

Before GANKIN Massage 在开始颜筋按摩之前

Before applying a massage cream, cross your hands and press the center of the collarbone (hollow) using the surface of your fingers and move your head from side to side, 3 to 4 times.

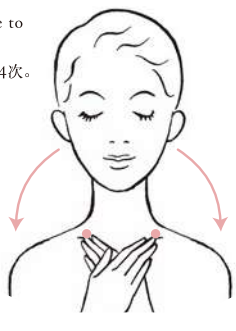
双手交叉并用指腹按压锁骨凹陷处，头部往左右侧摆动3~4次。

[How to use]

Take a walnut-sized amount onto your fingertips using the spatula provided, and spread over your face, avoiding the areas around eyes and mouth.

[使用方法]

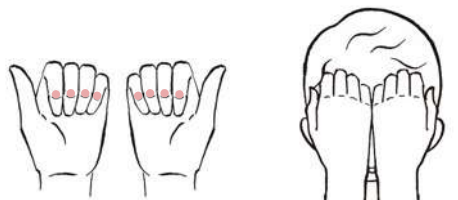
以内附的挖勺取约一颗巨峰葡萄大小的量全脸推匀，避开眼、唇。



1

Forehead Area / 额头部位

Works on the muscles and leaves the skin resilient.
预防抬头纹以及眉间的皱纹。



The image from an anterior view
正面角度的按摩姿势

Using your first joints of the fingers, apply pressure to the forehead, three times.
利用手指的第一关节，从额头到太阳穴的3个地方施力按压。



① Press upwards on center area
第一次

② Press upwards on side area
第二次

③ Press upwards on temples
第三次

Repeat twice / 重复进行两次

2

Eye Area / 眼部周围

Promotes supple skin around the eyes.
紧致眼周，双眼看起来明亮有精神。

2-①



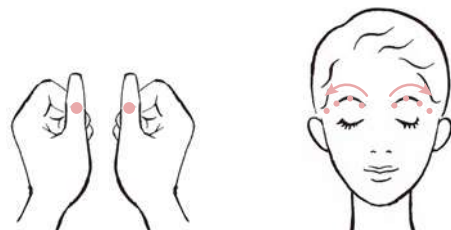
Using your middle fingers, gently trace in a spiral motion around your eyes.
用中指轻柔地从眼尾绕眼周一圈半至到眉间为止。

Using your middle and ring fingers, apply pressure between the eyebrows and at the temples.
用中指跟无名指，在额头的中央按压后，再按压太阳穴。

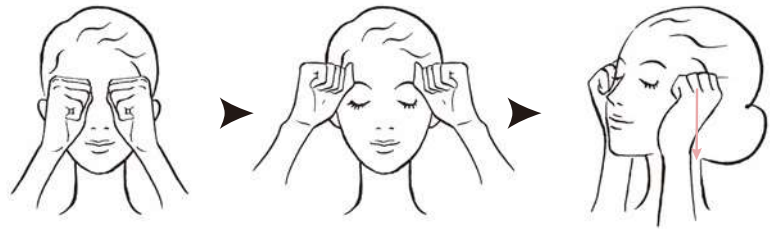
Finally, move your hands downwards from the temples with pressure, passing in front of your ears.
从太阳穴往下，经过耳朵前面，朝淋巴方向引流。

Repeat twice / 重复进行两次

2-②



Using the thumb joints, press four points following underneath the line of the eyebrow.
利用大拇指的第一关节在眼周的四个部位按压。



Using the thumb joints, gently pinch the nasal bone next to the inner corners of your eyes, and press upwards.
大拇指弯曲，利用第一个关节轻轻夹住眼头旁的鼻骨，并往上拉提般按压。

Apply pressure upwards around the eyebrow bone above your pupils, and press the bone and muscles underneath the top of the eyebrows.
瞳孔上方的骨骼及眉峰下方附近的骨骼与肌肉，依序往上拉提般按压。

