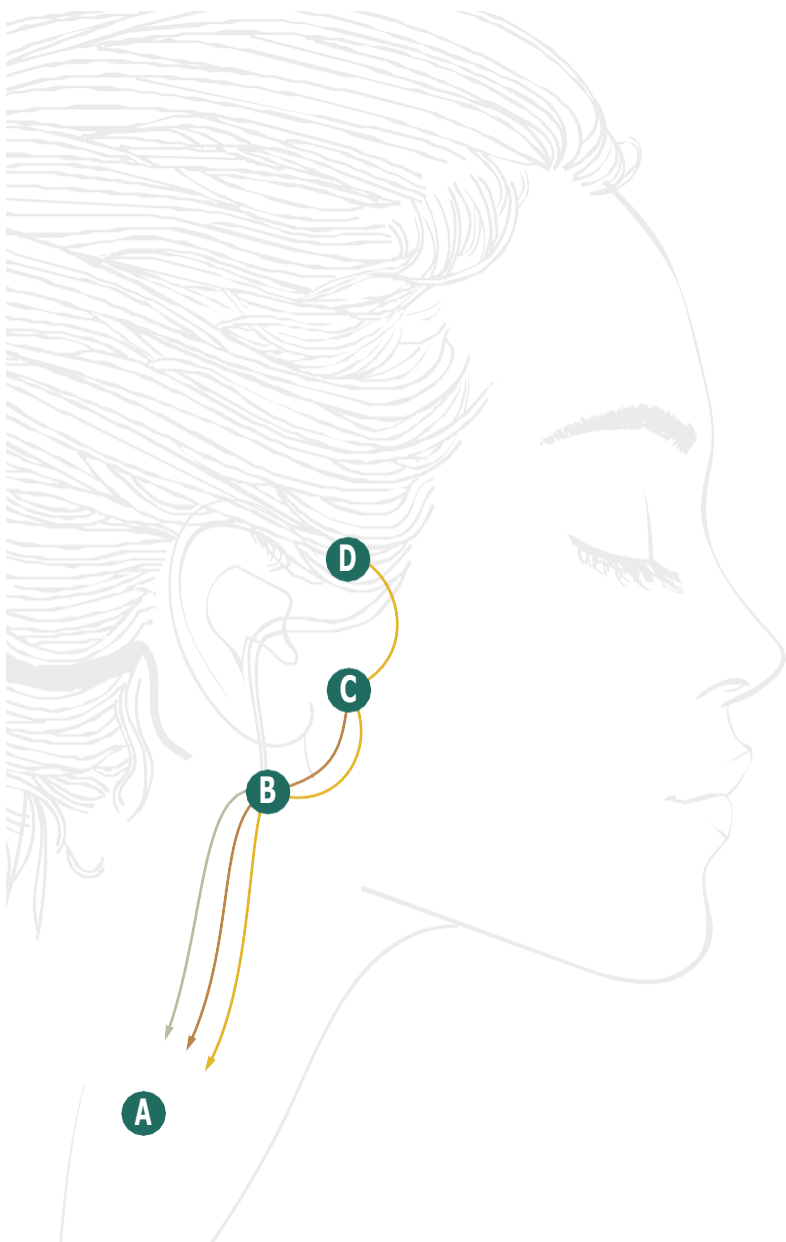
A jade roller is great for working out excess fluid and alleviate puffiness. Here's how:

TIP

Use your jade roller to apply your favorite serum or moisturizer. You'll be able to apply it smoothly, and won't waste any product on your fingers and nails!

TO RELIEVE PUFFY EYES:

- 1** Using the small roller, roll under your eyes, making sure to roll over any buildup of puffiness or lymph fluid. Roll outwards, from the inside corner of your eye to your temple.
- 2** When you're finished, roll over the temple multiple times to release the built-up fluid from your temple.



