

BEAUTY TOOLS E-BOOK
AR^{ANWA}
SKINCARE

*Beauty Rollers
& Gua Sha*



BENEFITS
HOW TO'S
TIPS & TRICKS

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PART 1 – ARI ANWA FACIAL BEAUTY ROLLERS

1. WHAT THE BEAUTY ROLLERS ARE AND HOW THEY WORK

ARI ANWA Facial Beauty Rollers are skincare tools made of genuine stones for the inner and outer beauty. The massage with the facial rollers is a Chinese beauty ritual that has been used since the 17th century for an effective and relaxing facial treatment. Handcrafted from natural Jade or Rose Quartz, the rollers have a large stone for large areas of the face (cheeks, jaw, forehead) and a small stone to massage the small areas (eyes, mouth, nose). Although Jade or Rose Quartz look very similar, each stone has characteristics. But both, Jade and Rose Quartz Rollers, have the following physical benefits:

- Reduce appearance of fine lines and dark circles
- Promote blood circulation and improve elasticity of the skin
- Improve elasticity of the skin
- Ease facial muscle tension
- Tighten and minimize the appearance of pores
- Improve skin complexion
- Reduce redness and blemishes
- Promote lymphatic drainage
- Helps detox the skin



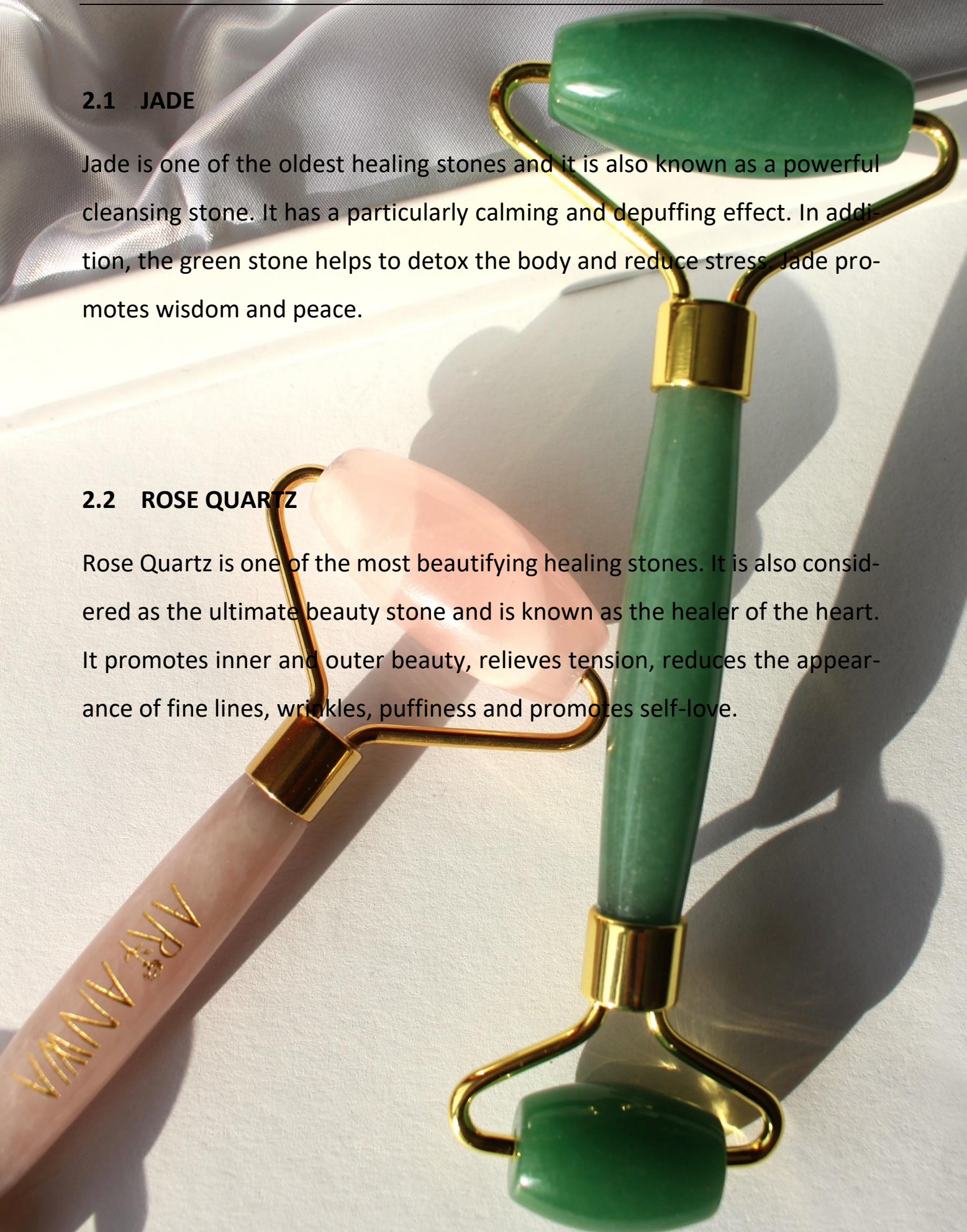
2. DIFFERENCES AND CHARACTERISTICS

2.1 JADE

Jade is one of the oldest healing stones and it is also known as a powerful cleansing stone. It has a particularly calming and depuffing effect. In addition, the green stone helps to detox the body and reduce stress. Jade promotes wisdom and peace.

