

Forehead

From the center of the forehead, moving either left or right, begin at the hairline, rolling slowly towards the ear. Repeat 3 to 6 times over the same area.



Eyes

Using the small roller, work the lids and under eye area. Continue rolling in strips from the corner of the eye to the ear with the small roller.



For sinus pain and pressure

Dampen a washcloth and microwave about 10 seconds. Place over your forehead, eyes and cheekbones. Then, starting just above your eyebrows, using the smaller roller, roll from the center of your face as indicated and continue down to just below your cheekbones.



Nose, lips and chin

Using the large roller, work from the nose out to the ear. Continue with upper lip, lower lip and the chin. At the chin follow along the lower jaw line to under the ear lobe. Then repeat with the other side.



Jawline and neck

Starting on the chin, work from the center outward and upward on the cheeks. Then at the center, make sweeping rolls under the chin toward the collar bone, working outwards to the sides of the neck.



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