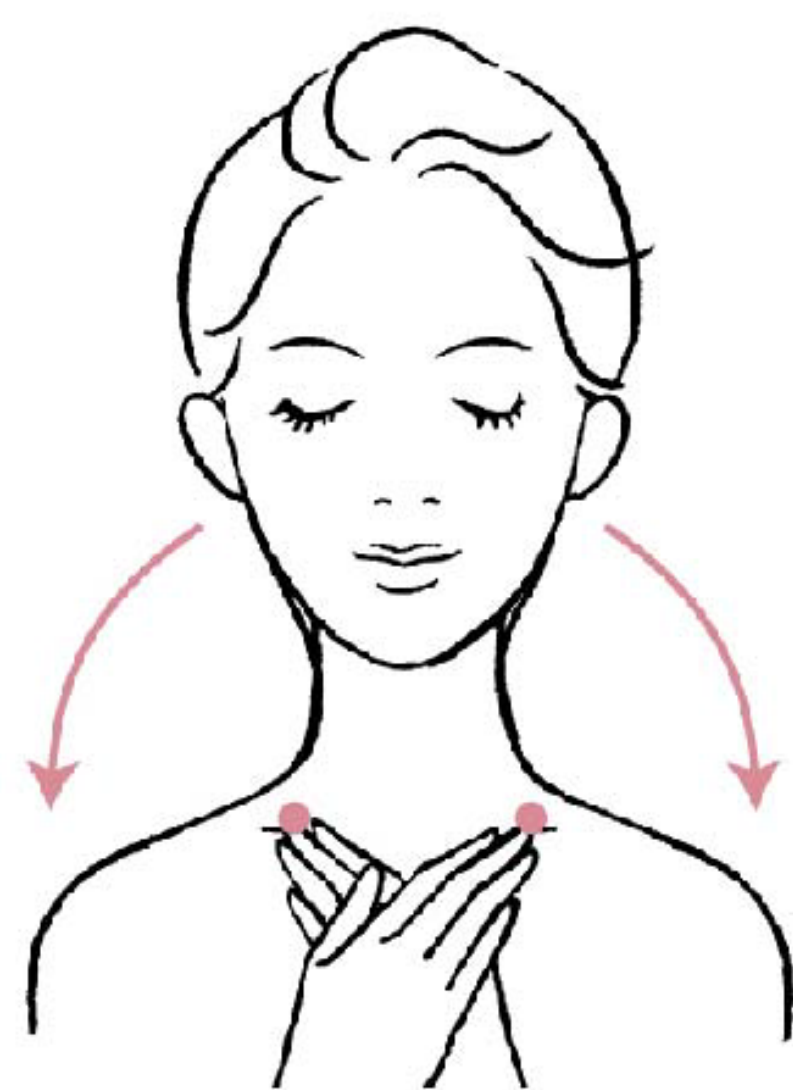


S U Q Q U

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.
雙手交叉並用兩指指腹按壓鎖骨凹陷處，頭部往左右側拉伸，來回 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>

用內附挖棒取約葡萄大小的量全臉推勻，避開眼、唇位置。

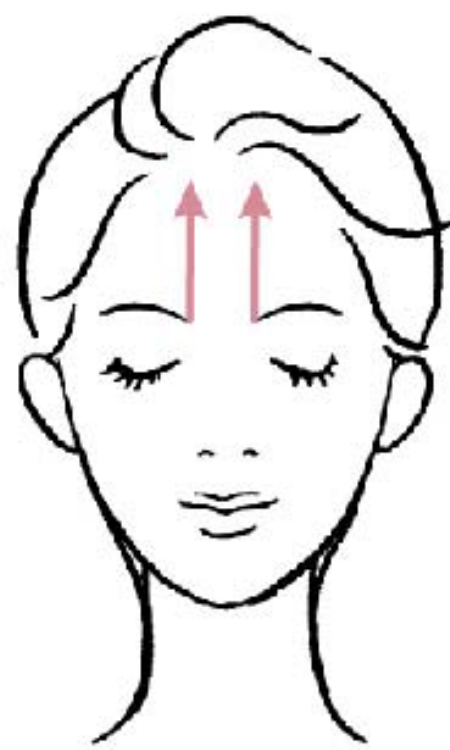
1 The forehead ——— Massage the muscles in the forehead.
 額頭位置 按摩額頭位置，賦予肌膚彈力

