

SUQUQU

GANKIN

Preparation before GANKIN MASSAGE 在按摩之前

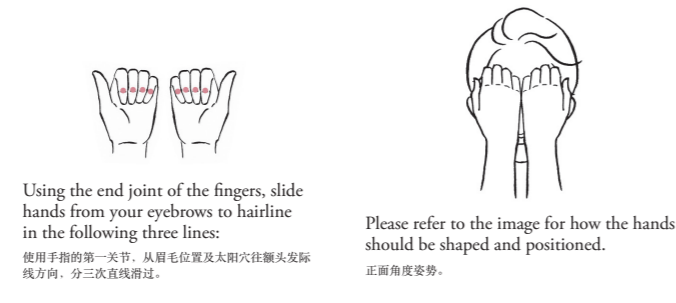


Before applying massage cream, press fingertips against the hollow above the collarbone, while leaning head side to side. 双手交叉并用两手指腹按压锁骨凹处。头部往左右侧倾斜来回 2 ~ 3 次。

<Recommended Amount> Take a grape-sized amount of massage cream with the attached spatula and apply evenly to the entire face. Avoid the eye and mouth areas. <按摩霜的使用量> 用内附挖棒取约葡萄大小的量全脸推匀。避开眼、唇。

1 The forehead — Massage the muscles in the forehead. 额头部位 按摩额头部位，赋予肌肤弹力

1-1



Using the end joint of the fingers, slide hands from your eyebrows to hairline in the following three lines: 使用手指的第一关节，从眉毛位置及太阳穴往额头发际线方向，分三次直线滑过。

Please refer to the image for how the hands should be shaped and positioned. 正面角度姿势。



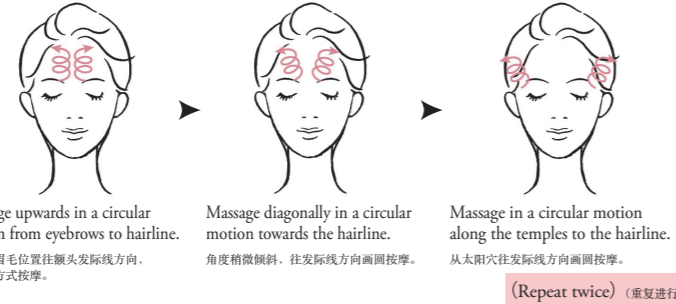
Slide your hands in a straight line towards the hairline. 从眉毛位置往额头发际线方向，向上直线滑过。

Slide hands diagonally towards the hairline. 角度稍微倾斜，往发际线直线滑过。

Slide hands across the temples to the hairline. 从太阳穴往发际线方向抚滑过。

(Repeat twice) (重复进行两次)

1-2

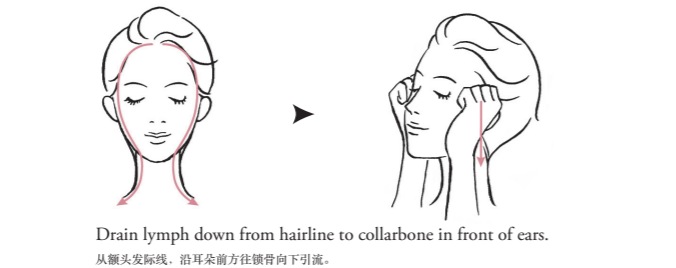


Massage upwards in a circular motion from eyebrows to hairline. 接着从眉毛位置往额头发际线方向，以画圈方式按摩。

Massage diagonally in a circular motion towards the hairline. 角度稍微倾斜，往发际线方向画圈按摩。

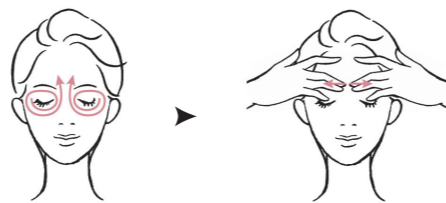
Massage in a circular motion along the temples to the hairline. 从太阳穴往发际线方向画圈按摩。

(Repeat twice) (重复进行两次)



Drain lymph down from hairline to collarbone in front of ears. 从额头发际线，沿耳朵前方往锁骨方向引流。

2 Around the eyes — Create the impression of clear skin around the eyes. 眼部周围 紧致眼周，让双眼看起来明亮有神



Using two fingers, trace around the eyes, and then smooth out the eyebrows twice. 沿着眼部肌肉方向，从眼尾绕眼周一圈半到眉间。接着像拉平眉间的皱纹一样，左右往外延展两次。



Making a hook with your fingers, massage by sliding fingers towards the end of the eyebrows. Repeat twice. 将手指弯曲成勾状，手指侧面贴着眉部，从眉头往太阳穴位置延展两次。



