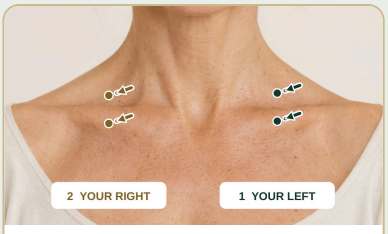
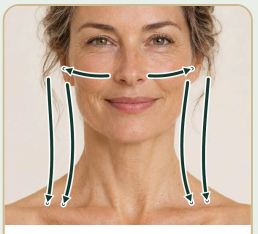
ENIKŌ Roll & Renew

Four minutes. Eight movements. One song. 4% better.

A morning dance that brings breath, alignment, movement, gentle touch, tapping and gratitude together before the roller even touches your face. We open the collarbones first, move from the shoulders down to the calves, then sweep and roll upwards. Sing each verse as you move. Find your own left and right as if looking in a mirror.



Verse 1 Left collarbone first, then right.



Verse 7 Sweep down, feather-light.

Move it, Sing it

SING THE CHORUS AFTER VERSES 4 AND 8

1 0 to 30 sec — Open the main drains

Roll your shoulders in figure eights. With your fingertips, lightly press and release just above and below the left collarbone, then the right.

Hands up in the air and draw an eight,
Roll my shoulders, drop the weight.
Left collarbone first, then right I go,
Give both sides space, above and below.

2 30 sec to 1 min — Soften the neck

Trace a small, slow eight with your nose. Rest your palms below the collarbones and glide the skin up and down to soften the front of the neck (platysma).

My head draws eights, soft and slow,
Hands on my breastbone, here we go.
Lift and release, then let it down,
Softening all that pulls me down.

3 1 min to 1 min 20 — Shoulders + underarms

Keep the shoulder eights going. With a flat hand, make slow circles in the left underarm, where many lymph nodes sit, then the right.

Lift my shoulders, let them fall,
I let it go, go, go, and stand up tall.
Under my left arm, round and round,
Then my right, I am safe and sound.

4 1 min 20 to 1 min 40 — Belly + breath

March gently on the spot and massage your belly in figure eights. Rest your tongue on the roof of your mouth. Breathe in for 4, hold for 4, out for 8. Skip the hold if you feel light-headed.

Hands on my hips, then belly, draw an eight,
Tongue to the roof, shoulders low,
In for four, hold four, eight out slow.
Hmmm, I hum, my body's home and loved.

5 1 min 40 to 2 min — Hips + knees

Sway your hips in eights while your fingertips circle the hip creases. Bend your knees slightly, keep your back long and stroke gently behind each knee. Skip this with varicose veins or a history of clots.

Rub gently at my groin, let my hips sway,
Bend my knees, keep my back long,
Behind my knees, I hum my song.
I hum, hmmm, I hum, hmmm.

6 2 min to 2 min 20 — Inner trampoline

Rise and lower on your toes eight times to work the calves. Stand on your right leg and draw an eight with your left leg from the hip joint, then switch. Hold a wall or bench if needed.

Up on tiptoes, count one to eight,
My inner trampoline feels great.
One leg steady, the other draws eight,
Left, then right, I shift my weight, then I march.

7 2 min 20 to 2 min 50 — Warm, tap + sweep

Rub your palms warm and name one blessing. Tap your fingertips lightly over the forehead, cheeks and jaw, then sweep down to the collarbones.

Rub my palms till they feel warm,
I feel my own calm begin to form.
I teach my brain a brand-new map,
With every rep, I find my track.
Count my blessings, one, two, three, four,
Sweep down in front of my ears, then behind once more.

8 2 min 50 to 4 min — Roll + renew

Follow the roller map on page 2, left side first. Finish with the reflexology end of your roller over the scalp.

Gold-plated copper roller, here we go,
Up, up, up, up, V, V, up, V, V.
Mid décolletage, then up my neck,
Chin to ear, nose to cheekbone, mouth and eyes,
Brow to hairline, I rise, I rise.
Over my scalp, it feels just right.

CHORUS **Hmmm, I hum, hmmm, I hum. Up, up, up, up, V, V, up, V, V.**

Roll and Renew, Global Roll Glow, here we go, four minutes for me,
Four per cent better is all it needs to be. I align each cell,
I flow, I regenerate, I create each day, I attract, I expand in my own way.
I stay in my lane, I make my own choices, aligned, authentic and true,
I take aligned actions, I breathe and renew.