1-1



Using the end joint of the fingers, slide hands from your eyebrows to hairline in the following three lines:
 使用手指的第一關節，從眉毛至太陽穴，往額頭髮際線方向，分三次直線滑過。

Please refer to the image for how the hands should be shaped and positioned.
 請參照圖片正面角度的姿勢。



Slide your hands in a straight line towards the hairline.
 從眉毛位置往額頭髮際線方向，向上直線滑過。



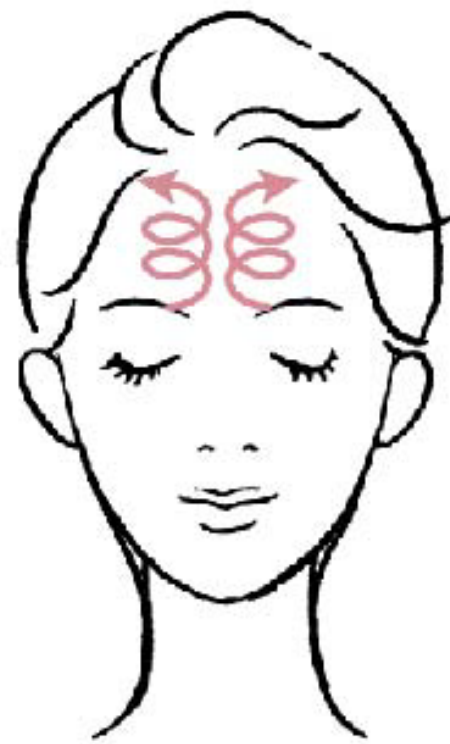
Slide hands diagonally towards the hairline.
 角度稍微傾斜，往髮際線直線滑過。



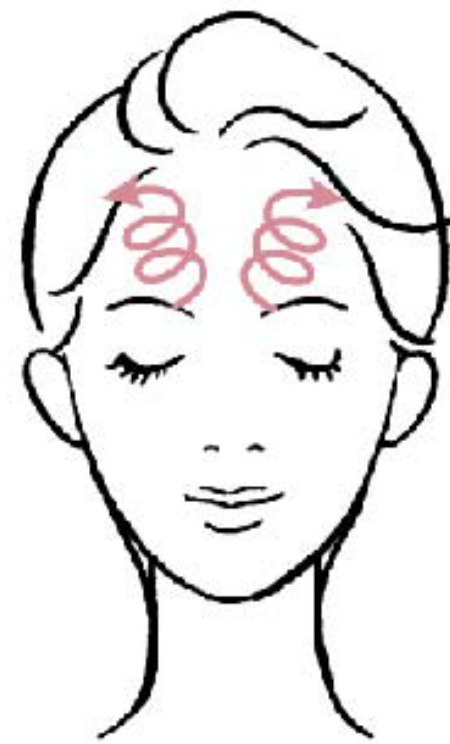
Slide hands across the temples to the hairline.
 從太陽穴往髮際線方向撫平滑過。

(Repeat twice) (重覆進行兩次)

1-2



Massage upwards in a circular motion from eyebrows to hairline.
 接著從眉毛位置往額頭髮際線方向，以畫圓方式按摩。



Massage diagonally in a circular motion towards the hairline.
 角度稍微傾斜，往髮際線方向畫圓按摩。



