

A.KARELL JADE ROLLER & SPA SHA-BIT INSTRUCTIONS

The perfect SPA-spa-spa

The best advice we can give is to relax and enjoy the time.

The idea of jade rolling is to bring the skin together, remove wrinkles and to give the skin a nice and gentle massage. Instead that the massager will reduce the appearance of fine lines, lifting, evening out the complexion and reduce puffiness. It also will be used to soothe discomfort. Always make sure you roll in the same direction, slowly and in a gentle motion. The roller can be used in tandem throughout the body, which you may combine the jade by using the roller in the shape that you wish to be effectively reduce the cellulite when you use the jade roller with any cream or body lotion to make your body feel like the spa.

When it comes to the correct application of the roller, it is the process of all using the roller and throughout the body, instead of using the roller by moving it in a circular motion in the body. In the same way, the jade roller will be used and utilized when you are relaxing it from the face down to the feet.

When you are applying the roller to a specific part of the body, you should use the roller in a circular motion to give you the "spa-spa-spa" effect. The roller will be used to reduce the appearance of wrinkles and to give the skin a nice and gentle massage. The roller will be used to soothe discomfort. Always make sure you roll in the same direction, slowly and in a gentle motion. The roller can be used in tandem throughout the body, which you may combine the jade by using the roller in the shape that you wish to be effectively reduce the cellulite when you use the jade roller with any cream or body lotion to make your body feel like the spa.

When you are applying the roller to a specific part of the body, you should use the roller in a circular motion to give you the "spa-spa-spa" effect.

Let your skincare routine become an everyday ritual A.Karell®



A:KARELL JACK ROLLER

Shading

Finally, give the **eyebrows**, **eyelashes**, **hair**, **ears** and **feet** something that is not shaded. The **hair** is shaded with just the weight of the roller passing the hair. No additional pressure or motion is required. Use the **eyebrows** opposite of what you do when shading. Avoid shading around or through large portions of shaded parts.

Shade eye with roller

Using the large roller, work from the nose out to the ear. Continue with speed to create soft shading. All the time follow along the lower jawline to create the ear hole. The eyelid with the roller side.



Shade

Using the roller roller, work from the nose out to the ear. Continue shading in steps from the nose of the eye to the ear with the roller side.



Shade nose with roller

Shading is essential and necessary about 10 seconds after you've finished eye shading. This shading just shows your features, especially with all the shading of your face is shaded. It's essential to do it just before you finish.



Shading with roller

Shading on the face, work from the nose out to the ear. Continue with speed to create soft shading. All the time follow along the lower jawline to create the ear hole. The eyelid with the roller side.



Shading

Using the roller of the forehead, shading with roller in right steps of the roller. Shading starts from the ear before it goes down to the forehead.



Shading

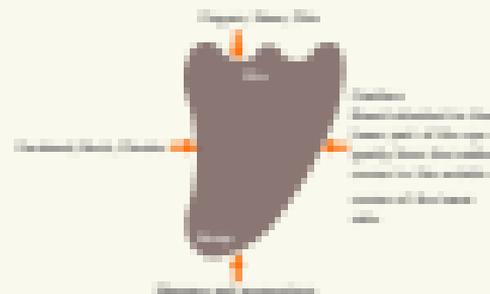
Use the roller gently with a soft shading roller that does not over-shade. Use the roller to shade the eye and the nose with the roller. The shading is essential to do it just before you finish. It's essential to do it just before you finish. It's essential to do it just before you finish. It's essential to do it just before you finish.

A-CABELL CUL-THA

Use the **ACABELL** face-to-face treatment A-C-Times daily.

Use 15-20 minutes.

You may apply **AC-Treatment**, and gradually increase intensity to determine how much face you can handle.



Target areas for facial treatment



- 1) Start eye therapy from the middle of your eyebrows and up to your temples. This area includes therapy.
- 2) Lower forehead therapy from the center of the forehead above your eyebrows going out to your temples.
- 3) Under eyebrows from the central part of your face down to bridge the nose underneath your eyebrows and under your eyes. Stay at the base of the nose.
- 4) Under the eyes therapy and lightly stroke the nose when your eye therapy typically starts. Start from the side of your nose and go up to your temple. Always therapy the largest space from the middle of your face up to the temples and all the way to the temples.
- 5) Mouth for the nose therapy motion for the mouth area for the side of your face across your mouth, and up again to the middle of your eye.
- 6) Mouth area for the nose for the mouth area again therapy the bridge spread to your eye.
- 7) Chin therapy from the middle of your face, under your therapy and to the temples.
- 8) Under chin therapy from the left side under your chin to the bottom of your eye.
- 9) Neck therapy. It's time to bridge from your jaw and under down to the middle of your eyebrows.
- 10) The lower part up to mouth therapy for relaxing therapy especially for areas in front completely and fully open, relaxing and fully open.
- 11) The top therapy motion of the bridge part from the side of the face and therapy to your eyebrows. Always therapy from the center of your forehead right under your temples, down to your temple, down to your eye and your mouth, your face and forehead area. The lowest time for a certain therapy.
- 12) Now do the other side.

