

Meeting materials for workshop

Negative Ion Roller

P R E S E N T A T I O N

Beauty and Health Care by Just Rolling It
on the Skin

Anti-Aging Care Using the Ultimate Negative Ion Emitter

①Fight against aging (active oxygen), humanity's greatest enemy!

②A hormetic material, believed to be the ultimate negative ion emitter, is incorporated into the Negative Ion Roller.

③The superoxide dismutase (SOD) enzyme in the body fights against "active oxygen" which causes aging in the body and skin. The quantity of the SOD enzyme decreases with age. It has become clear from recent studies that low-dose radiation hormesis dramatically increases SOD which fights against active oxygen. Hormesis is the **ultimate anti-aging care** that activates what you already have in your body.

※Extracted from an article about Mr. Tsuyoshi Takara, the Director of the Takara Medical Clinic, in the book *Radiation Hormesis that Doctors Recommend 2*.

④It is believed that hormetic effects include the following.

- **Strengthens immunity.**
- **Controls oxidation.**
- **Improves blood flow.**
- **Eases pain.**

Please use it on your whole body when you are having a bath or during your relaxation time. It will lead to glowing and supple skin.



Functions of the Negative Ion Roller

Rejuvenates the skin to achieve glowing and supple skin.

Promotes light, beautiful and clear skin.

Makes the skin fine and moist.

Improves blood flow.

Reduces dullness, sagging, wrinkles and freckles on the skin.

The Negative Ion Roller's Five Major Effects

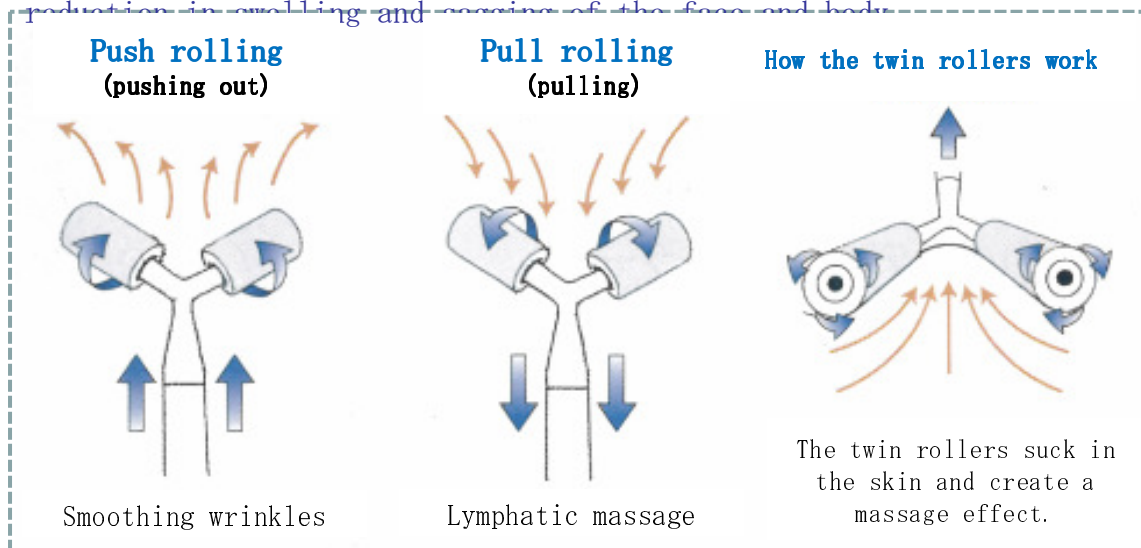
- ①Hormesis improves blood flow.
- ②Rotation of the twin rollers massages lymph nodes.
- ③The effects of functional mineral ores lead to beautiful skin and a slim face line.
- ④The effects of the roller's rotation reduce sagging as well as swelling of the face and body.
- ⑤The twin rollers lead to glowing and moist skin.

Effects and Features of the Negative Ion Roller

A hormetic material, believed to be the ultimate negative ion emitter, is incorporated in the Negative Ion Roller.

Each of the double rollers emit about 3,000 negative ions.

- The roller has a very gentle touch because it is made of hormesis silicon.
- Due to the nano-micron size functional mineral ore powder incorporated in the roller, rolling has the same effect as massaging the skin and it improves blood flow in the true skin.
- Every rolling movement activates the cells.
- The double rollers create a suction effect on your skin, lift your face and achieve a slim face line.
- Using the roller to massage the lymph nodes will result in a considerable reduction in swelling and recovery of the face and body.