Massage in a circular motion along the temples to the hairline.
 從太陽穴往髮際線方向畫圓按摩。

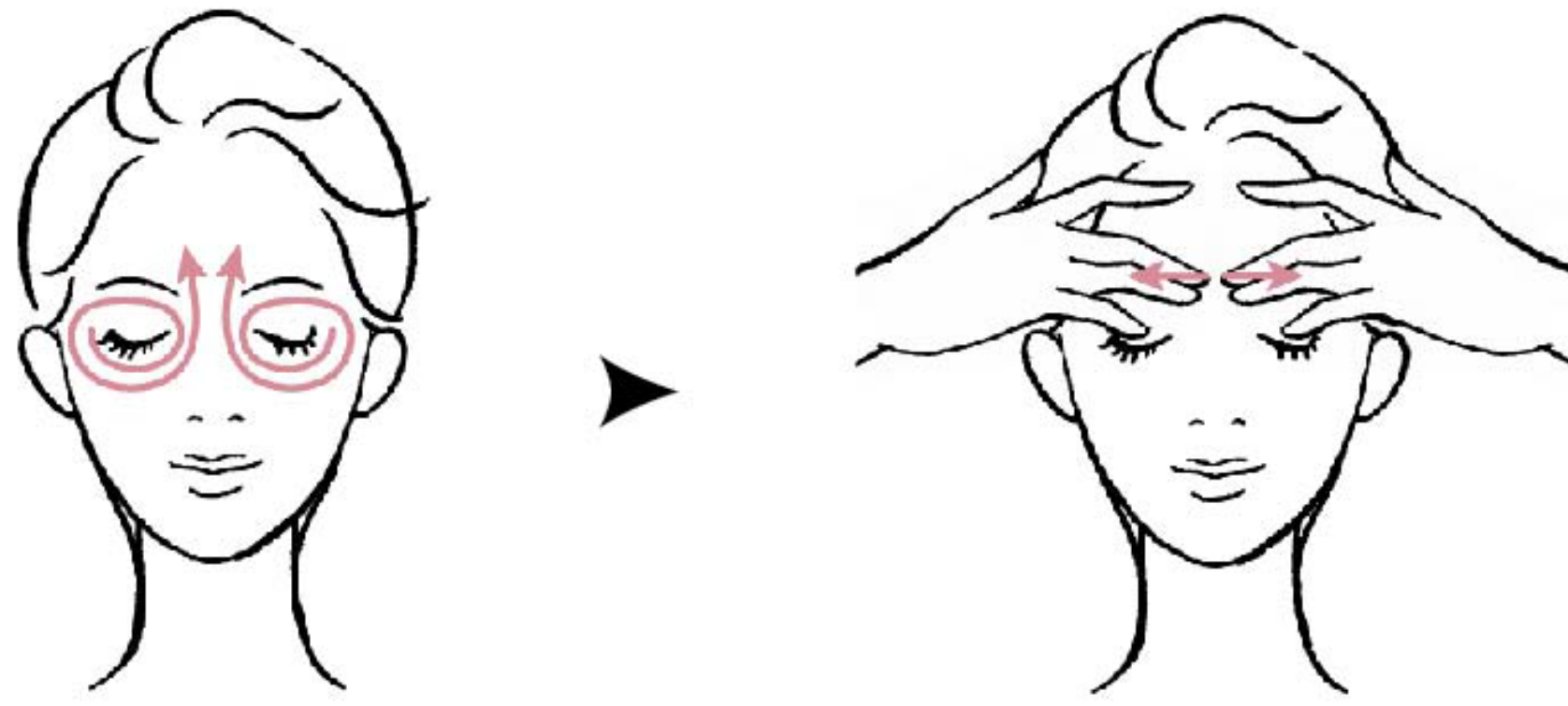
(Repeat twice) (重覆進行兩次)



