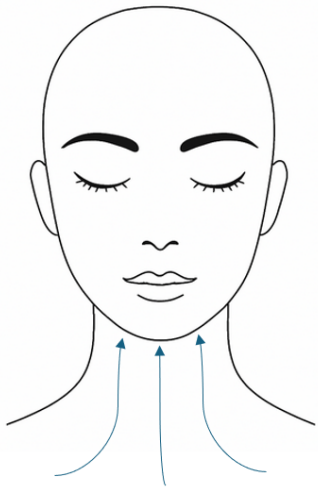


JADE ROLLER STEP-BY-STEP

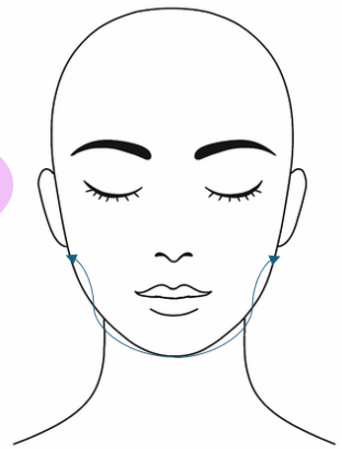


Step 1: Start at the NECK

- Begin at the base of your neck.
- **Roll upward** toward your jawline using gentle pressure
- Repeat each upward stroke **3-5 times** before moving to the next section

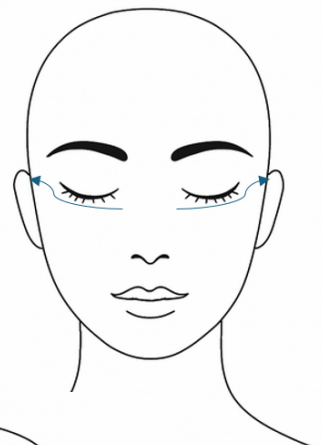
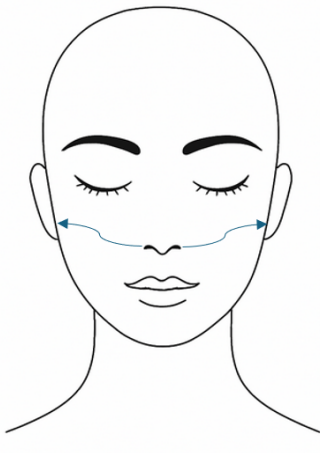
Step 2: Move to the Jawline and Chin

- Place the roller at the **centre of your chin**.
- **Roll outward** along your jawline toward your ears.
- Repeat on both sides.



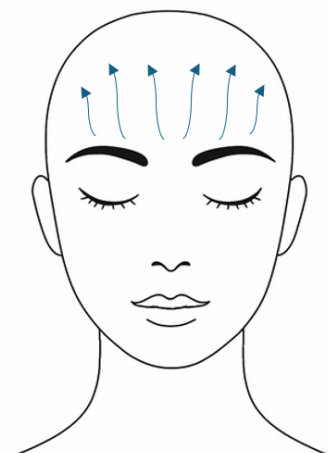
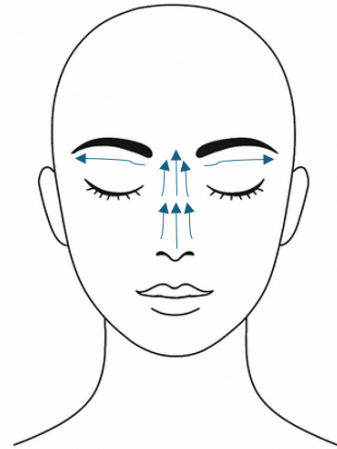
Step 3: Roll Around the Mouth and Cheeks

- From the **corners of your mouth**, roll outward toward your ears.
- Use smooth, upward motions, following the natural contour of your cheekbones.
- From the **corners of your nose**, roll outward toward your ears.



Step 4: Under Eyes, Brows and Nose

- Switch to the **smaller roller head**.
- Gently roll from the **inner corner of the eye outward** toward the temple
- Use **very light pressure** - the under-eye area is delicate.
- Gently roll just **under the arch** of the brow outward.
- Use **short upward rolls** on the nose bridge. (optional)



Step 5: Forehead

- Switch to the **bigger roller heads**.
- Start between your brows and roll **upward toward your hairline**.
- Then, roll outward from the centre of the forehead toward the temples.



TIP #1: Keep Jade Roller in fridge

TIP #2: Use oil/serum for the roller to glide

TIP #3: 5-10 minutes in total is enough

TIP #4: Always clean your Jade Roller

TIP #5: Always use the Roller on a clean face

