

JADE ROLLING - A Beauty Secret You're Sure To Love

Named for their beautiful jade stone, Jade Rollers increase lymphatic flow & drainage and circulation to the face.

After Cosmetic Facial Acupuncture sessions with my patients (see my other posts for more info on this beauty trend & treatment), I always use a jade roller to enhance the glowing & detoxifying effects of the treatment. I also recommend patient's do this practice at home. The Jade stone is gently rolled along energetic meridians to enhance the movement of Qi and reduce the risk of bruising from the needles.



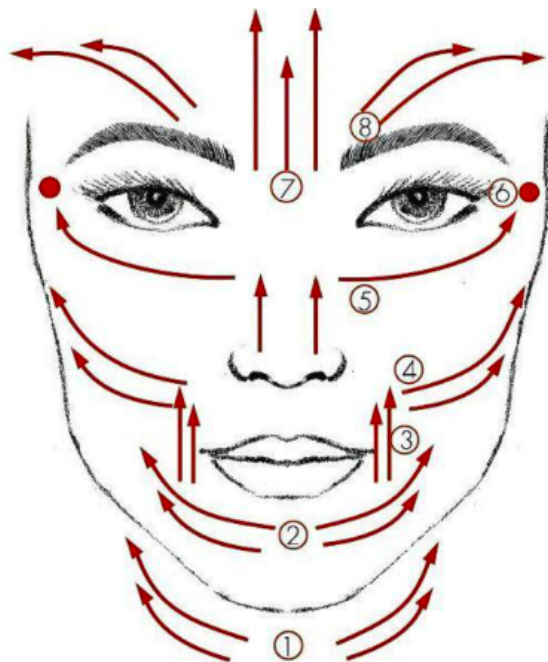
Jade Rolling is also something that you can do on your own at home to improve the health of your complexion. Jade rollers are inexpensive & you can easily find them online. Pro tip: store the roller in the fridge for added cooling & calming effect.

Potential Benefits:

- Tightened Pores
- Glowing Skin
- Decreased Puffiness around Eyes
- Decreased Circles around Eyes
- Increased Absorption of your Favourite Natural Face Products
- Relieved Sinus Pressure & Alleviated Headaches
- Toxin Elimination via Lymphatic Drainage

Why Jade?

Jade is a stone that has long been touted for it's magical tendencies to boost confidence and



bring out the best in people. This beauty hack isn't just skin deep but instead follows one of our favourite principles to live by: a beautiful inside creates a beautiful outside. Don't forget to love yourself when you're taking the time to massage these beauties on your delicate skin!

The Method:

They're super easy to use; simply hold it in your hand and gently massage your face. For best results, roll along the lines outlined in the diagram above. You can do this morning and evening for best results, and before you apply your face cream.