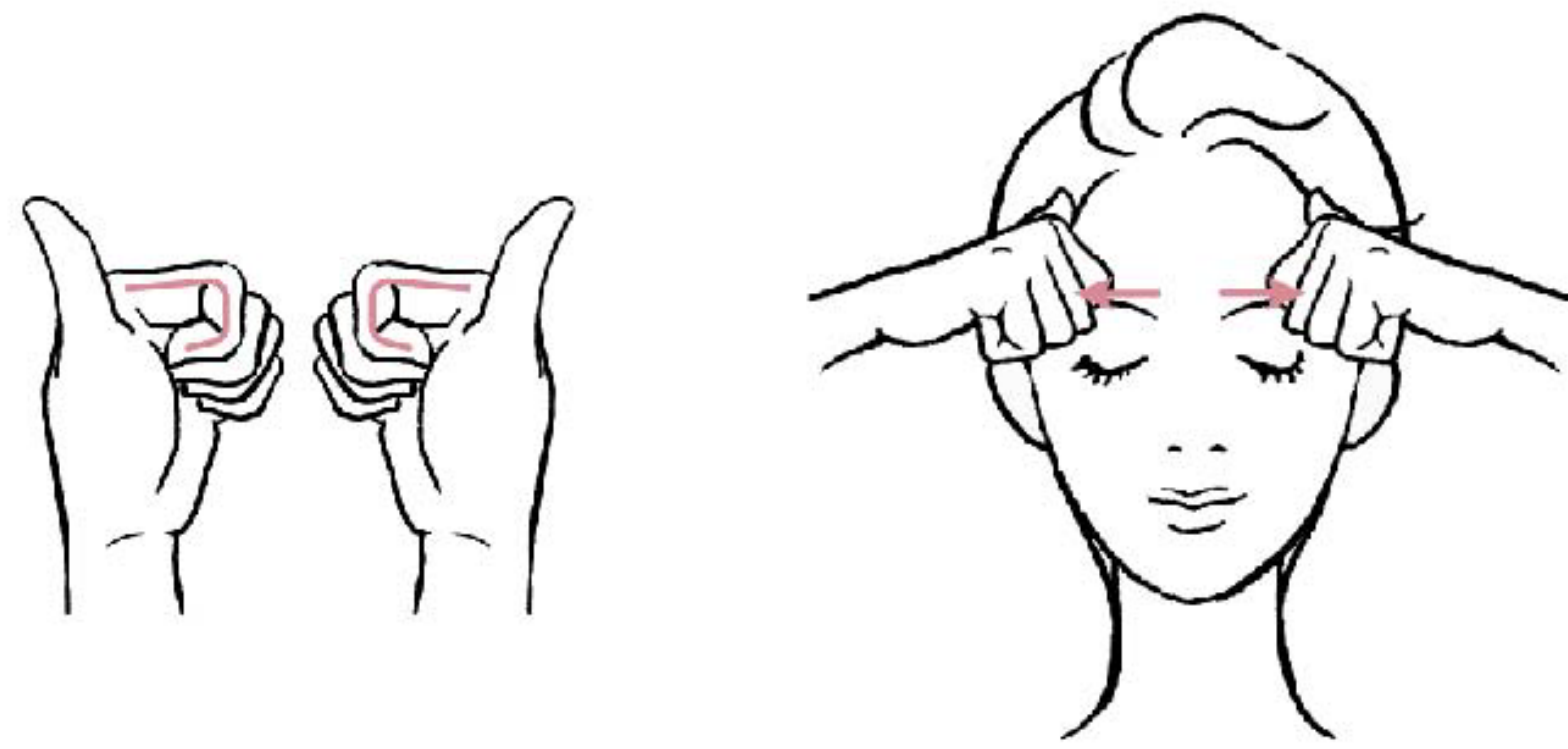
Drain lymph down from hairline to collarbone in front of ears.
 從額頭髮際線，沿耳朵前方往鎖骨向下引流。

2

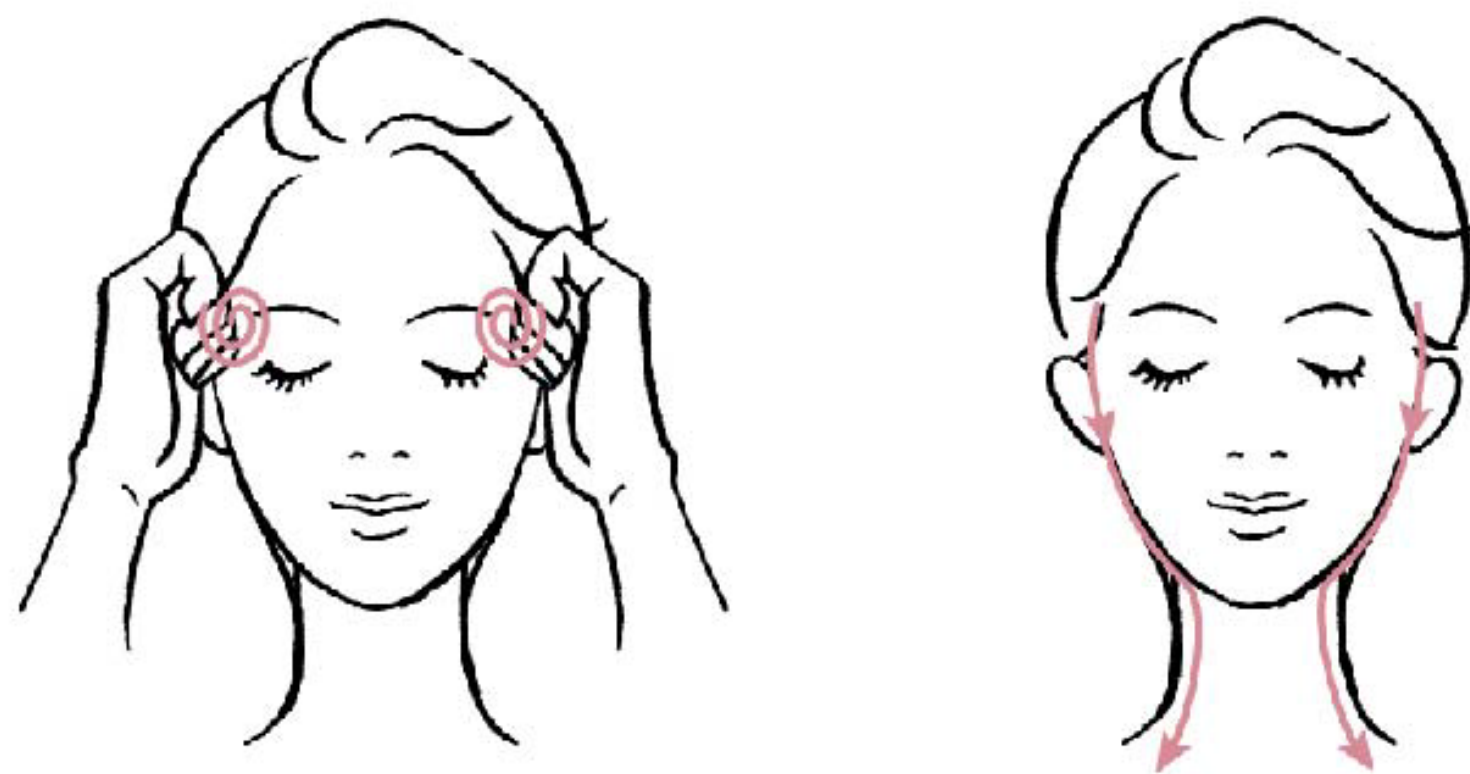
Around the eyes — Create the impression of clear skin around the eyes.
 眼睛周圍 緊緻眼周，讓雙眼看起來明亮有神