TO CLOSE

Glow Gel Formula, press it in slow,
This is how I unearth my glow.
Join me now, the ENIKŌ Wave,
Four minutes a day for the glow you and I crave.

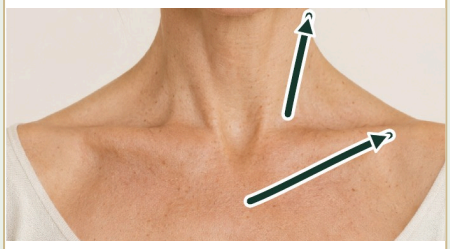
Join me for four minutes every morning. Roll and renew alongside *It's Not Your Skin* and its 63-day integration.

The Roller Map

Follow the arrows on your left first, then mirror the movements on your right.

ROLL LIGHTLY. LIFT TO RESET.
Use up to four passes on each path you choose. For the daily ritual, select the areas you have time for.

01 Décolletage + side neck



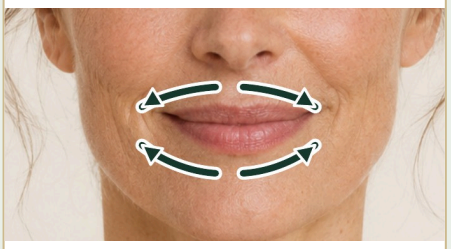
Roll from beside the breastbone up and out towards the shoulder. On the side of the neck, roll from just above the collarbone towards the jaw. Keep clear of the throat.

02 Jawline + cheek



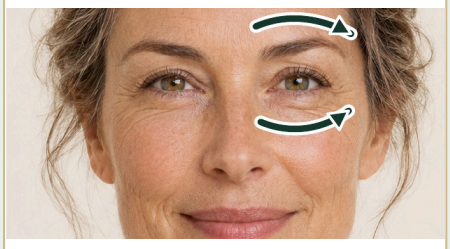
Roll from the side of the chin along the jaw towards the ear. From beside the nose, roll up and out across the cheek towards the cheekbone.

03 Around the mouth



Use short outward strokes on the skin above and below the lips, from near the centre towards each mouth corner. Stay on the skin around the lips.

04 Around the eyes



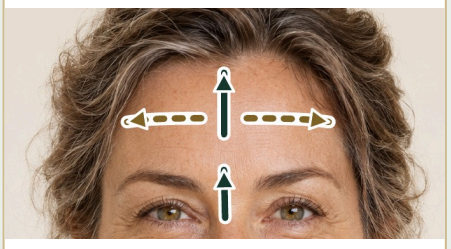
Use feather-light strokes below the eye socket, from inside to outside. Above the brow, roll out towards the temple. Keep off the eyelids and lash line.

05 Temple + jaw joint (TMJ)



Make a short upward pass at the temple. At the jaw joint just in front of the ear, glide up on the cheek beside it. Keep pressure off the joint.

06 Brow + forehead



Roll up between the brows, then vertically towards the hairline. For horizontal passes, start at the centre and roll out towards each temple.

RELEASE

I'm not a tree, I'm free to move,
Shake out the anger, I've nothing to prove.
What others think is theirs, not mine,
I shake it off and take my time.

SEE IT, SAY IT, LIVE IT

I see it clear, I say it loud,
I feel it now, I stand up proud.
One aligned step lights the way,
I live what I practise every day.

SHINE

No mask to wear, I let myself be,
It's not my skin, it's the whole of me.
Like a lighthouse, I share my light,
I plant good seeds and let them rise.



Glide, finish and care

Start with clean skin. If needed, use a small amount of ENIKŌ Hyaluronic Collagen Serum. If the roller tugs, pause. Give extra passes where you need them most, then use the reflexology end of your roller lightly over the scalp. Finish with ENIKŌ Glow Gel Formula.

A light touch is enough

Skip broken, sunburnt, infected or inflamed skin, visibly broken capillaries and unexplained swelling. Consult your treating clinician when to resume roller use following injectables or skin procedures. Seek advice first if you bruise easily, take blood thinners, are pregnant, or have balance, heart or circulation concerns. Stop if you experience pain, dizziness, bruising or lingering redness.

Arrows show the ENIKŌ ritual. Hand sweeps are for self-care. Clinical lymphatic drainage requires trained care. Calf, hip and breath movement support circulation and lymph flow through muscle movement and pressure changes. Tapping, gratitude and the song are self-care practices for calm and focus, offered from my clinical practice, not as a treatment.