

DO JADE ROLLERS REALLY WORK, AND ARE THEY ACTUALLY WORTH THE HYPE?



Perhaps you've seen them meticulously styled in photos while scrolling through Instagram, or prominently displayed on your ~fancy~ friend's bathroom counter. No matter how you came upon jade rollers, chances are that considering you clicked into this post, you probably never *really* got what they were for.

Or, you're just wondering whether or not they're worth the cost.

We weren't really sure whether or not to buy into the hype either, so we decided to test them out to see how well they worked. So, you want answers? We have them for you.

Q: What are jade rollers, and what are they supposed to do?

A: Jade rollers are simple beauty tools that have been popular for centuries among China's high society. Used by empresses and wealthy women as part of their careful skincare routines, the stone was (and still is) thought to hold protective, spiritual, and healing qualities. More concretely, the physical practice of facial rolling is also said to have major skin benefits.

Jade rollers have recently increased in popularity in the United States, particularly in conjunction with the beauty industry's deepening obsession with skincare tools. In simple terms, they're said to cool, tone, and de-puff the skin, improve elasticity and circulation, and increase absorption of serums and moisturizers.

In more complicated and specific terms, jade rollers assist in lymphatic drainage by essentially pushing fluid out of the tissue beneath your skin and into the lymph nodes. This not only reduces swelling and puffiness, but it also helps to circulate blood, which brightens the skin.

Q: Do they actually work?

A: We've been testing out the effects of jade rollers for a few weeks now, and honestly, we really love using them. We don't deal with severe puffiness, but do have rosacea, which means there is a decent amount of dullness and a whole lot of splotchiness (no matter how many face masks we use). We've noticed that since we started using the jade roller, our skin looks brighter and more vibrant every morning, and products are absorbing better than usual.

It also feels really amazing to use, kind of like getting a mini face massage. It's not a cure-all product, but it has definitely improved the condition of our skin, and we really do think it makes a difference.

Q: Where can I buy them?

A: Though there are a lot of inexpensive jade rollers on Amazon, we recommend only buying from reputable, well-researched sellers. It's not uncommon for companies to impregnate the stone with polymers to fill the pores and imperfections, which is what allows them to keep the prices down, but it's not great for your skin. Some brands also make quartz or agate versions, which are both great alternatives that work just as well. Below are our picks for the best (and prettiest) jade rollers out there.



Shiffa Jade Roller

Q: How do you use them?

A: It's literally as simple as rolling it over your skin, and it only takes about two minutes of your time. However, you'll need to consider proper technique (and anatomy) to get the best results.

There's essentially a chain of lymph nodes along your jawline and up by your temples that you want to make sure to roll toward so all the fluid drains properly. You never just want to roll the stone back and forth, because all that does is redistribute fluid throughout your tissue. You should use long strokes, repeating each one about three to four times in the pattern shown on the chart below.

It's best to use the larger end of your roller for your cheeks, neck, and forehead, and switch to the small end for your nose and under-eye area. But before you start rolling, you'll want to make sure your skin is clean and freshly slathered with your favorite serum or moisturizer. When you're done, always wash the roller and dry it for sanitation purposes.

Follow this chart for the best results!

