

SUQQU
GANSHIN MASSAGE
POINT PRESS

在塗抹晶摩霜之前/Before your GANKIN Massage

雙手交叉並用指腹按摩鎖骨凹陷處，頭部往左右側倒3~4次。
Open the lymph nodes above the collarbone before applying a massage cream.
Cross your hands and press the hollows of your collarbone using the surface of your fingers whilst inclining your head from right to left 3 or 4 times.

<使用方法>
用內附挖棒取約葡萄大小的量塗抹均勻，避開眼、唇。
<HOW TO USE>
Take a walnut-sized amount onto your finger tips using the spatula provided, and spread your face, avoiding the areas around eyes and mouth.



1 額頭部位/Forehead Area 重複進行兩次 REPEAT TWICE

效果 BENEFITS 消除臉部浮腫，預防抬頭紋以及眉間的皺紋。
Protects against lines on the forehead and between the eyebrows, and reduces facial swelling.

使用手指的第一關節，從額頭到太陽穴依序分3次往上用力按摩。
Using the first joints of the fingers, apply pressure to the forehead, three times.



正面的姿勢
The image from an anterior view

2 2眼部周圍/Eye Area 重複進行兩次 REPEAT TWICE

效果 BENEFITS 改善循環，並去除眼周的老廢物質。
Improves circulation and removes waste products from around the eyes.

2-①



用中指輕柔地從眼尾繞眼周一圈半至眉間為止。
Using the middle fingers, gently trace in a spiral motion around your eyes.

用中指跟無名指，在額頭的中央按摩後，再按摩太陽穴。
Then, apply pressure between the eyebrows and at the temples.

從太陽穴往下，經過耳朵前面，朝淋巴方向疏通。
Finally, drain the lymph downwards from the temples, passing in front of your ears.

2-②



利用大拇指的第一關節，在眼周的四個部位按摩。
Using the thumb joints, press four points following underneath the line of the eyebrows.



大拇指彎曲，利用第一個關節輕輕夾住眼尾的鼻骨，並往上拉提般的按摩。
Gently pinch the nasal bone next to the inner corners of your eyes, and press upwards.

瞳孔上方的骨骼到眉峰下方附近的骨骼與肌肉，依序往上拉提般的按摩。
Apply pressure upwards around the eyebrow bone above your pupils, and press the bone and muscles underneath the top of the eyebrows.

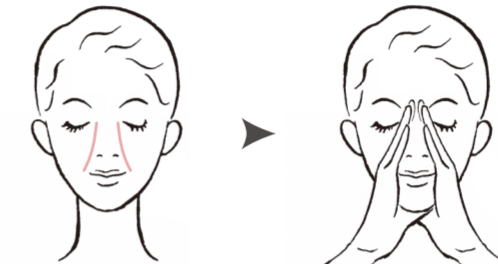
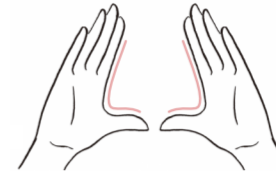
輕按摩太陽穴，並通過耳朵前面，朝淋巴方向疏通。
Gently apply pressure to your temples and drain the lymph downwards from the temples, passing in front of your ears.

3 唇部周圍/Mouth Area 重複進行兩次 REPEAT TWICE

效果 BENEFITS 強化唇周的肌肉，拉提嘴角與並改善細紋。
Strengthens muscles, lifts the corners of the mouth and improves fine wrinkles.

3-①

使用拇指與食指側面全部。
Use the whole sides of your thumbs and index fingers.



將拇指扣在下巴邊緣上，食指從鼻子到頰部，唇周上緊密的貼合，並垂直加壓兩次。
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.

3-②



利用中指與無名指在下巴中央用力按摩。

嘴角部位，以較上個步驟略重的力道按摩。

鼻子下方用較弱的力道按摩。

Using the middle and ring fingers, apply strong pressure at the centre of your chin, medium pressure around the corners of your mouth, and softer pressure under your nose.

4 鼻部周圍/Nose Area

效果 BENEFITS 徹底清除鼻翼的深層污垢。
Removes grime from deep inside your nostrils.



利用中指的指腹，在鼻溝畫半圓形的重複15次。
Using the middle fingers, stroke the skin at the sides of your nostrils in a semi-circular motion about 15 times.