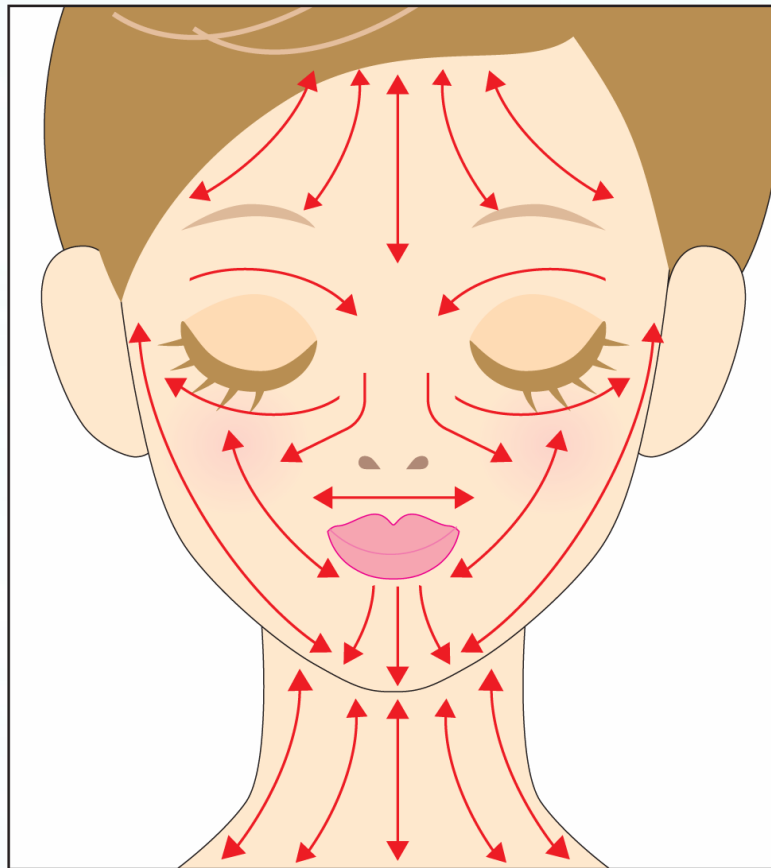


※Will change color and shape.

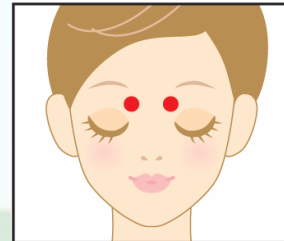
How to Use the Negative Ion Roller (1)

- Hold the handle of the double rollers and softly move the roller while gently pressing it against your skin.
- It is more effective if you use the roller after facial cleansing.
- It is recommended that the rolling is performed for about five minutes each time.

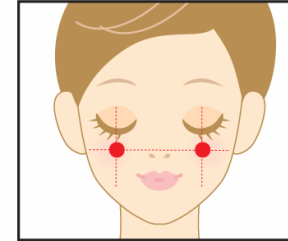
The Face, the Neck and the Decollete (Upper Chest)



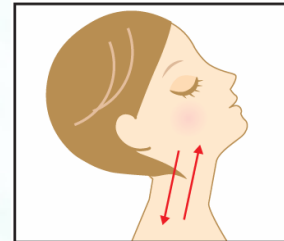
The face and neck: The red arrows show the basic lines along which to move the roller.



Eye: Fit the roller in the depression under the eyebrow near the nose and press it against the skin gently.



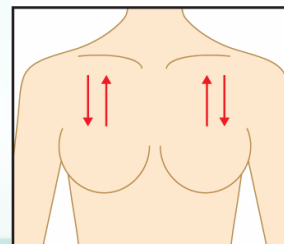
Cheek: Gently push on the intersection between the vertical line going through the center of the iris and the horizontal line going through the center of the nose.



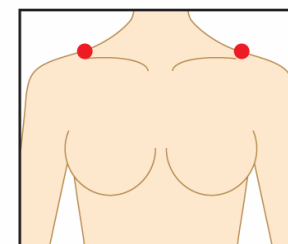
Neck: Keep your head up and move the roller up and down between the bottom of the ear and the top of the clavicle.



Below the jaw: Keep your head up and gently press the roller against the shallow depression below the jaw.



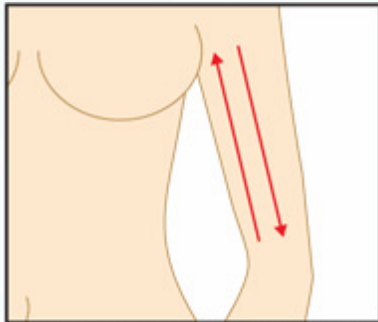
Decollete: Move the roller up and down between the upper bust and the clavicle.