2.2 ROSE QUARTZ

Rose Quartz is one of the most beautifying healing stones. It is also considered as the ultimate beauty stone and is known as the healer of the heart. It promotes inner and outer beauty, relieves tension, reduces the appearance of fine lines, wrinkles, puffiness and promotes self-love.



The image features three rose quartz rollers with gold-colored metal frames and handles. One roller is positioned vertically in the foreground, showing its handle with the brand name 'AR ANWA' engraved in gold. The other two rollers are lying horizontally in the background. Behind the rollers is a white rectangular box with the brand name 'AR ANWA' and 'SKINCARE' printed on it, accompanied by a small rose logo. The entire scene is set against a soft pink background.

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Note: Due to natural formations in the stones, each Rose Quartz Roller will be unique. Color will vary slightly from the pictures

3. THE ARI ANWA JADE & ROSE QUARTZ BEAUTY ROLLERS

Our Facial Beauty Rollers are handcrafted from genuine and natural stones, such as jade and rose quartz. Like our stones, we also use selected materials and pay attention to details.

The ARI ANWA Beauty Rollers have integrated frames in bright gold as well as thick and strong handles. These special features not only make our Beauty Rollers a pretty eye-catcher, but also ensure that our skincare tools are overall more stable and of high quality.





In addition, the packaging is very important to us, too. Our Jade and Rose Quartz Rollers are shipped in high-quality gift boxes with our beautiful design. This makes them also perfect as gifts. For others, but also for yourself.

#BecauseSelflovesTheBestLove

4. HOW TO USE

4.1 PREPARATION



Use the beauty rollers only on clean face. The rollers help the products absorb better. Therefore, it is particularly important to wash and cleanse your face to avoid rolling dirt or make-up deep into your skin.

If you want to use your facial roller in the morning to reduce the appearance of puffy eyes, we recommend placing the roller in the refrigerator the night before. The additional cooling promotes blood circulation and gives your skin that natural glow.

After cleansing your skin, spray our ARI ANWA Rose Water or our Revitalizing Tonic Spray all over skin and neck. Let the product dry for 1-2 minutes before starting to use your roller. Using of facials rollers with skin care products increases their effects as they encourage the products to be

received deeply into skin. That means your skin absorbs the active ingredients more effectively and faster.

DIRECTIONS

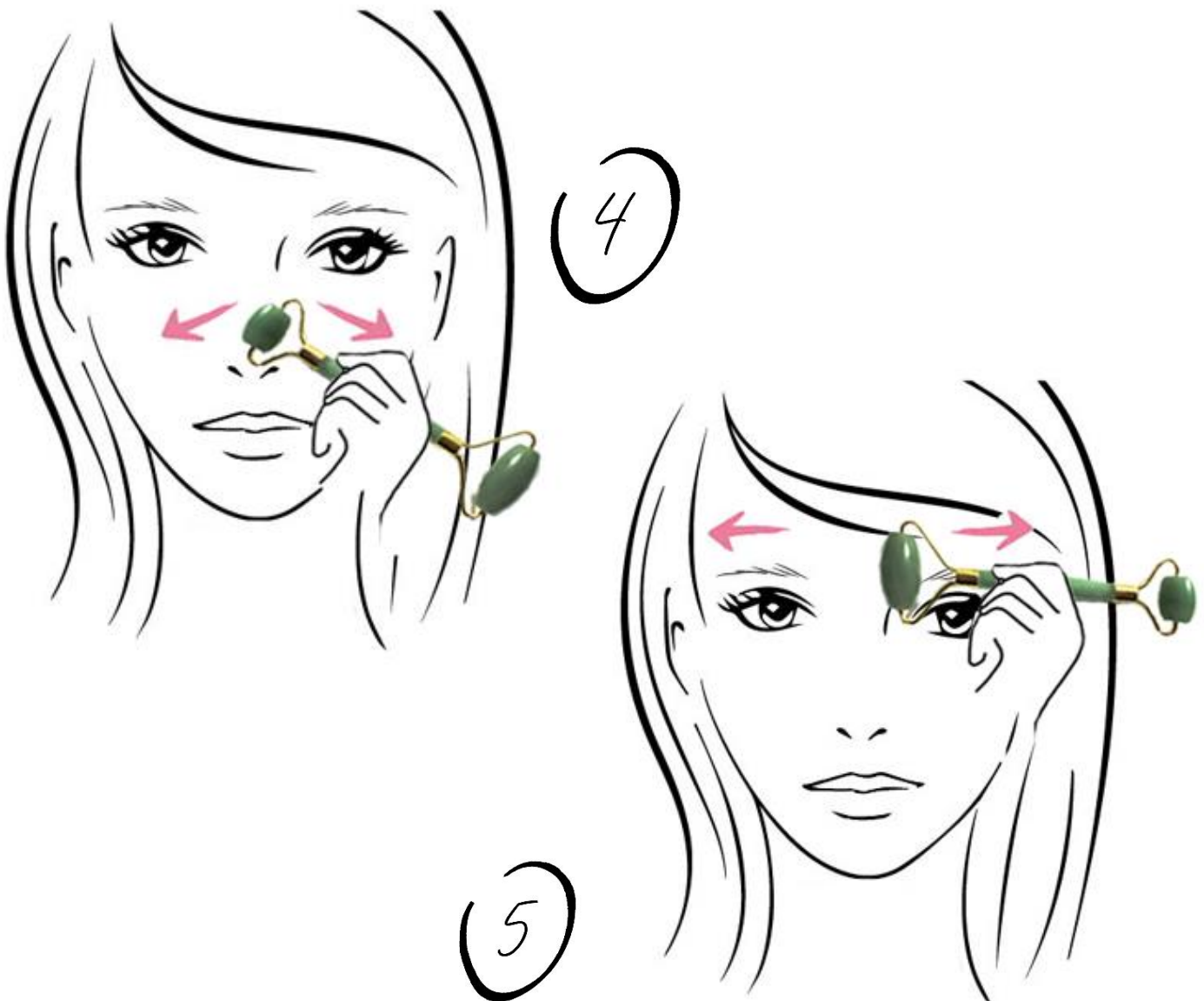
Use the Beauty Roller daily for 15-20 minutes and roll 5-10 times over the different areas of the face. Real Jade and Rose Quartz are naturally cool. However, to increase the healing effects, we recommend placing the roller in the refrigerator.

