

Jade Rollers Are Taking the Beauty World by Storm

The fancy little tool promises to depuff the face and help with under eye bags. But does it actually work?



by **LINDSAY SILBERMAN** JAN 30, 2018



As far as I'm concerned, the best part of a haircut is (and always will be) having your hair shampooed. But when you attempt to do it to yourself? Wildly unfulfilling. The same could be said about facials: even the fanciest, creamiest at-home masks fail to mimic the spa-induced euphoria you feel after a treatment.

There is, however, a little tool you can buy that imitates the sensation of an aesthetician's cold hands massaging your skin: the jade roller. And it seems that everyone is talking about them lately. Here's what you need to know about the beauty world's favorite depuffing device.



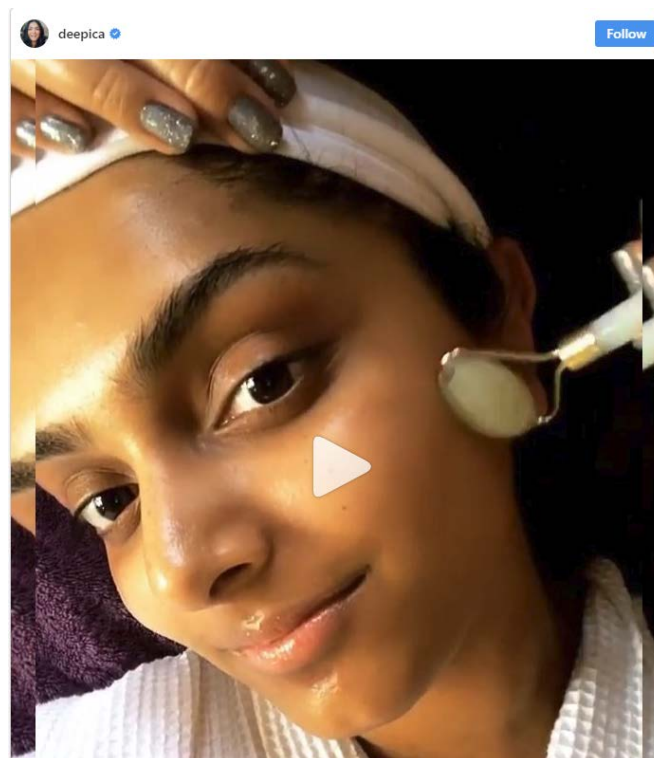
What Is It?

It's almost like a miniature paint roller—but rather than a sponge at the end of the metal handle, there's an oblong piece of pure jade. Some jade rollers have two ends: one containing a larger sized stone (intended for the forehead, cheeks, jawline, and neck) and one containing a smaller stone (for the under eyes.)

What Does It Do?

In a nutshell, the roller helps eliminate puffiness—and there's actually science behind how it works. The roller massages the lymphatic system, which is a network of tissues and organs just below the skin that helps to rid the body of toxins and waste.

“Our face, just like our bodies, can store excess water and be sluggish in the removal of toxins,” explains Dr. Lamees Hamdan, the founder of [Shiffa](#), a luxury skincare line from Dubai. “Massaging the lymphatic system is key to helping our face move the excess water, which causes the puffiness. When lymph is flowing freely in the face, you’ll have clearer, healthier skin without a buildup of toxins and fluids.”