LYMPHATIC DRAINAGE

NEED TO KNOW:

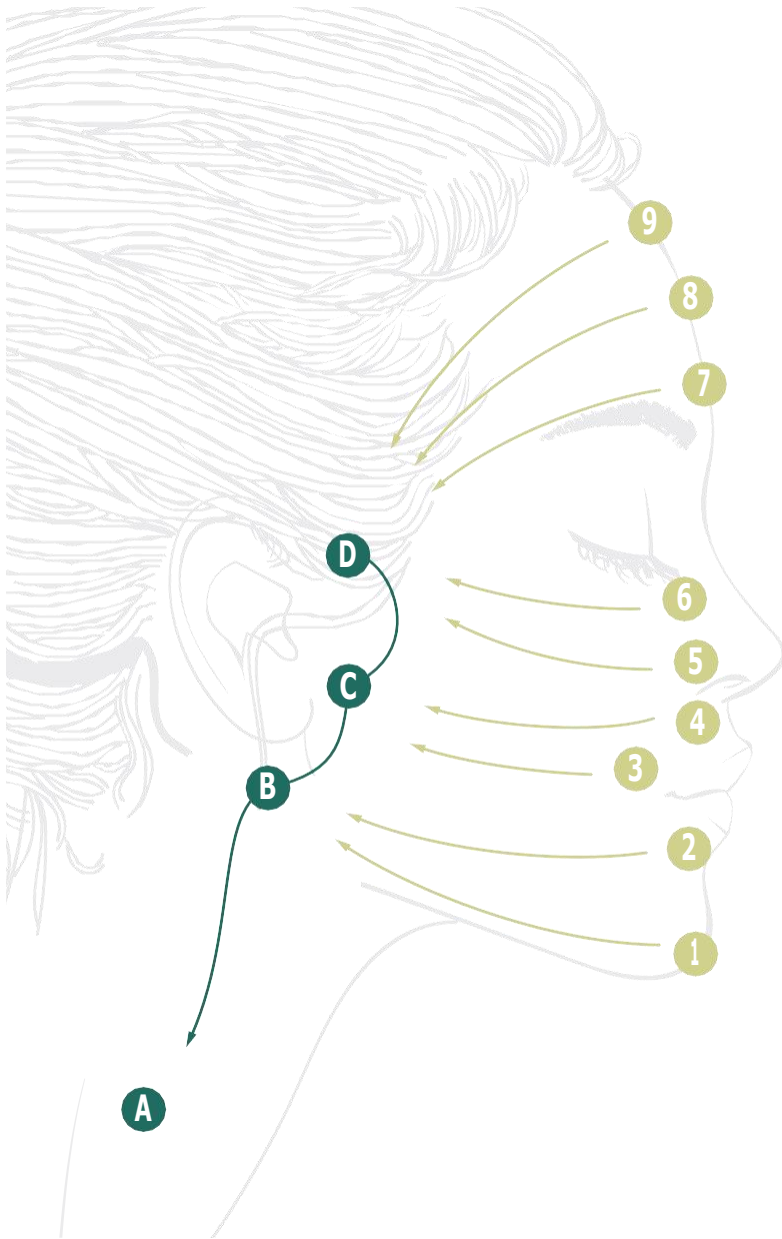
Your lymphatic system stores your toxins but lacks a natural “pump” (your heart is the “pump” for your cardiovascular system). Performing a lymphatic drainage massage will help to stimulate your lymphatic system’s circulation.

TIP

You can also use your jade roller to apply facial serum, improve circulation and much more. For best results, always roll upward and outward, then down to the collar bone







TO ASSIST LYMPHATIC DRAINAGE:

1	Pump Node A, located in your clavicle. (pump)
2	Pump Node B, then roll downwards along the path to Node A and pump Node A again. (pump, roll, pump)
3	Pump Node C, roll downwards along the path to Node B. Pump Node B and roll to Node A. Pump Node A again. (pump, roll, pump, roll, pump)
4	Pump Node D, roll downwards to Node C, pump Node C, roll to Node B, pump Node B, roll to Node A and pump Node A. (pump, roll, pump, roll, pump, roll, pump)



- 5 Move on to the paths located on the face, roll each outward path 2-3 times. End each path by rolling all the way down to Node A, pumping each node as you come across it.
- 6 Start with outward path 1. Roll through the path, ending at Node A. Then Move on to path 2-9, always ending at Node A.
- 7 Repeat til your heart's content.