Using two fingers, trace around the eyes, and then smooth out the eyebrows twice.
 以兩指沿著眼部肌肉方向，從眼尾繞眼周一圈半到眉間。接著像拉平眉間的皺紋般，左右往外延展兩次。



Making a hook with your fingers, massage by sliding fingers towards the end of the eyebrows. Repeat twice.
 將手指彎曲成勾狀，手指側面貼著眉毛，從眉頭往太陽穴位置推按兩次。



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.
 在太陽穴位置畫圓提拉兩次，接著朝鎖骨方向疏通。

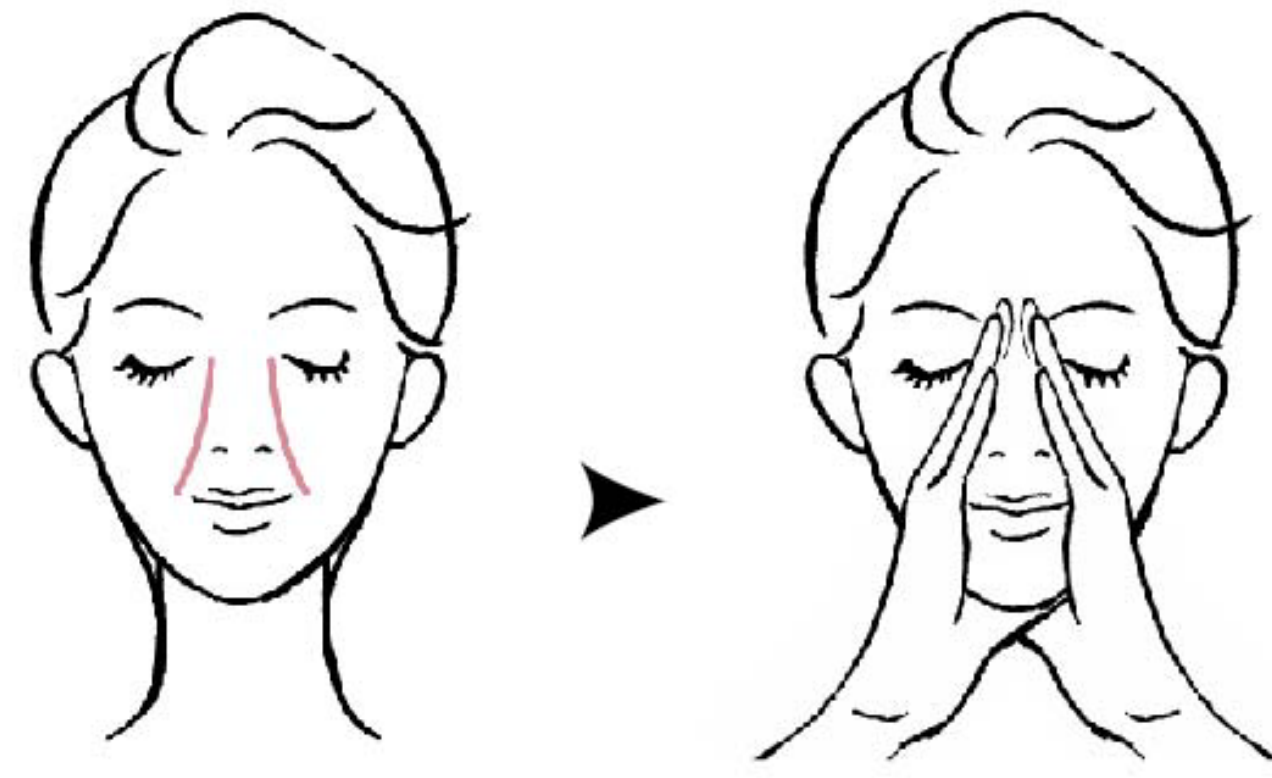
(Repeat twice) (重覆進行兩次)