1. Start with the **neck area**. To do this, place the big stone as shown below and roll gently upward towards the chin. Repeat this step 5-10 times throughout the neck area.
2. **Chin and cheeks:** Always place the roller in the middle of the face and gently pull it outward towards the ear. Again, use the large side of the Roller for this area. Repeat this step 5-10x on both sides of the face.
3. **Eyes and mouth area:** Use the small stone for these areas. Place as shown below and roll the roller outwards. Repeat these steps 5-10x on both sides.

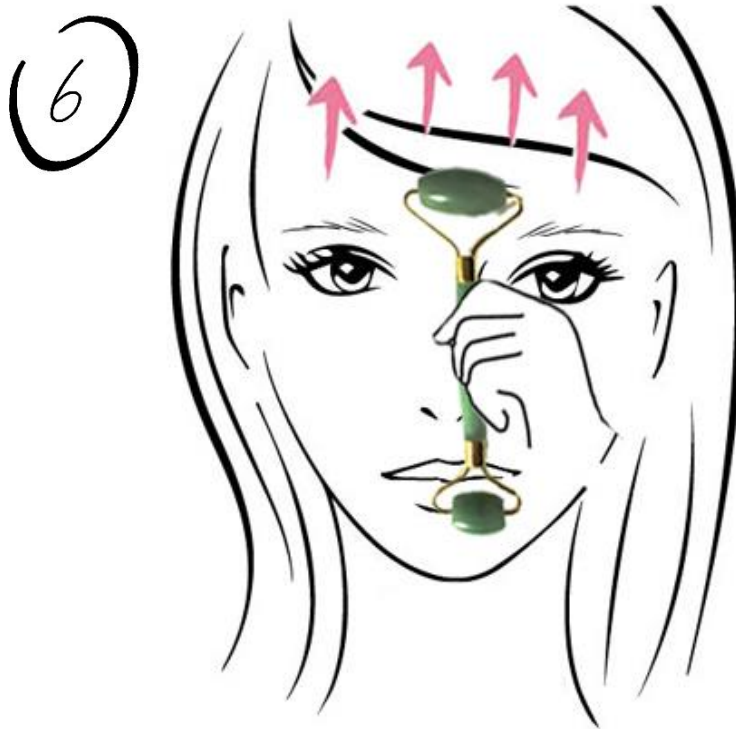


4. **Nose area:** Now place the roller next to the bridge of the nose and roll horizontally in the direction of the temple. To relax clogged paranasal sinuses and reduce puffiness, place the roller vertically on the inner corner of the eye and roll with small movements back and forth. Press gently to promote lymphatic drainage.

5. **Eyebrows:** Now you will again use with the large side. Place the large stone in the middle of the face over the start of an eyebrow. Now roll outward towards the ear. Repeat this step 5-10x and continue with the other eyebrow.



6. **Forehead:** As a final step, place the roller in the middle on your forehead and roll up towards your hairline. Repeat this step 5-10x, then proceed in the same way with the right and left sides of the forehead.



Used regularly, the beauty roller reduces fine lines, dark circles, puffiness, and promotes blood circulation, helps to detox the skin and gives your skin a natural glow and a healthy appearance.

4.2 CLEANING THE FACIAL ROLLER

Clean the facial roller with warm water and soap after each use to remove any dirt.

5. TIPS AND TRICKS

1. Place your Beauty Roller in the fridge for additional healing benefits. This will especially help to depuff the eyes and to heal skin blemish faster.
2. The facial rollers are perfect for traveling. After long journeys, flights, car or bus trips, they provide a feeling of inner and outer refreshment and make the skin and eyes look bright and awake.
3. Even after a stressful day, long hours in the office or in front of the laptop, the cool facial rollers are a perfect self-treatment to relax.
4. You can also use the facial roller on your face on top of a sheet mask to absorb the product better



