Blog posts

Jade Stone Roller : What is it? How do you use it?

A[Jade Roller](http://bit.ly/2MtJciQ) is a small tool that is made of actual jade stone that has been used in Chinese skincare routines since the 7th Century.  When selecting a[Jade Roller](http://bit.ly/2MtJciQ) be aware there are fake ones being sold that are just plastic or another material and not real jade. The[goPure Beauty Jade Roller](http://bit.ly/2MtJciQ) is definitely the real thing!  How can you determine this?  The[Jade Roller](http://bit.ly/2MtJciQ) will naturally be cold on the skin.  This is no myth, it is definitely noticeably cold to the touch.

There is a large roller on one end of the tool and a small one on the other end. The larger roller is for massaging the cheeks, chin and forehead. The smaller roller is for massaging above and under the eye area.

The[Jade Roller](http://bit.ly/2MtJciQ) is believed to help with inflammation, redness, puffiness, and smoothing fine lines and wrinkles. By gently massaging the[Jade Roller](http://bit.ly/2MtJciQ) in upward and outward motions on the face it helps move and clear lymph. You will want to move the lymph to the outer edge of the face and down the neck. This lymph is what clogs the skin and causes inflammation and puffiness.

When used with a serum it aides in faster absorption into the skin. I have been doing this since I received it and boy does it make a difference! I put the serum on my face and neck and then roll the [Jade Roller](http://bit.ly/2MtJciQ) over my skin in upward and outward motions for a few minutes.  I love the feeling of the cold jade stone on my face with the serums! Such a perfect duo!

* Clean it with soap and water or alcohol before and after every use.
* Do not roll it on your skin with makeup on.  Make sure your skin is freshly cleansed before every use.
* Use one to two times a day. Once in the morning and once in the evening.
* Try to stick with outward and upward motions except when going down the neck to clear lymph.
* Put it in the refrigerator for extra cooling to help with puffiness in the morning.  This will sure beat using a piece of ice like I normally do to combat the puffy face!
* Apply a serum and with the skin still moist, roll it over the face and neck.
* Roll over the temples with either end of the[Jade Roller](http://bit.ly/2MtJciQ)to relieve a headache.
* Use the small roller on the side of the bridge of the nose and sweep out toward the ear to help relieve nasal congestion. Move down the neck  to clear lymph. During each stroke you can stop and apply a little pressure to areas outside of each nostril before sweeping again.

I absolutely love using the[goPure Beauty Jade Roller](http://bit.ly/2MtJciQ) for massaging and applying my serums! The best part is this[Jade Roller](http://bit.ly/2MtJciQ) will not break the bank and it is real jade stone.  I hope you will take a look at it and consider adding it to your skincare routine. If you have not read my post on goPure Beauty’s serums click[here](https://www.stylebyjamielea.com/get-glowing-with-gopure-beauty/).  They are so affordable and are truly amazing. They have become a staple in my skincare routine.  They are also a perfect match for the[Jade Roller](http://bit.ly/2MtJciQ)!

Thanks so much for reading!

Skincare fridge

A [Skincare Fridge](https://rstyle.me/+Dgu3NaH6jyK5NXQJW46zTA) is alllll the craze right now, and I'm telling you... if you're a skincare buff, you NEED one. I first found out about the skincare fridge from Lauryn who writes [The Skinny Confidential](https://www.theskinnyconfidential.com/whats-in-my-skin-fridge/). I keep it in my bathroom, and the first thing I do after brushing my teeth (*and peeing, obvi*,) is grab my jade roller from the fridge and roll my face. I used to keep it in the fridge in my kitchen, along with other skincare products, but like... wasn't really a fan of putting them in there with all the food. So the [skincare fridge](https://rstyle.me/+Dgu3NaH6jyK5NXQJW46zTA) was a DEFINITE game changer for me. It also helps that it's the cutest little thing ever, and it's pink. (*If a product is pink, there's a 90% chance I feel the need to buy it... clothes on the other hand? not my typical color to wear, lol*.)

