

Jade Roller Instruction Guide

Steps

1. Cleanse well and mist the skin generously.
2. Apply your desired oil by warming the product on your hand first. Massage lightly into the skin.
3. Using light to medium pressure, slow and mindful speed, repeat each movement five times.

Neck: Use the large end of the Jade Roller to sweep back and forth from the centre of the neck outward. Finish with a final sweep down the shoulder.

Jawline & Lips: Use the large end of the Jade Roller to sweep back and forth from the centre of the chin toward the hinge of the jaw. Finish with some light rolls across the lips using the smaller end if you wish.

Cheeks: Use the smaller end of the Jade Roller to release tension from a pressure point at the side of the nostril, before using the larger end to sweep out across the cheek bones toward the ear.

Eyes: Use the smaller end of the Jade Roller to lift up into the pressure point at the start of the brow, before sweeping out under the brow bone to the temple, then gently in under the lower lashes toward the inner corner of the eye.

Forehead: Using the large end of the Jade Roller, start at the third eye and sweep back and forth toward the temples, gradually working your way up from the brow bone to the hairline.

Gua Sha Instruction Guide

Steps

1. Cleanse well and mist the skin generously.
2. Apply your desired oil by warming the product on your hand first. Massage lightly into the skin.
3. Using light to medium pressure, slow and mindful speed, repeat each movement five times.

Neck: Position the Gua Sha with the prongs down onto the back of your neck. Gently stroke upward from the shoulders to the hairline, til you find the place where your spine meets the skull. Massage the point to release tension.

Jawline: Position the Gua Sha with the prongs along your jawline. Gently work outward from chin to ear. At the hinge of your jaw, gently rock the prongs back and forth before gliding down the neck to sweep away excess fluid and lymph.

Cheeks: Using the same technique, position the Gua Sha between the nose and cheek before gently working outward across the cheekbones to the ear.

Brows: Position the Gua Sha with the smaller prong in the inner corner of the brow. Gently lifting up and outward, sweep across the brow to the temple.

Forehead: Position the Gua Sha with the long, flat edge at the top of the brow bone. Gently sweep in upward strokes from the brow to the hairline, working from the third eye to the temple.