TEIL 2 – ARI ANWA GUA SHA BEAUTY TOOLS

1. WHAT THEY ARE AND HOW THEY WORK

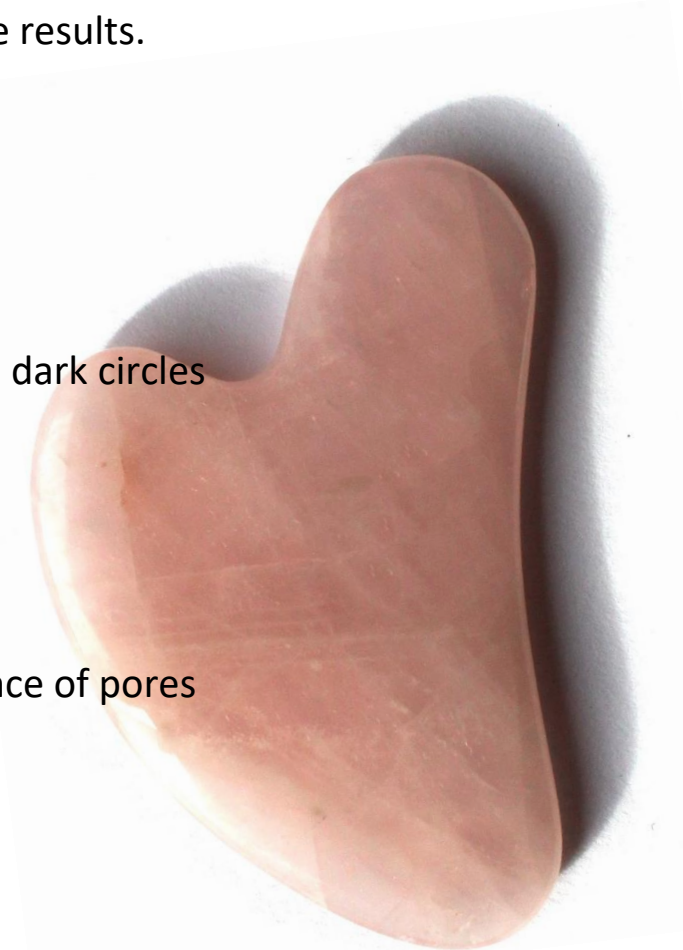
Gua Sha is a traditional Chinese face and body massage technique used as a beauty secret in ancient Egypt and ancient Greece to maintain youthful beauty, to promote blood circulation, smooth puffiness and fine lines as well as to promote lymphatic drainage. In addition, a massage with the healing stone reduces large pores, soothes dark circles and gives a fresh, rosy complexion.

Facial Gua Sha improves the health of your skin and tissues, which gives you more radiant and beautiful skin and more lifted and sculpted features.

The ARI ANWA Gua Sha stones are handmade from high-quality and pure crystals such as rose quartz and aventurine and, thanks to their special heart shape, they adapt perfectly to face and body contours. Made from 100% natural stones and shipped in a protective magnetic box, the ARI ANWA Gua Sha Tools are a luxurious self-treatment for anyone who values natural and effective skincare with tangible results.

Benefits:

- Natural Anti-Aging and Lifting
- Lifted and sculpted features
- Reduces appearance of fine lines and dark circles
- Promotes blood circulation
- Improves elasticity of the skin
- Eases facial muscle tension
- Tightens and minimizes the appearance of pores
- Improves skin complexion
- Reduces redness and blemishes
- Promotes lymphatic drainage



2. DIFFERENCES AND CHARACTERISTICS

2.1 ROSE QUARTZ

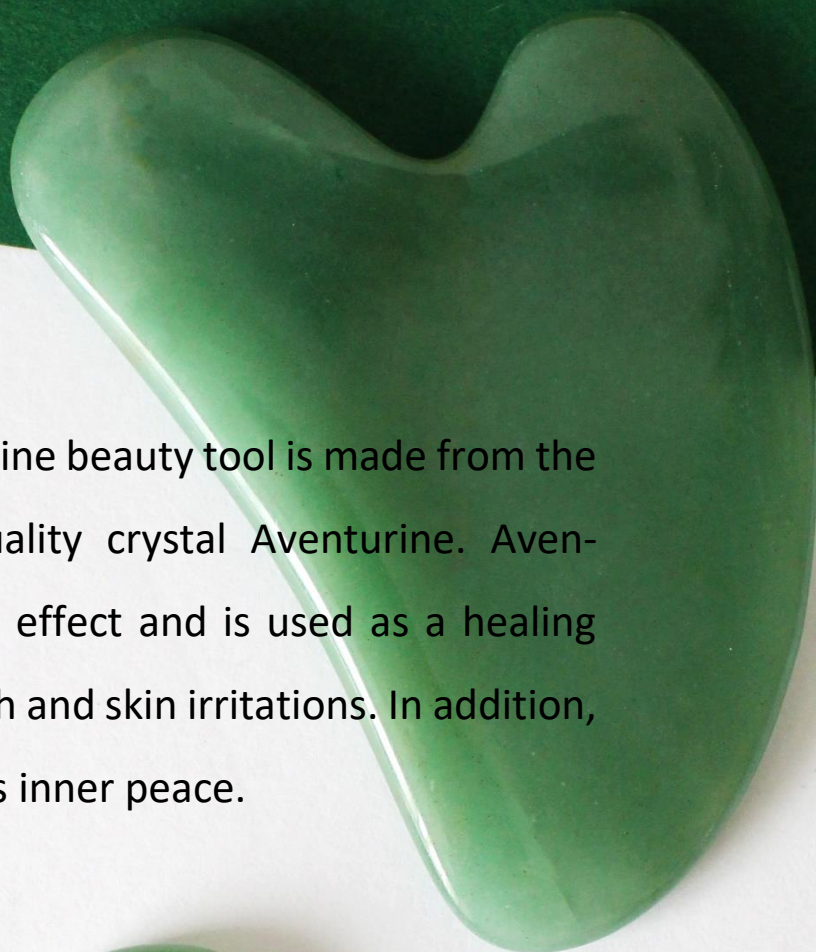
The ARI ANWA Gua Sha Rose is handcrafted from the natural and precious Rose Quartz. Known as the healer of the heart, rose quartz promotes inner and outer beauty by stimulating blood circulation, reducing puffiness and giving the skin a natural glow. Rose Quartz is a crystal with soothing energy. It relieves tension and stress, increases self-love and provides "positive vibes".