Since the fridge is small, and I obviously don't use ALL of these products every single day... I rotate what I keep in there. [Jade roller](https://rstyle.me/n/dn24xx8th6) and under eye pads ([the cucumber hydra-gel](https://rstyle.me/n/djykex8th6) ones,) are always a must, though. Basically, keeping your skincare products cold not only helps with making you feel more refreshed when you use them, but it aids tremendously in bringing down puffiness, swelling, etc. There are actually a few products I didn't LOVE until I started putting them in the skin fridge.

A lot of the skincare products that are shown here are ones I've talked about in recent posts:

[Skincare Dynamic Duo's](https://blondieinthecity.com/2019/03/15/skincare-dynamic-duos/)

[I Woke Up Like This - My Guide To Great Skin](https://blondieinthecity.com/2019/02/14/i-woke-up-like-this-guide-to-great-skin/)

[3 Face Mists I'm Loving Right Now](https://blondieinthecity.com/2019/01/25/3-face-mists-im-loving-right-now/)

[Which Face Roller Should You Choose?](https://blondieinthecity.com/2018/07/17/which-face-roller-should-you-choose-jade-roller-rose-quartz-roller-or-ice-roller/)

4 Things to Know Before Trying Retinol

**FIND THE RIGHT FORMULA**Within the retinoid family—derivatives of vitamin A touted for their ability to boost cell turnover—retinol is the most common, and mildest, version of the ingredient used in skin care. “Tretinoin—brand names include Retin-A and Renova, among others— is the strongest, Rx-only form, and a dermatologist favorite for reducing signs of aging and acne,” says Fu, noting typical pain points with regular use include redness, irritation and skin shedding (varying degrees of this are standard with use of all retinoids).

Acne-prone skin types can find relief with adapalene (0.1 percent), which is comparable to tretinoin, but proven to be less irritating. “It treats acne deep in the pores and recently became available over the counter,” Lu says.

**EASE INTO IT**"Retinol can break down when exposed to light, heat and air, so we prefer products in opaque, airless pumps or aluminum tubing,” says Fu. The strength of the formula matters, too: All skin types can use retinoids, but finding the sweet spot for your skin is essential.

“Retinol can be highly irritating for the uninitiated,” Lu says. “It’s tempting to use the strongest one, but that can compromise your skin barrier. For those with [sensitive or dry skin](https://www.newbeauty.com/slideshow/2893-retinol-alternatives-sensitive-skin/), we recommend starting with 0.1–0.3 percent two or three times a week and acclimating to higher concentrations or frequency. (The percentage of retinol can be found in either the product name or ingredient list.) And regardless of potency, Fu suggests using retinoids at night, as they increase skin’s UV sensitivity—always wear [SPF](https://www.newbeauty.com/blog/dailybeauty/12758-spfs-in-moisturizers-vs-pure-spf/) during the day, too.

Another way to introduce retinol into your routine? Try buffering, which involves mixing retinol with a [hydrating moisturizer](https://www.newbeauty.com/slideshow/3083-best-gel-moisturizer/) to dilute it and act as a buffer from irritation.

**LEARN HOW TO LAYER**It’s best to avoid layering retinol with other strong actives like alphahydroxy acids (AHAs), which Fu says “can put your cell turnover on steroids.” Each ingredient also requires a unique optimal pH of the skin: “AHAs work their magic under 3.5, while retinol is best at 5 and above, so separating the use of these ingredients is favorable.”

**TRY BAKUCHIOL**As demand for [gentler retinoid formulas](https://www.newbeauty.com/slideshow/3097-bakuchiol-natural-retinol-products/) grows, one ingredient capturing attention is [bakuchiol](https://www.newbeauty.com/blog/dailybeauty/12823-what-is-bakuchiol/), a plant-derived antioxidant used in Chinese medicine that Fu says has been found to target similar pathways as retinol in the skin. One study showed products with 1 percent bakuchiol had acne-fighting benefits; another, Fu notes, “compared 0.5 percent bakuchiol to 0.5 percent retinol, and the plant alternative performed similarly in terms of wrinkle and hyperpigmentation reduction, and smoothing skin texture.”