

# Celebrity Beauty Secrets: Jade Rollers Will Change Your Life!



By [Haley Lerner](#)

Sometimes, no matter how much makeup you put on, you can still end up with visible deep under eye circles and a puffy face. Luckily, we've got the perfect [beauty secrets](#) to help you solve your problems. Jade rollers are the newest [beauty trend](#) that will totally change your life. The jade roller is a handheld massaging tool that's made from solid jade stone, typically with one or two jade stone heads. A larger stone is used for the cheeks, jaw and forehead and a smaller stone is used for under the eyes and around the mouth. Jade rollers help decrease puffiness and under eye circles and even

minimize the appearance of fine lines. Trust us, a jade roller will be your new favorite beauty tool!

## Check out our beauty secrets on how to use a jade roller and how it will help you.

**1. Pop your roller in the fridge:** Before doing anything, try storing your jade roller in the fridge every night. This way when you use it you'll have an extra cooling sensation that will help reduce swelling even more.

**2. Clean and moisturize:** Before using your jade roller, it's important your skin has been cleaned with a gentle face wash to remove all dirt and oil. Then, apply a moisturizer or face serum so your jade roller has a smooth surface to work on.

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**3. Time to roll:** Once you're ready, use the larger jade roller stone with gentle pressure, rolling it from the center of your face in upward and outward motions. Roll it on your neck, jawline, nose, chin and forehead. This will boost blood circulation to make your face more plump, firm and awake looking.

**4. Focus on the details:** Make sure to hit the smaller areas of your face with the smaller roller stone. Use it on your under-eye area and around your mouth. Using the roller to massage your face will then remove excess fluid under your eyes and constrict blood vessels to lessen swelling.

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**5. Clean your roller:** You don't want any bacteria floating

around on your jade roller, so after using it make sure to wipe it off gently with a damp cloth then dry it with a soft towel. Make sure not to use any hot water on the jade and don't ever submerge it in water.

**Have any more tips on how to use a jade roller? Comment below!**