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2.2 AVENTURINE

Our Gua Sha Aventurine beauty tool is made from the natural and high-quality crystal Aventurine. Aventurine has a calming effect and is used as a healing stone for skin blemish and skin irritations. In addition, Aventurine promotes inner peace.



3. HOW TO

3.1 PREPARATION



Clean the skin before use. To nourish and hydrate the skin, moisturize the entire face and neck with ARI ANWA Revitalizing Mist or our 100% pure Rose Water. Press it into your skin with both hands. Then rub a few drops of a nourishing face oil between your palms and press into your skin and neck. Now the preparation is complete, and you can start the Gua Sha massage. Before starting note the following points throughout the whole routine:

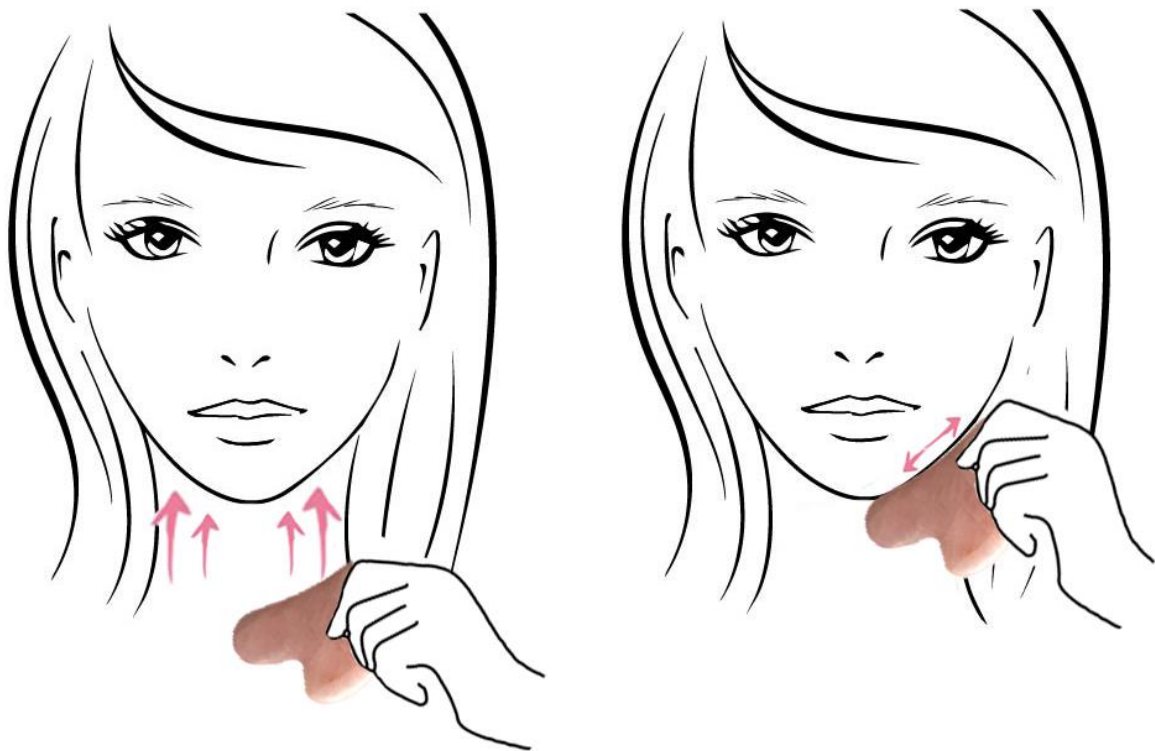
- Correct angle: Make sure the Gua Sha tool is turned flat against your skin. Do not use the sharp edge.
- Use light to medium pressure and massage the skin slowly