KEY:

-  PASS 1
-  PASS 2
-  PASS 3
-  LY MPH NODE
-  OUTWARD PATHS
-  PATH TO MAIN LY MPH NODE



SECRET 10% OFF COUPON FOR YOU!

EXTRA10



Copy this code and apply during checkout !

(exclusive for website purchase only)

FACIAL YOGA

If you like yoga, you'll love facial yoga. Here are a few poses you can perform anytime anywhere to tighten your face and reduce pesky wrinkles.

LION POSE

BENEFITS

Stimulates and tones all your facial muscles.



DIRECTIONS

- 1 **Kneel down and place your hands on your thighs.**
- 2 **Lower your jaw and open your mouth as wide as possible.**
- 3 **Stick your tongue as far as possible out over your bottom lip, stretching it forcefully towards your chin.**
- 4 **Breathe through your mouth and try to roar like a lion.**

CHIN LIFT (KISS IT OUT)

BENEFITS

Gets rid of double chin and stretches your jaw, throat, and neck.



DIRECTIONS

- 1 **Tilt your head back and look up at the ceiling.**
- 2 **Pucker your lips as if you were going to kiss the ceiling.**
- 3 **Hold for a few of seconds and release to a normal position.**



HAVEN'T REGISTER YOUR WARRANTY?

In MoValues, we do provide one-year replacement warranty to all our customers.

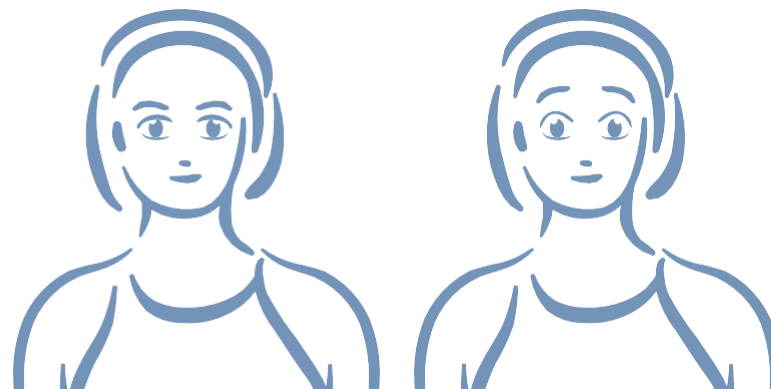
If you haven't registered your warranty, please click the button below to secure your purchase now!

[**CLICK HERE TO REGISTER NOW!**](#)

SURPRISE ME

BENEFITS

Smooths a wrinkled forehead.



DIRECTIONS

- 1 **Relax your forehead, and widen your eyes as wide as possible without wrinkling your brow.**
- 2 **Then, focus your vision on a point in the distance and focus your gaze on it for 10 seconds.**

HEART AND SOUL

The physical benefits of facial rolling are great...

But the most valuable element of facial rolling is the opportunity for a daily practice of self-love. Time for you.

We're big on the deep-seated benefits that come with taking some time to treat yourself. Here are some of our favorite!

DAILY AFFIRMATIONS

It's widely known that by increasing positive behaviors and eliminating negative ones, we're more likely to achieve success.

Reciting affirmations utilizes the incredible force of language and deeply-held beliefs and can enable us to make almost-

miraculous changes in our lives.

Harness this power by reciting our affirmation or one of your own while you use your jade roller each day. Affirmations will help you maintain positivity and reinforce your calm and confidence.

More than any other benefit, an increased focus on self-care will make the biggest difference physically, emotionally, and even spiritually in your life. You'll see!

DID YOU KNOW?

Jade is so renowned that there is an old Chinese saying, "gold is valuable; jade is priceless".