5 頰部/Cheek Area 進行兩次 REPEAT TWICE

效果 BENEFITS 紓解頰部以及下巴周圍的肌肉，讓臉看起來更具有精神、更緊緻。
Removes stiffness around the cheeks and jaw to create a sharper definition.

握緊拳頭，使用手指的第二關節。
Make fists and use the second joints of the fingers.



握緊拳頭，放在臉際上，利用拳頭從臉際往內側牙齒咬合處向上拉提。

臉朝下，將雙手緊貼臉部，利用拳頭上下轉動以放鬆臉頰肌肉。

拳頭往兩頰旁滑過，從耳前朝淋巴方向疏通。

Place the fists on your jaw line, bend your head downwards and move fists up and down to massage the muscles. Slide your fists sideways and drain lymph downwards, passing in front of your ears.

6 臉部線條/Jaw Line 兩個各進行2次 REPEAT TWICE ON BOTH SIDES

效果 BENEFITS 讓臉際線條變得更緊緻。
Disperses fat around the jaw line, and sharpens the facial contour.



食指在下巴之上，中指跟無名指放在下巴之下，指間用力地由耳下方力道稍強地往上拉提。

Position your index finger above your chin, and the middle finger below your chin, then strongly pull upwards to the front of your ears.

7 頰骨/Cheekbone 兩個各進行2次 REPEAT TWICE ON BOTH SIDES

效果 BENEFITS 去除頰骨下方的下垂，創造緊緻的立體感。
Disperses fat under the cheekbones and defines the facial contour.



攤開手掌運用將食指的側面放在鼻翼旁到法令紋的位置。

使用拇指與食指側面，用右手進行左臉頰按摩，左手進行右臉頰按摩。

手貼合臉部，將臉稍微向下傾斜，利用頭部的重量加壓三秒。

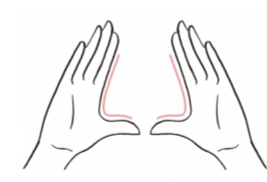
抬頭輕用整個掌心滑過耳前，朝淋巴方向疏通。

Hold the cheekbone. Bend your head into your hand, and lift up your cheekbone for three seconds. Slide your hand sideways towards the ears without pressure, and drain the lymph downwards to the neck.

8 整緻/Conditioning Muscle 進行兩次 REPEAT TWICE

效果 BENEFITS 去除老廢角質，維持顏筋晶摩的效果，並鎮靜肌膚。
Sets the benefits of the massage by removing waste products.

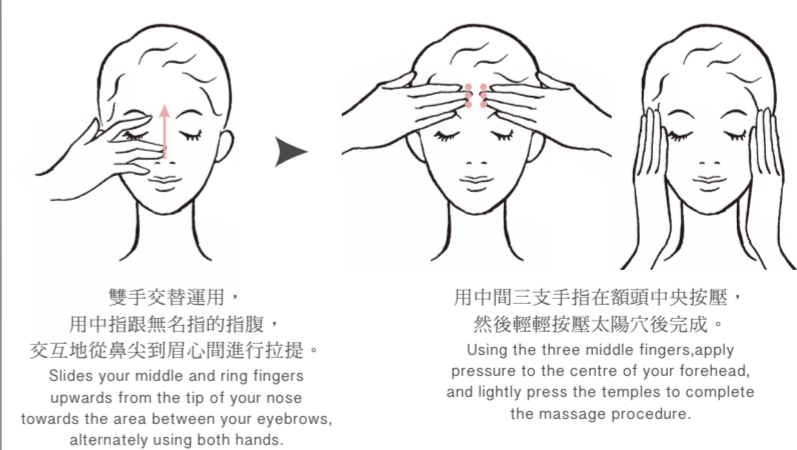
使用大拇指與食指側面全部。



將大拇指放在下巴邊緣上，食指從鼻子到頰部、嘴部周圍都緊密貼合，手指往上，由中央朝耳前輕輕滑過，朝淋巴方向疏通。

Position your thumbs below your chin and the index fingers between your eyebrows creating a triangle. Look up and gently slide your hands towards your ears, and drain the lymph downwards to the neck.

9 最後 Completion



雙手交替運用，用中指跟無名指的指腹，交互地從鼻尖到眉中間進行拉提。

用中間三支手指在額頭中央按摩，然後輕輕按摩太陽穴後完成。

※完成按摩後，請以內附的海綿巾沾取溫水，擰乾後拭除臉上晶摩霜或以溫水徹底洗淨。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.