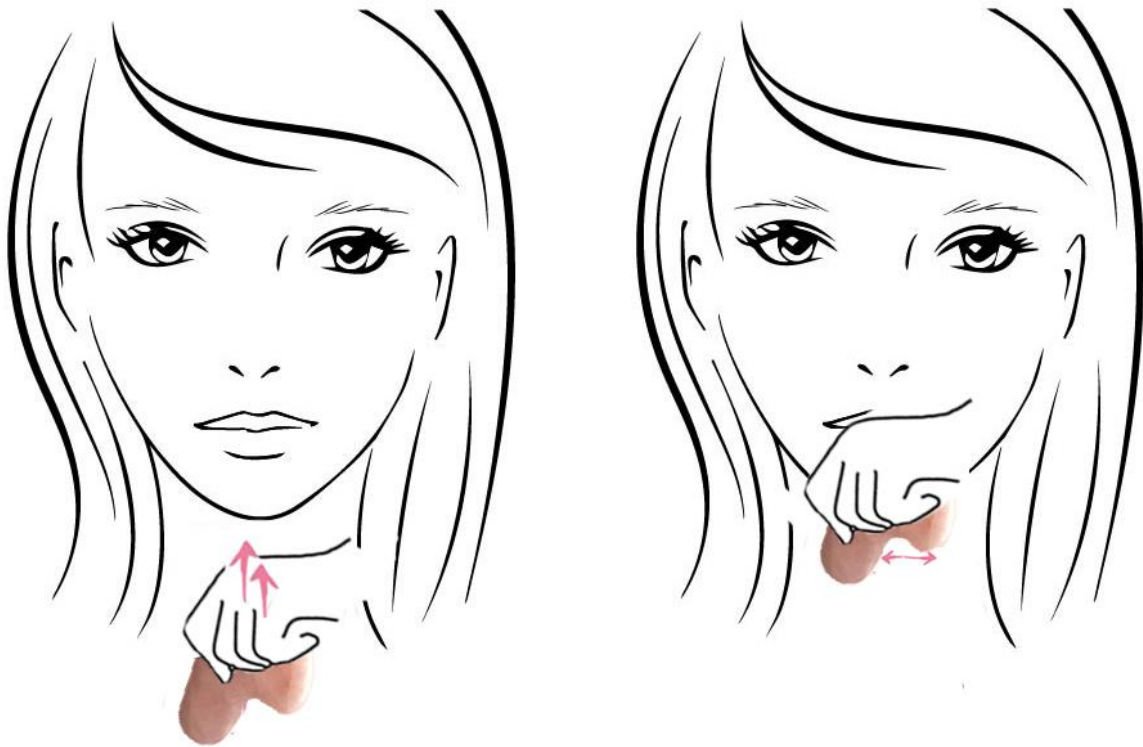
- Start with one side of your face and complete all the steps before continuing with the other side. In this way, you can also recognize and compare the effects, which will be: lifted brow, more open eye, lifted cheek and sculpted jaw
- Use the Gua Sha daily or 2-3 times a week. Regular use ensures the best results
- Repeat each step 5-10 times before proceeding to the next step

3.2 DIRECTIONS

1. NECK

Position the Gua Sha with the long side as shown and slowly pull it upwards with medium pressure. Once you reach your jawbone, hold the stone here and massage the area with wiggling the tool. Repeat this step 5 times and go over to the other side of your neck.

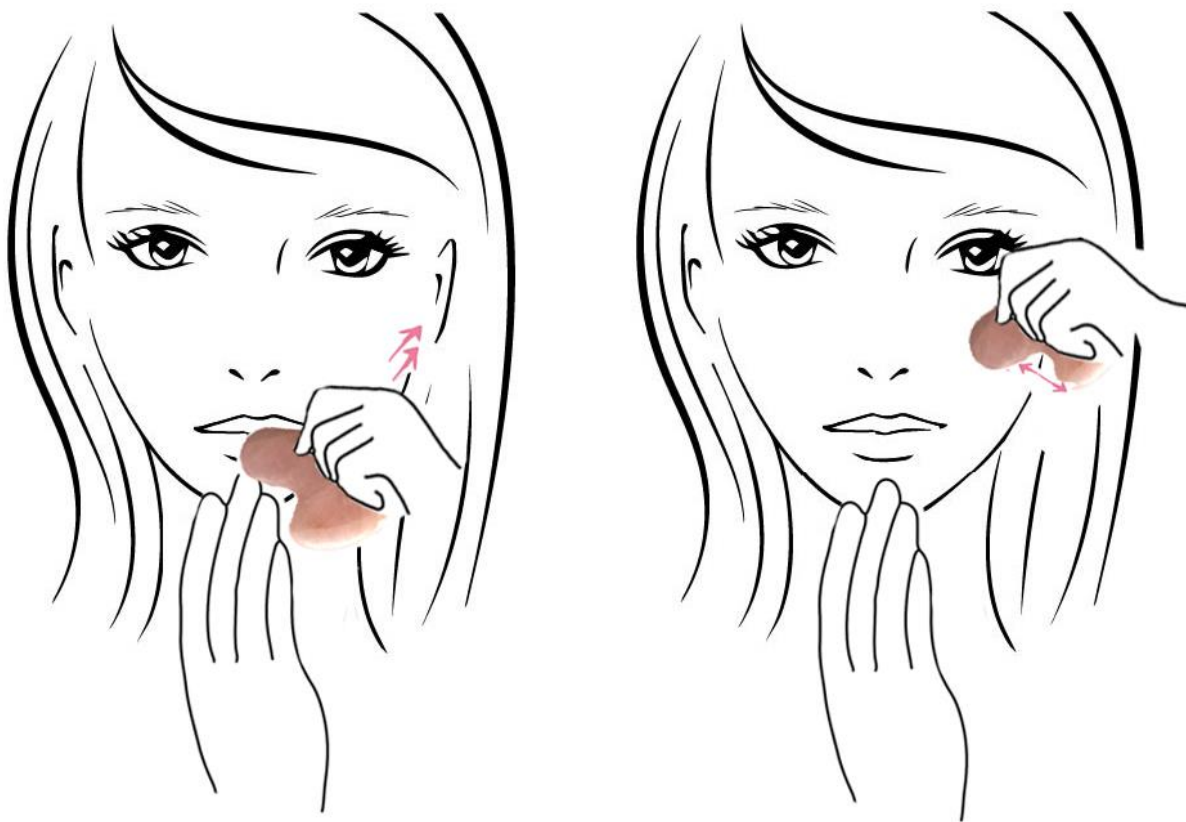




Now, using the notched edges place the Gua Sha as flat as possible between your collarbones. Slowly pull up with light to medium pressure. Once you meet your jawbone, hold the stone and massage the area by wiggling the tool. Repeat this step 5 times.