Gently press your temples and move your hands downwards from the temples with pressure, passing in front of your ears.
轻按压太阳穴，并通过耳朵前面，朝淋巴方向引流。

Repeat twice / 重复进行两次

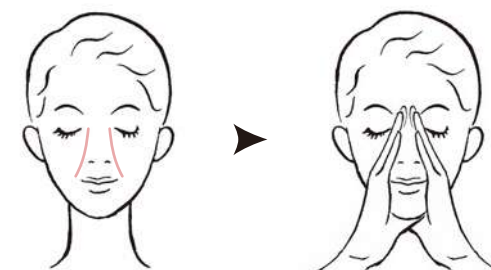
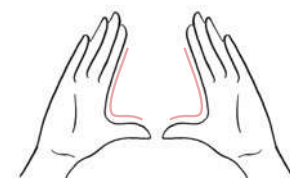
3

Mouth Area / 唇部周围

Works on the muscles around the mouth and lifts the corner of mouth.
锻炼唇周的肌肉，拉提嘴角。

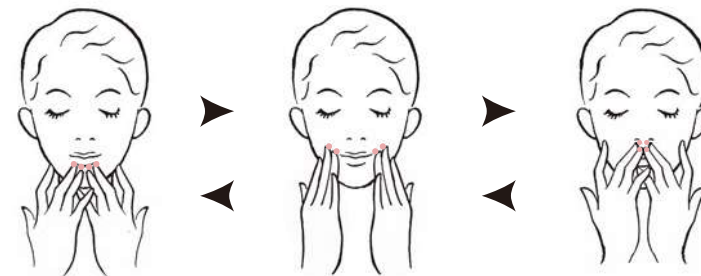
3-①

Use the whole sides of your thumbs and index fingers.
使用拇指与食指侧面全部。



Position your thumbs below your chin and tips of the index fingers between the eyebrows to create a triangle with your fingers. Apply pressure inwards around the nasolabial line twice.
将拇指扣在下巴边缘，食指从鼻子到颊部，唇周上紧密贴合，垂直加压两次。

3-②



Using the middle and ring fingers, apply strong pressure at the centre of your chin.
利用中指与无名指，在下巴中央用力按压。

Apply medium pressure around the corners of your mouth.
嘴角部位按压，力道较上个步骤轻。

Apply softer pressure under your nose.
鼻子按压，力道最轻。

Repeat twice / 重复进行两次

4

Nose Area / 鼻部周围

Floats up impurities from deep inside your sides of nose to remove them.
彻底清除鼻翼的深层污垢。



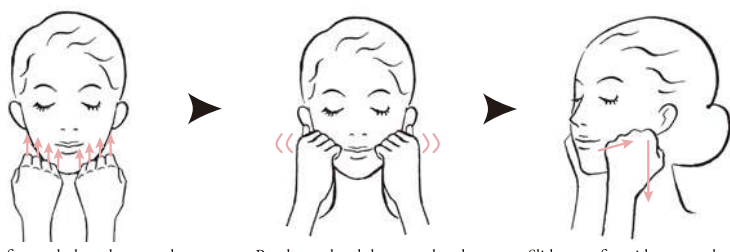
Using the middle fingers, stroke the skin at the sides of your nostrils in a semi-circular motion about 15 times.
利用中指的指腹，在鼻沟像画半圆似的重复15次。

5

Cheek Area / 颊部

Massages the muscles around the cheeks and jaw to create a sharper facial impression.
纾解颈部以及下巴周围的肌肉，让脸部看起来更具有精神，更紧致。

Make fists and use the second joints of the fingers.
握紧拳头，使用手指的第二个关节。



Make fists and place the second joints of the fingers on your jaw line, and press upward to the points of dental bite.
握紧拳头，放在颊际上，利用拳头从颊际往内侧牙齿咬合处往上拉提。

Bend your head downward and move fists up and down to massage the facial muscles.
脸部朝下，将双手紧贴脸部，利用拳头上下转动以放松脸部肌肉。

Slide your fists sideways and move your hands downwards with pressure, passing in front of your ears.
拳头往两颊旁滑过，从耳前朝淋巴方向引流。