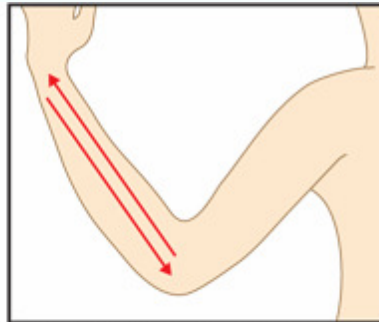
Shoulder: Gently push the midpoint between the base of the neck and the end of the shoulder.

How to Use the Negative Ion Roller (2)

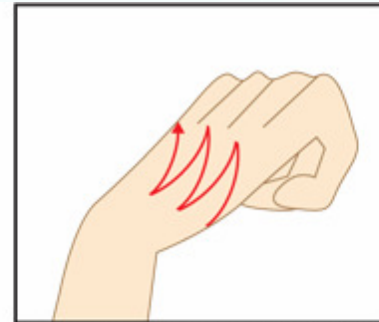
Body



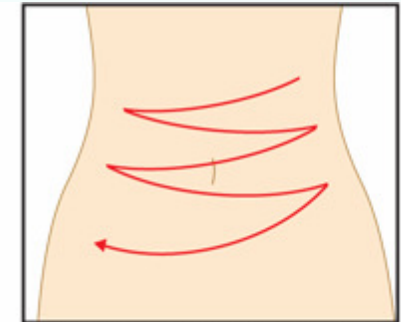
Upper arm: Move the roller up and down between the armpit and the elbow.



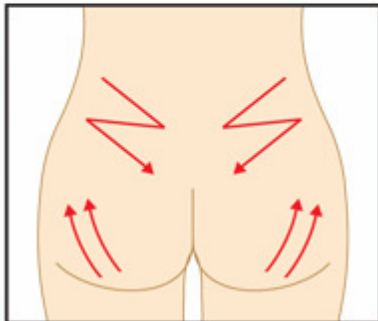
Lower arm: Move the roller up and down between the wrist and the elbow, both on the inner side and the outer side.



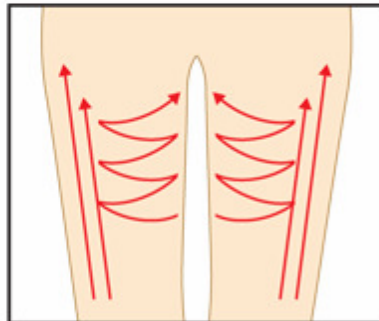
The back of the hand: Make a fist, fit the roller on the back of the fist and minutely move the roller up and down.



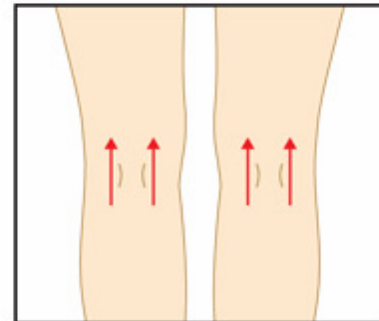
Waist: Move the roller from left to right and right to left, as you slowly shift the roller from top to bottom.



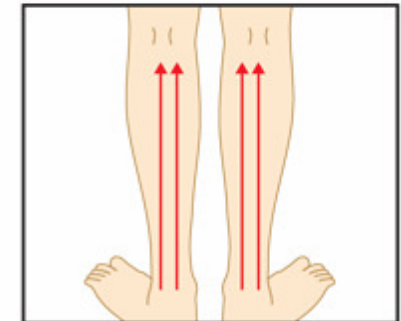
Hip: For the lower hip, move the roller from bottom to top along the curve. For the upper hip, move the roller from top to bottom.



Thigh: Move the roller from side to side, then from bottom to top.



The back of the knee: Fit the roller on the back of the knee and roll it over both the left and right sides of the back of the knee.



Calf: Move the roller from the ankle to the back of the knee, from bottom to top.

Reference: Lymphatic Massage

Main Lymph Nodes on the Head and Neck

- ① Superficial parotid lymph nodes
- ② Deep parotid lymph nodes
- ③ Malar lymph node
- ④ Submandibular lymph nodes
- ⑤ Occipital lymph nodes
- ⑥ Retroauricular lymph nodes
- ⑦ Retropharyngeal lymph nodes
- ⑧ Superficial cervical lymph nodes
- ⑨ Deep cervical lymph nodes