2. JAW

Place your hand on the centre of your chin and hold firmly. With the other hand place the crystal tool with the notched edge on your jaw. Bring the tool to a flat angle and slowly follow your jawline until you meet your ear. Hold the stone and massage the area by wiggling the tool. Repeat this step 5 times.



3. Cheek

Place one hand next to your nose. Now place the longer edge of the tool with the other hand also next to the nose. Hold the tool flat and pull with light to medium pressure outward to your ear. When you meet your ear hold the stone and massage the area by wiggling the tool. Repeat this step 5 times.

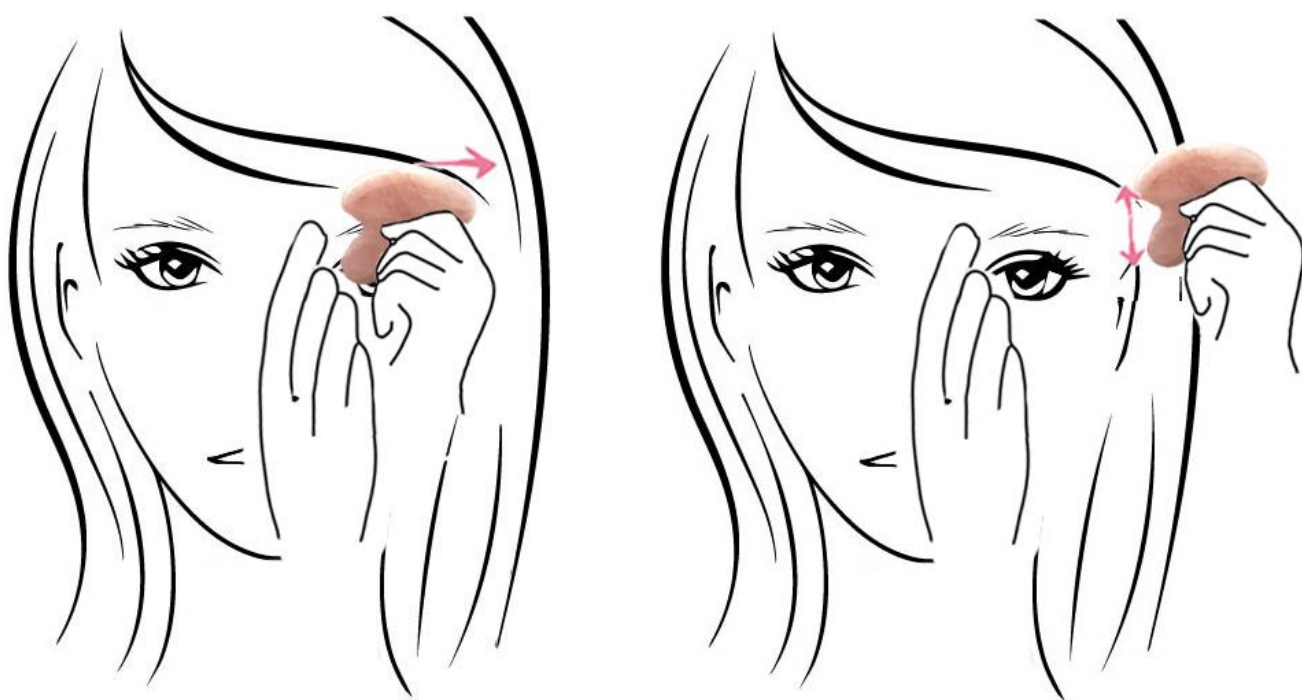


4. UNDER EYE



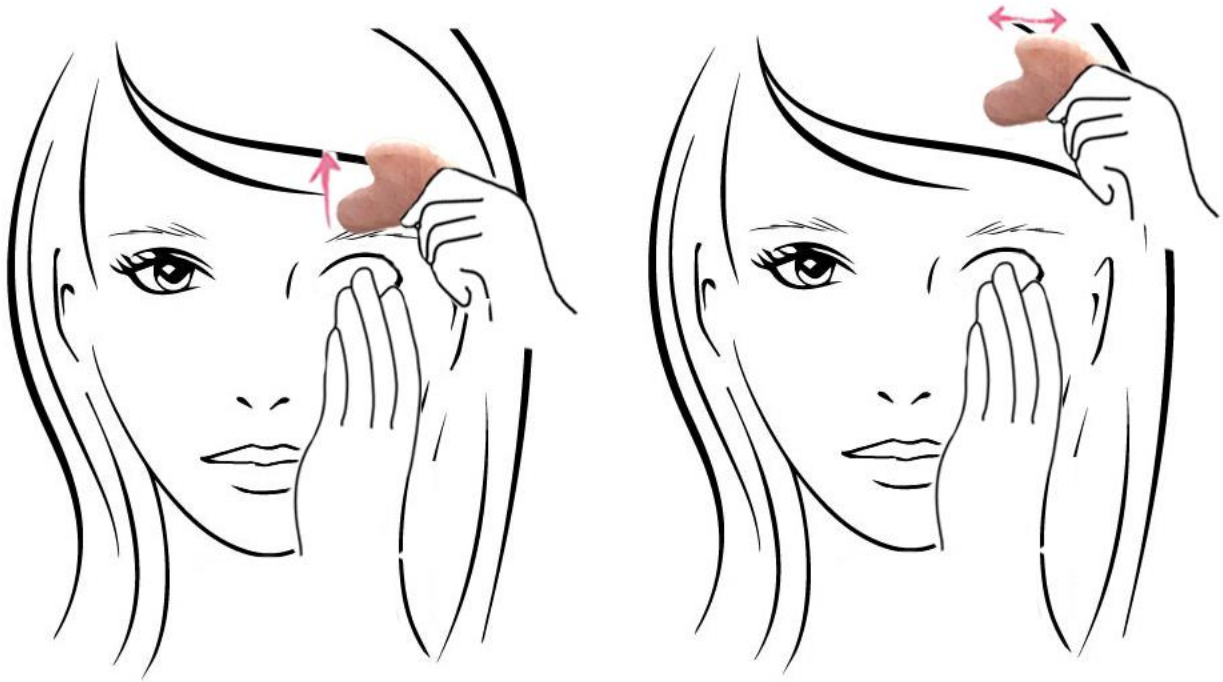
Make sure to use extremely light pressure for this area. Place the ring finger of one hand under the inner corner of the eye. With the other hand place the big notch the Gua Sha tool as shown above. Hold the tool flat and move it slowly outward towards the outer corner of the eye until you reach your hair. Hold the stone here and massage the area by wiggling the tool. Repeat this step 5 times.