COMMUNITY TIPS

The jade rolling community is always finding new tips and tricks that you may find useful as well. Here are some of what our users have found:

KARLIE'S TIP: ROSEHIP OIL & SINUS RELIEF

"I used this product with my Rosehip Face Oil and it's safe to say I am obsessed! I put it in the freezer for a couple hours before using and it was so refreshing. I currently have a head cold and the Jade Roller really helped relieve some of the pressure in my sinus areas. My favorite part is the smaller side while it's cold under my eyes and on my temples :)"

Karlie

K'S TIP: ANTI-AGING W/ SERUM OR LOTION

"I love this roller! I use it right after I apply serum or lotion. I can see my face being red afterwards, but in the morning it is plump and has less lines. A daily face massage that makes you look younger!"

K

KYM'S TIP: POST-NOSE JOB SINUS RELIEF

"I have only used my Jade roller twice, but I love it!! I thought I was imagining it, but my left side sinus cleared, allowing me to breathe after years of struggling from an old nose job, AFTER THE FIRST USE!!!"

Kym

ANON'S TIP: LYMPHATIC FLUID MANAGEMENT

Amazon Customer

"I have a lymphatic condition that causes fluid accumulation in the face, and this roller has been very helpful at managing it. I used to have to do all these lymph massages on my face, but now I can just use the roller"

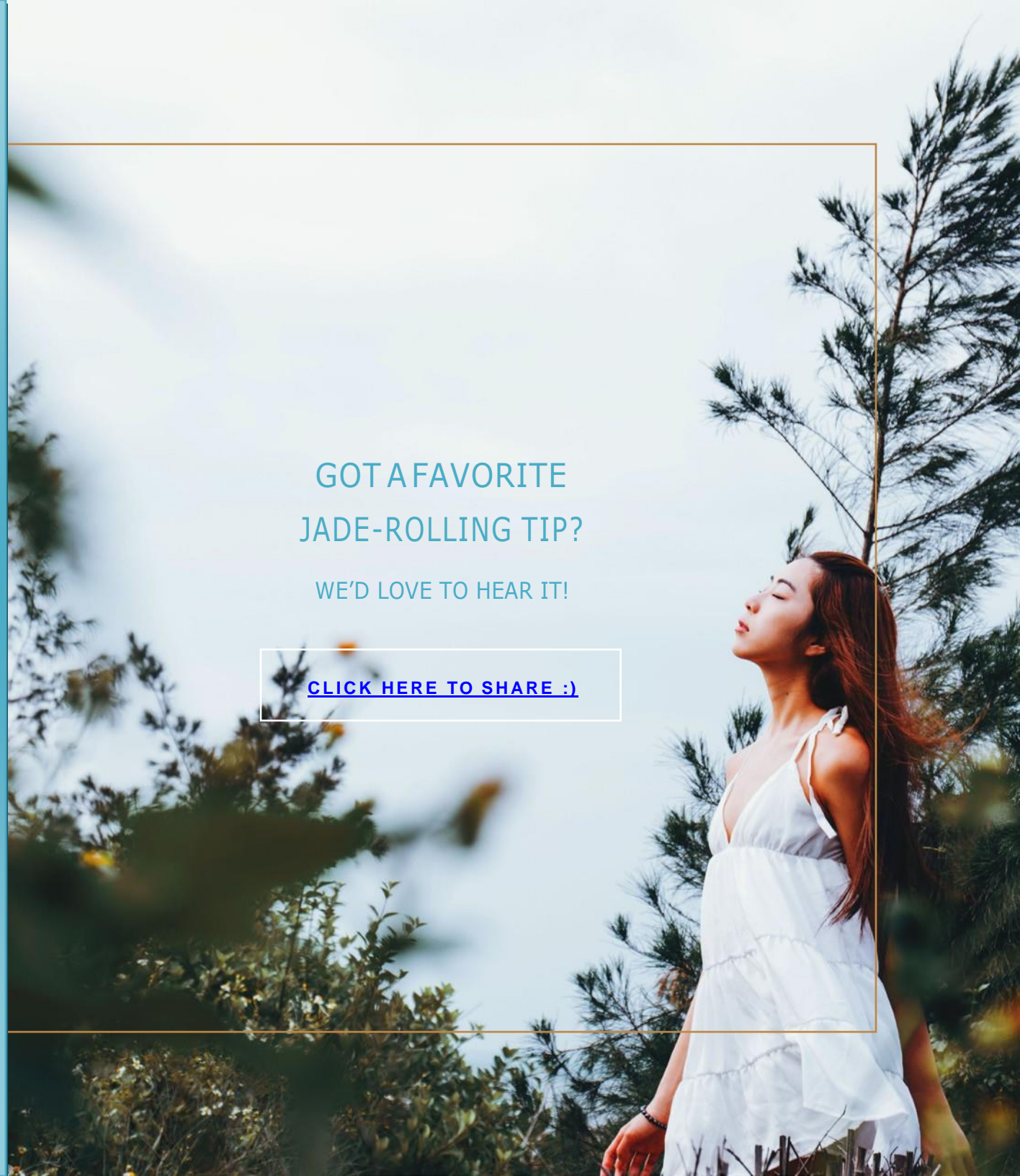
WE ABSOLUTELY LOVE HEARING
YOUR SUCCESS STORIES AND
WAYS YOU ENJOY USING YOUR
ROLLER AND PRACTICING
SELF-LOVE.