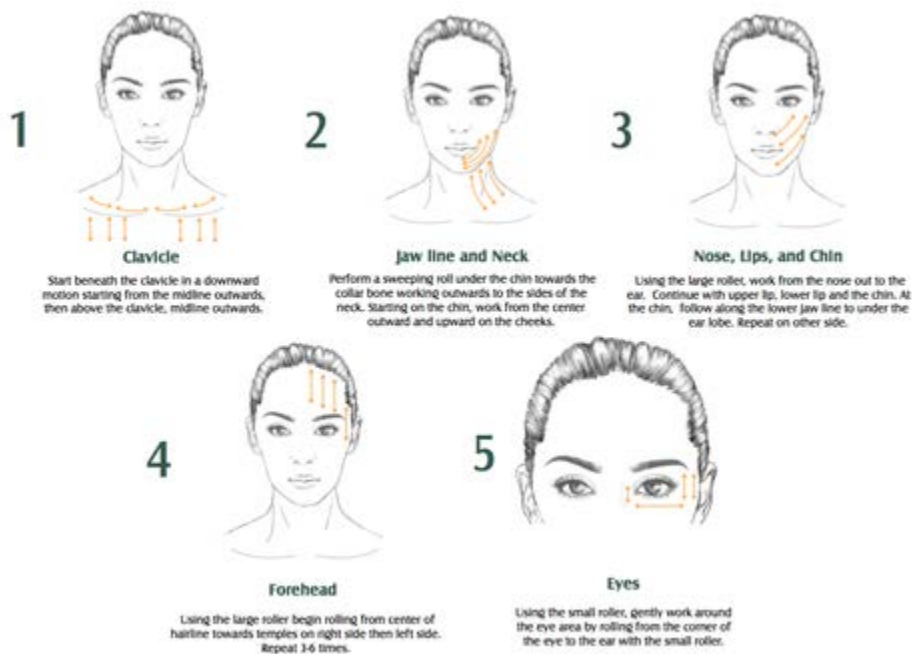


Even if you're not convinced that a piece of stone can give you Angelina's chiseled cheek-bones, there's also a spiritual component that sways many devotees. **Many cultures see jade as a symbol of prosperity, purity, and tranquility**—celebrating the stone for its ability to absorb negative energy.

How Do You Use It?

First things first: it should always be used on clean, moisturized skin. Dr. Hamdan recommends starting from your **clavicle**, then moving to the **jawline and neck**, followed by the **nose, lips, chin, forehead**, and finally, **ending with the eyes**. Also, it's important to remember that rolling should be done in an **"upward and outward"** direction.

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"I recommend **keeping your jade roller in the fridge** for a cooling sensation that helps reduce undereye swelling and puffiness," explains Edyta Jarosz, Lead Aesthetician at **PFRANKMD Skin Salon** in Manhattan. "It can be used by itself or in combination with your regular under eye creams."

Jarosz also recommends incorporating the roller into your nightly routine after applying your skincare products. "It will **boost blood circulation which plumps and firms face and help products absorb better into your skin,**" she says.

To clean the roller, **wipe it gently with a damp cloth** and dry it with a soft towel. Avoid using very hot water at all costs, and never soak it or submerge it in water.

We Tried It...Here's What Happened.

In an effort to accurately assess the roller's claims, I decided to try it out for myself. So, every evening for the past two weeks, I've spent around 10 minutes following the diagram above. Usually I'll start by applying a serum (either **Drunk Elephant's Glycolic Night Serum** or **La Prairie's Anti-Aging Booster**) followed by an oil (**Biossance's 100% Squalene Oil**), and finally, **an eye cream**. Then, I get to rolling.



The Final Verdict: Does it Really Work?

For depuffing under eyes, absolutely. On occasion, I'll store mine in the fridge like Jarosz suggested, and use it beneath my lower lash line in the morning if I'm looking particularly tired. (In my mind, it's akin to using an icepack to reduce swelling.)

As for the other areas—forehead, cheeks, neck, and jawline—it's hard to tell whether or not I see a noticeable difference. When I glanced in the mirror this morning, I did think that my face looked slimmer and my skin appeared smoother than usual, but there are also plenty of other factors to consider (namely, the placebo effect!)

Either way, I've started to really enjoy the ritual of it. There's something incredibly calming about rolling a cold stone on your face, and the idea that it *might* also be pushing my pricey anti-aging products deeper into my skin? That's reason enough for me.

A Few Rollers We Recommend