3 Around the mouth —— Massage the muscles around the mouth, as if you are lifting up the mouth/corners.
唇部周圍 針對唇周位置，提拉嘴角緊緻臉頰

3-1



Use the sides of both thumbs and index fingers.
使用食指與拇指側面。



Place hands along the smile lines and apply pressure with the weight of your head for 2 times.
將食指與拇指側面貼合法令紋。利用頭部重量，垂直加壓兩次。

3-2



Pressing both sides of the nose with your fingers, slide the finger down toward the corners of the mouth.
用手指按壓鼻翼旁的穴道，接著往嘴角滑去。

3-3



Using two fingers, massage the muscles around the mouth.
利用兩指，往牙齦方向按壓唇部周圍。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.
鼻子周圍 清潔並撫平緊緻鼻子周圍



Using the pad of your fingers, trace semicircles on the sides of your nose.
利用手指指腹，在鼻翼兩側畫半圓按摩。

Gently trace spirals on the sides of the nose, then trace spirals on top of the nose.
在鼻翼、鼻頭輕柔畫圓按摩。

5 Cheeks —— Massage the muscles around the cheeks and jaw for sharper definition.
臉頰 紓解臉頰和下巴周圍，讓臉部看起來更緊緻。

5 -1



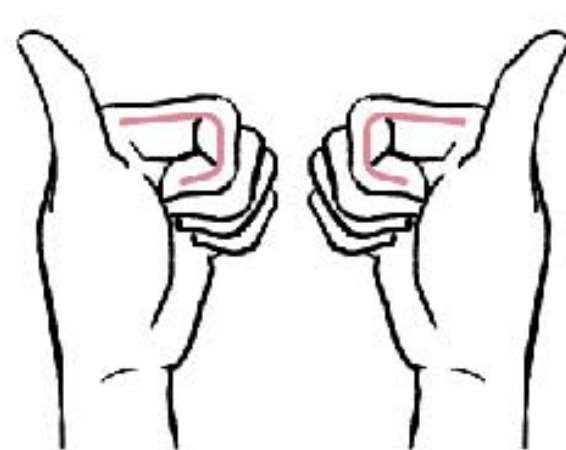
Place fists along the jawline and lift up cheeks.
緊握拳頭放在下顎線然後向上拉提。

Tilting the head downwards press against cheeks with fists, massage the cheeks by moving the hands up and down.
臉部朝下，仿如將臉頰肉放在拳頭上一樣，上下轉動以放鬆臉部。

Slide hands from above the jawline up to the ears.
拳頭直接沿顴骨下方滑過。

(Repeat twice) (重覆進行兩次)