Repeat twice / 重复进行两次

6

Face Line / 脸部线条

Creates a sharper facial impression around jaw line.
让脸部线条变得更紧致。



Position your index finger above your chin, and the middle finger below your chin, and then strongly pull upwards to the front of your ears.
食指在下巴之上，中指跟无名指放在下巴之下，指间用力地由耳朵下方力道稍强地往上拉提。

Repeat twice on both sides / 两侧各进行两次

7

Cheekbone / 颊骨

Lifts up cheeks and enhances the facial contour.
去除颊骨下方的下垂，创造紧致的立体轮廓。



Use the whole side of your thumb and index finger.
Use right hand on left cheek and left hand on right hand.
使用拇指与食指侧面，用右手进行左脸颊按摩，左手进行右脸颊按摩。



Place the whole side of your thumb and index finger to hold the cheekbone.
摊开手掌运用将食指的侧面放在鼻翼旁到法令纹的位置。

Bend your head into your hand, and lift up your cheekbone for three seconds.
手部贴合脸部，将脸稍微向下倾斜，利用头部的重量加压三秒。

Slide your hand sideways towards the ears without pressure, and apply pressure downwards to the neck.
抬头用整个掌心滑过耳前，朝淋巴方向疏通。

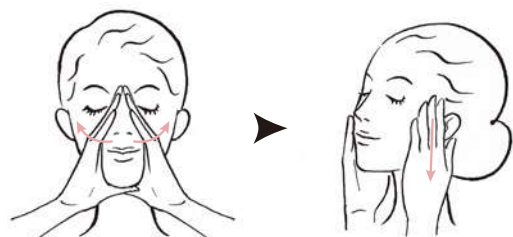
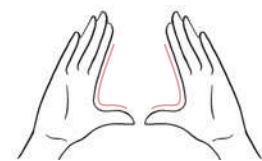
Repeat twice on both sides / 两侧各进行两次

8

Cooling Down / 整致

Keeps the benefits of GANKIN Massage.
维持颜筋按摩的效果，并镇静肌肤。

Use the whole sides of your thumbs and index fingers.
使用大拇指与食指侧面全部。

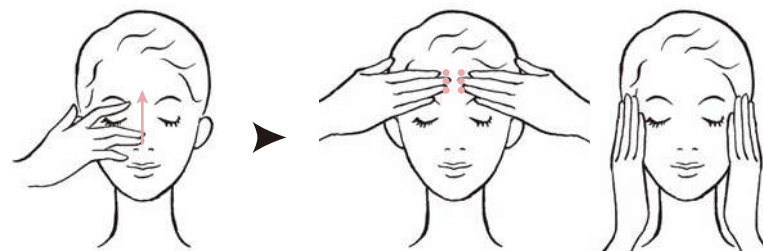


Position your thumbs below your chin and the index fingers between your eyebrows creating a triangle.
Look up and gently slide your hands downwards from the centre towards your ears, and move your hands downwards to the neck with pressure.
将大拇指放在下巴边缘上，食指从鼻子到颊部、嘴部外侧都紧密贴合，手指往上，由中央往耳前轻轻滑过，朝淋巴方向引流。

Repeat twice / 重复进行两次

9

Completion / 最后



Slides your middle and ring fingers upwards from the tip of your nose toward the area between your eyebrows, alternately using both hands.
双手交替运用，用中指跟无名指的指腹，交互地从鼻尖到眉间进行拉提。

Using the three middle fingers, apply pressure to the centre of your forehead, and lightly press the temples to complete the massage procedure.
用中间三只手指在额头中央按压，然后轻轻按压太阳穴后完成。

After your massage

For the best results, soak the SUQQU Sponge Cloth in lukewarm water and wring lightly to wipe off any excess cream. Alternatively, wash the cream off your face with lukewarm water.

完成按摩后，请以内附的海绵巾沾取温水，拧干后拭除脸上按摩霜或以温水彻底洗净。