

# Roll away stress and improve skin tone with ancient Chinese secret

BY GILLIAN MOLESWORTH

Here's the latest thing in skincare: jade rollers. Acupuncturist Paul Adkins uses them at Truro's Mitchell Hill Clinic. His certification is in traditional five element acupuncture, but he also does a lot of cosmetic acupuncture work for people who want to smooth out a few wrinkles or lift their cheeks a bit.

Besides having lots of mystic and lucky qualities in Eastern medicine, jade rolled on your face has practical applications.

"It's very cooling and refreshing," said Paul. "The rollers are also very good for sealing your pores because they're so cold."

You can use them at home, after learning the proper technique in an online video made by Paul (he has also written a book, the *Pocket Guide to Facial Enhancement Acupuncture*, though that's not for laymen).

They improve circulation and lymphatic drainage, and can particularly target the delicate area under the eyes.

"I use them after some of my facial

treatments," said Paul, who changed careers to acupuncture in his 40s after being treated himself for anxiety. "When you've had 150 needles in your face, jade rollers can calm things down."

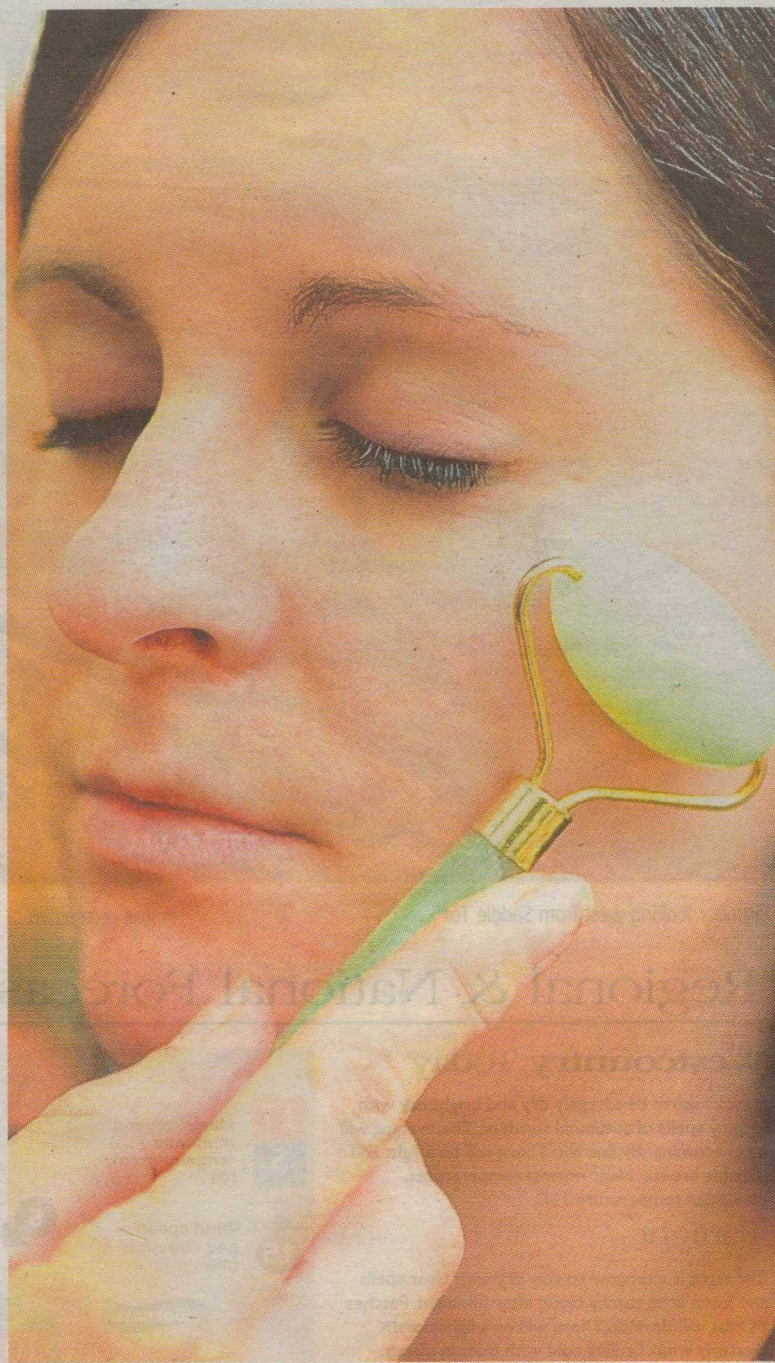
They will also, said Paul help to press moisturiser into the skin, making it penetrate deeply.

**'Using a jade roller can particularly improve the soft area under the eyes'**

Paul Adkins

Kind of like a posh trowel.

At the Mitchell Clinic, jade rollers have an important cooling role after another treatment known as derma-rolling. Unlike the benevolent-looking jade rollers, the derma roller is covered with tiny thin spikes, like a cylindrical thistle. After a coat of numbing cream, this is rolled up the face, making hundreds of tiny holes. The body's skin repair



Paul's technique targets acupressure points, and the cool roller also seals skin pores

system kicks in, filling the injuries with natural collagen, and voila, Botox without the "tox". If you've got the guts, that is.

I didn't, so I opted for another Mitchell Hill treatment, a relaxing facial. Paul smoothed collagen-rich Medic8 lotion into my face, found my acupressure points during the massage, and performed a smoothing ritual with the rollers. It felt nice.

"We find a lot of people who have

our facial treatments get lots of 'wow you're looking well' comments," said Paul. "I even had a guy from Tokyo come to train with me for a few days. That was an interesting role reversal."

A set of two jade rollers cost £48 including a silk purse, and you can learn more about them on [www.jaderollers.com](http://www.jaderollers.com). The Mitchell Hill Clinic is at 7 Mitchell Hill, Truro TR1 1ED.