5. EYEBROW

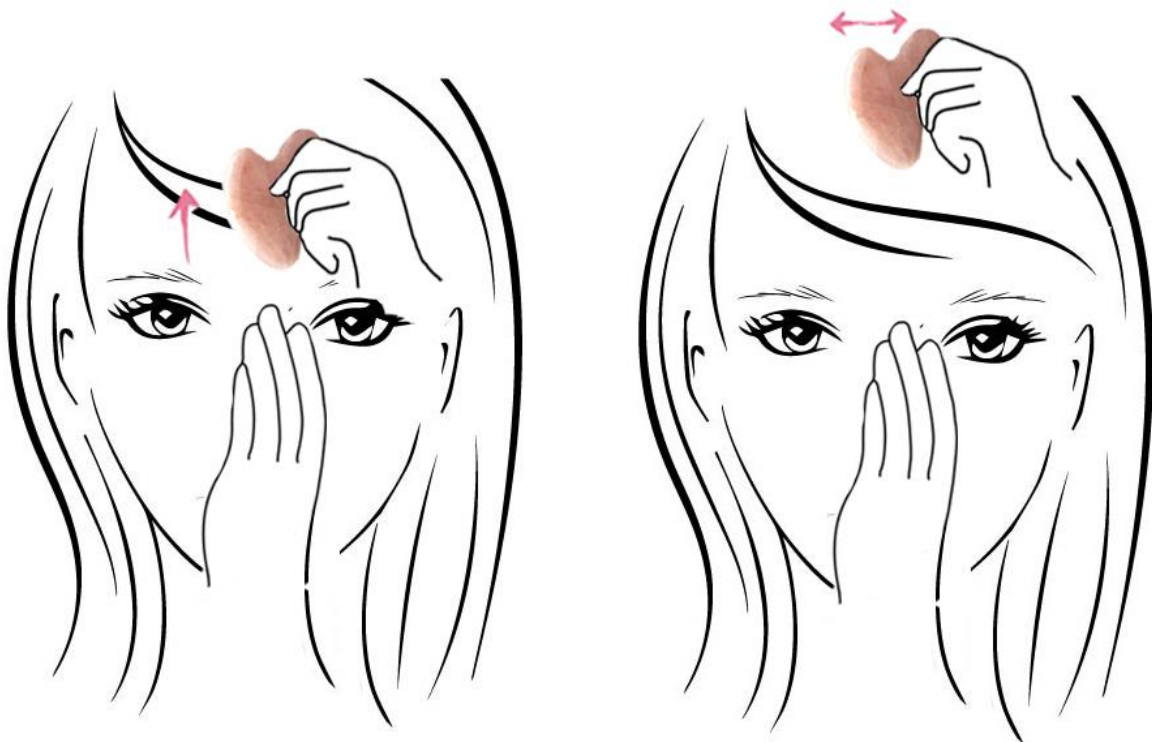


Place your hand between your eyebrows. Then place the tool with its notched edge in the middle of your eyebrow. Now gently pull the Gua Sha out along the eyebrow. Once you reached the end of the eyebrow, turn the stone slightly upwards and continue until the Gua Sha touches your hair-line. Hold the stone here and massage the area by wiggling the tool. Repeat this step 5 times.

6. FOREHEAD



Place one hand lightly on your eyelid. With the other hand place the long side of the Gua Sha on your eyebrow. Hold it flat and pull it gently with light pressure upwards until you have reached your hairline. Hold the stone here and massage the area by wiggling the tool. Repeat this step 5 times.



7. CENTER FOREHEAD

For the last step place one hand between your eyebrows. With the other, place the tool as shown in picture above also between your eyebrows. Hold it flat and pull it gently upwards until you have reached your hairline. Hold the stone here and massage the area by wiggling the tool. Repeat this step 5 times.

Repeat step 2-7 on the other side of the face as well.

8. CLEANING THE GUA SHA TOOL

Wash the Gua Sha tool with warm water after each use to remove dirt and oil. Then wipe with a soft cloth.



Note: Due to natural formations in the stones, each Gua Sha will be unique. Color will vary slightly from the pictures

CONTACT

Do you need help, have questions, ideas or you want to tell us something? We look forward to hear from you!

You can contact us by e-mail or by using our contact form on our website:

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much love

Your Team from ARI ANWA



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