5 -2



Make a hook shape with your finger.
將手指彎曲成勾狀。



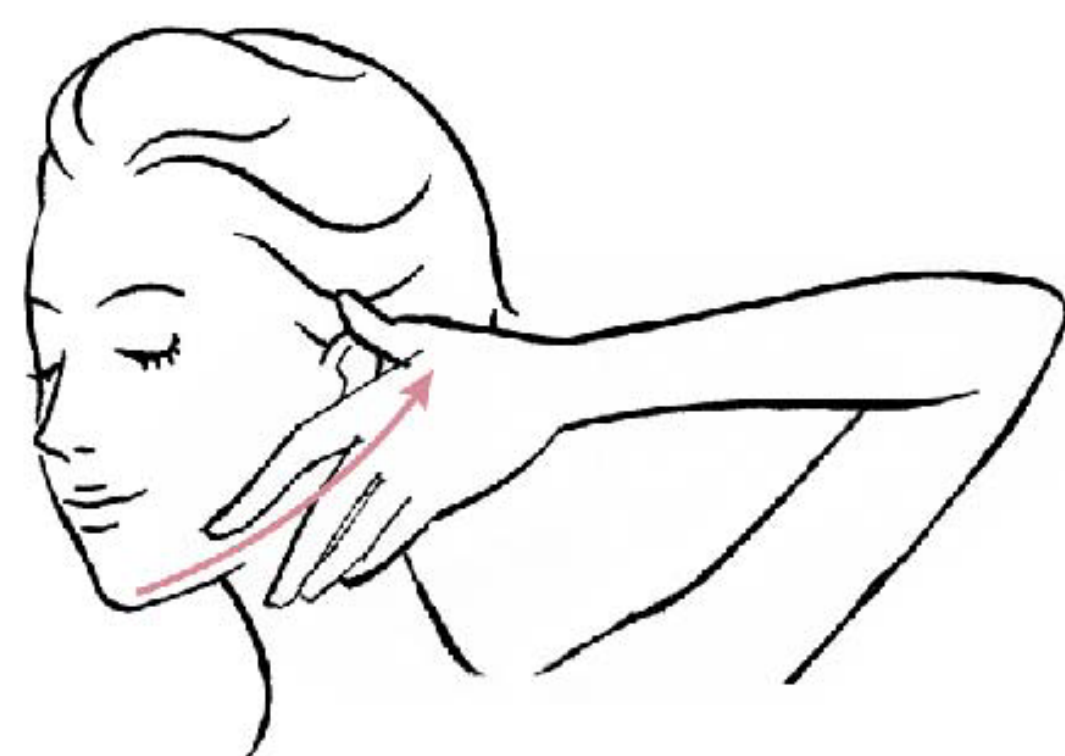
Trace the following seven lines across your face
從眼睛下方到下巴分成 7 個區域，依次序按摩。



Drain the lymph to the collarbone.
從耳朵前方沿頸部往鎖骨方向引流。

- (1) Below the eyes to the ears 由眼睛下方帶到耳朵前方
- (2) A cm below this line to the ears 由眼睛與顴骨之間帶到耳朵前方
- (3) Above the cheekbones to the ears 由顴骨帶到耳朵前方
- (4) From the sides of the nose to the ears 由鼻翼旁帶到耳朵前方
- (5) From the corners of the mouth to the ears 由嘴角帶到耳朵前方
- (6) Beneath the lower lip to the ears 由嘴唇下方帶到耳朵前方
- (7) From the tip of the chin to the ears 由下巴中央帶到耳朵前方

6 Jawline —— Create a sharper look.
下顎線條 讓輪廓更緊緻



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.
以食指和中指夾住下巴，抬起手肘，往耳前方向拉提下顎輪廓兩次。



Drain lymph with the opposite hand.
另一隻手從耳朵沿頸部往鎖骨方向疏通。

(※Repeat on the other side.) (※換邊重覆同樣動作)

7 Cool down —— Enjoy the benefits of the massage and scent of the cream as you gently drain.
鎮靜 維持按摩的效果，並鎮靜肌膚



Using both palms, slide your hands from the center of both the upper and lower halves of your face to the hairline.
雙手分別貼合額頭與臉頰兩個部位，從臉部中央往外輕滑。



Gently drain lymph from the center of forehead down toward the collarbone.
接著從髮際線往鎖骨方向疏通。

(Repeat twice) (重覆進行兩次)

<After GANKIN MASSAGE> <按摩結束後>

Soak the SUQQU Sponge Cloth in lukewarm water and wring lightly to wipe off the massage cream. Alternatively, wash off your face thoroughly.

使用沾濕的 SUQQU 海綿巾，輕柔擦拭臉上殘留的乳霜；或直接用清水洗淨。