Work fingers up to the temples in a circular motion and drain the lymph to the collarbone along the sides of the face from the ears. 在太阳穴位置画圈提拉两次，接着朝锁骨方向疏通。

(Repeat twice) (重复进行两次)

3 Around the mouth — Massage the muscles around the mouth, as if you are lifting up the mouth's corners. 唇部周围 针对唇周部位，可拉提嘴角紧致脸颊

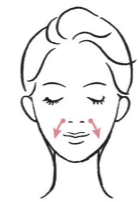
3-1



Use the sides of both thumbs and index fingers. 使用食指与拇指侧面全部。

Place hands along the smile lines and apply pressure with the weight of your head for 2 seconds. 将食指与拇指侧面，贴合法令纹，利用头部重量，垂直加压两次。

3-2



Pressing both sides of the nose with your fingers, slide the finger down toward the corners of the mouth. 用手指按压鼻翼旁的穴道，接着往嘴角滑去。

3-3



Using two fingers, massage the muscles around the mouth. 利用两指，在牙缝方向按压唇部周围。人中、嘴角上方、嘴角旁、嘴角下方、嘴唇下方。

4 Around the nose — Treat around the nose for smooth skin. 鼻部周围 清洁并平抚紧致鼻子周围



Using the pad of your fingers, trace semicircles on the sides of the nose, then trace spirals on top of the nose. 利用手指指腹，在鼻沟画半圆按摩。

Gently trace spirals on the sides of the nose, then trace spirals on top of the nose. 在鼻翼、鼻头轻柔画圈按摩。

5 Cheeks — Massage the muscles around the cheeks and jaw for sharper definition. 颊部 纾解脸颊和下巴周围，让脸部看起来更紧致

5-1



Place fists along the jawline and lift up cheeks. 握紧拳头放在脸颊上向上提拉。

Tilting the head downwards press against cheeks with fists, massage the cheeks by moving the hands up and down. 脸部朝下，仿如将脸颊内放在拳头上一样，上下转动以放松脸部。

Slide hands from above the jawline up to the ears. 拳头直接沿颧骨下方滑过。

(Repeat twice) (重复进行两次)

5-2



Make a hook shape with your finger. 将手指弯曲成勾状。

Trace the following seven lines across your face from eye area down to chin. 从眼部下方到下巴分成 7 个区块，依序按摩。

Drain the lymph to the collarbone. 从耳朵前方沿脖子往锁骨方向引流。

- (1) Below the eyes to the ears 眼部下方到耳朵前方
- (2) A cm below this line to the ears 眼部与颧骨之间到耳朵前方
- (3) Above the cheekbones to the ears 颧骨带到耳朵前方
- (4) From the sides of the nose to the ears 鼻翼旁带到耳朵前方
- (5) From the corners of the mouth to the ears 嘴角带到耳朵前方
- (6) Beneath the lower lip to the ears 嘴唇下方带到耳朵前方
- (7) From the tip of the chin to the ears 下巴中央带到耳朵前方

6 Jawline — Create a sharper look. 脸部线条 让脸部线条更紧致

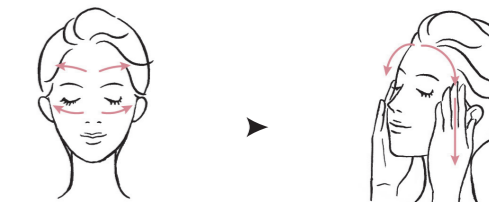


Clutch jaw in your hand with the index finger placed beneath the mouth. Then raise your elbow and slide your hand across the contours of the jawline. Repeat twice on both sides. 将下巴放在食指和中指之间，确实夹住，抬起肘部，往耳前方向拉提颧颊轮廓两次。

Drain lymph with the opposite hand. 另一只手从耳朵沿脖子往锁骨方向疏通。

(※ Repeat on the other side.) (※换边重复同样动作)

7 Cool down — Enjoy the benefits of the massage and scent of the cream as you gently drain. 镇静 维持按摩的效果，並镇静肌肤



Using both palms, slide your hands from the center of both the upper and lower halves of your face to the hairline. 双手分别贴合额头与脸颊部位，从脸部中央往外轻滑。

Gently drain lymph from the center of forehead down toward the collarbone. 接着从发际线往锁骨方向疏通。

(Repeat twice) (重复进行两次)

<After GANKIN MASSAGE> <按摩结束后>

Soak the SUQUQU Sponge Cloth in lukewarm water and wring lightly to wipe off the massage cream. Alternatively, wash off your face thoroughly. 使用沾湿的 SUQUQU 海绵巾，轻柔擦拭脸上残留的乳霜；或直接用清水洗净亦可。