LET US KNOW YOUR FAVORITE
WAY TO TREAT YOURSELF!

GOT A FAVORITE
JADE-ROLLING TIP?

WE'D LOVE TO HEAR IT!

[CLICK HERE TO SHARE :\)](#)



OUR STORY

MOVALUES is the actualization of our beliefs about beauty.

Two childhood friends born and raised in the US, we had our own conditioning of what it meant to be “beautiful.” After moving east and living in Asia, we were able to witness a different take on beauty. Both messages were unique but with one common motif - marketing tactics exploiting cultural fears and insecurities associated with beauty.

This inspired to us create a brand to counter these harmful campaigns - to promote natural, holistic beauty for everyone.

You'll see our Jade roller doesn't cover up or hide your skin - it's made to help you truly care

for yourself and cultivate your inner beauty... Because we know true beauty comes from being at peace with yourself, from being centered, from being confident. True beauty comes from within.

It comes from a feeling of unshakable confidence in your own skin. A feeling everyone deserves to experience. We hope we can help you achieve this feeling.

So thanks again for choosing MOVALUES, we genuinely hope you are happy with your roller!

We're a small business trying to make a big difference in the way beauty is approached. By choosing and believing in us, you've helped our cause :)



SO HOW'D WE DO?

We are constantly striving to provide you with the best product possible.

**We'd love to hear your feedback!
What's been your experience with our jade roller?**



**[CLICK HERE TO SHARE
YOUR FEEDBACK!](#)**



Thank you

SPECIAL THANKS

Bringing MOVALUES to life was a huge endeavor and we'd like to thank everyone who helped us actualize our dream and find our way into your door. Without every single one of these people, we'd be so lost.

Thank you to Lorin, Nancy, Tina, WeiChao, Ashley, Sean, Ashley B, Kellen, Sharon, Robyn, Anne, Noel, Sara, Veronica, Delaney, Caitlin, Naomi, Donna, Janet, Avs, Rach, Kyle M, Ben, Manny, Seaweed, Schweppes, Carly, Emily, Ashlee, Brittany, Afef, Sarah, Karlie, An, Lara, Ana, Tessa, Aquila, Le'Anne, Jenny, Kim, Liyana, Neeme, Nerissa, Chevy, Don, Mehr, couldn't

have done it without you, Mrs. Cochrane, Mrs. Hynek, Trang Thu!, Taylor Burich this one's for you, Annalise rest in peace. We love you.

Thank you all, from the bottom of our hearts, thank you.

And thank you for taking the time to read our eBook, we're so excited to be along with you on your jade rolling journey. Don't forget to reach out and let us know how everything's going! And thanks for choosing MOVALUES 😊

**From the Heart,
MOVALUES ❤️**



MoValues

