

HOW TO USE YOUR MASSAGE ROLLERS

Experience Botox in a Roller! These jade and red agate rollers can be massaged over the face, feet, legs, arms and breast area. Use them on their own or in combination with a massage, facial, pedicure, or reflexology treatment. Benefits include:

- Increased circulation to the face and reduced puffiness, wrinkles, and black circles around the eyes
- Increased lymphatic flow and help with detoxification and drainage
- Stimulating acupuncture or reflex points to assist with healing
- Reduced inflammation following dermabrasion or peeling treatments
- Reduced problem cellulite areas



Using the rollers on the face

For facial care we recommend either the small or medium smooth roller. Use a light to moderate pressure only during massage. Beginning at the center hairline, going either left or right, slowly roll out towards the ear. Repeat 3 to 6 times on each side, before moving down to roll another line. The small roller can work the lids and surrounding eye area. Continue rolling in lines from the corner of the eyes to the ears. Then work from the nose out to the ears. Continue rolling out from the lips and chin area to the ears. At the chin, roll along the jaw line out to the ear lobes. When finished, perform long rolling strokes from the collar bone to underneath the chin.

Using the rollers on the feet and legs

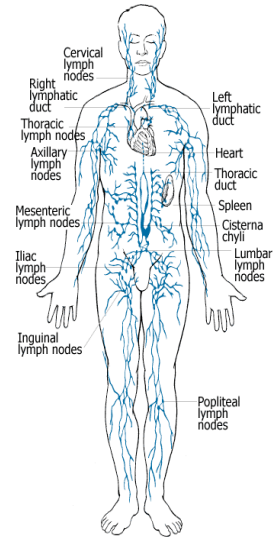
The knobby roller feels wonderful on the feet. Use it during a pedicure or for someone with lymphedema (swelling of the feet). The roller also stimulates tired feet. Using light pressure, roll from the heel up to the ball of the foot, and repeat several times. For the upper legs, start at the knee and roll upwards. Repeat with continuous strokes around the leg. To work the lower leg, start at the ankle and work towards the knee using repetitive strokes. This facilitates movement and drainage of the lymphatic system.

Using the rollers on the arms

The smooth medium roller is effective for rolling on the arms. To increase lymphatic flow, start at the elbow and roll towards the shoulder using light pressure. Move around the arm, always rolling towards the shoulder. Once the upper arm is finished, roll the lower arm from the wrist to the elbow. For nerve problems, such as carpal tunnel, simply roll with light pressure over the inside of the forearm with a back and forth motion from the wrist to the elbow. This also helps to relieve repetitive strain syndrome.

Using the rollers for breast massage

All healthy tissue depends on the lymph - this colorless fluid is drained into the lymphatic vessels after being filtered across the blood vessel walls. Lymph carries lymphocytes that have entered the lymph nodes from the blood. Unlike blood, lymph has no pump to push it through the body. It is moved simply by activity. Tight clothing can restrict the flow of lymph. Many studies indicate that this restriction may increase diseases of the breast. The breast is surrounded by a large number of lymph nodes. To work this area, roll from the collarbone towards the sternum, each time rolling down to the armpit. This technique can also reduce congestion and soreness associated with pre-menstrual syndrome.



How to care for your rollers

Handle the rollers with care as they are very fragile. When massaging with the rollers, use only a light pressure. The rollers may be used at room temperature, heated, or chilled if desired. If the roller squeaks during use, add a drop of massage oil to the inside. To clean the rollers, wash them with warm water and mild soap. Disinfect with an all natural disinfectant. Rinse with water and pat dry. To prevent possible rust build-up on metal, lubricate with massage oil

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