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Natural beauty

The Cool Benefits of Ice Rolling

By Gina Kelly | February 6, 2025

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If you follow beauty trends, you've probably heard the recent buzz about ice rolling. Influencers and social media users claim that ice rolling has eliminated their wrinkles, shrunk their pores, and tightened their skin. But does it really live up to all the hype? Let's take the "cold plunge" and find out.

Quiets inflammation and numbs pain

Inflammation is blamed for a lot of problems, and rightfully so. It can be a precursor to many health conditions and is the cause of certain skin disorders, such as psoriasis. Experts recommend ice rolling to people who are looking for relief from inflammatory or painful skin conditions.

"Ice rolling is suitable for most skin types, but it's particularly helpful for individuals who struggle with puffiness, redness, or mild inflammation, such as those with rosacea or post-inflammatory erythema," says Hannah Kopelman, MD, a dermatologist in West New York, N.J.

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Since it helps to fight inflammation, ice rolling can also reduce your pain response. We already know to grab an ice pack when we feel the sting of a stubbed toe or get a blackeye, and you can do the same if you have a painful pimple or cold sore. It numbs the pain by constricting blood vessels, offering nearly immediate relief.

Reduces signs of aging

Wrinkles, sagging skin, and dull complexions are all signs of aging. We spend money and time applying creams, getting facials, and undergoing laser treatments to rewind the clock, but something as simple as ice might help too.

"Ice rolling offers several benefits, including reducing puffiness, soothing irritated or inflamed skin, and improving circulation for a healthy, radiant complexion. It can also temporarily tighten the skin, which some people find helpful for reducing the appearance of pores and fine lines," says Kopelman.

Not only does cold therapy improve the appearance of wrinkles and tighten your skin, but the massage you give yourself as you apply slight pressure with your ice roller can also combat signs of aging. Facial self-massages boost circulation and drain the lymphatic system, which results in a more youthful look.

Depuffs undereye bags

Since ice rolling can reduce puffiness, it can also help you with the appearance of undereye bags. Undereye bags are the result of fluid retention caused by a multitude of reasons, spanning from high salt and sugar intake to a night of poor sleep. With ice rolling, you're draining toxins from the lymphatic system, which means there's less buildup of fluids around the eyes.

Tips for a successful roll

Ice rolling is a relatively simple treatment, but there are some ways to make it safer and more effective. For starters, always use gentle pressure when you ice roll.

"Excessive pressure can cause skin damage or discomfort, especially if the skin is already sensitive," says Kopelman. In addition to a gentle touch, follow Kopelman's other tips to ice roll the right way:

- **Use a roller:** While you can use an ice cube in a pinch, invest in an ice roller if possible. They're easier to control, and ice rollers have a smoother surface, reducing the risk of damaging the skin with sharp edges.
- **Know the risks:** According to Kopelman, applying ice directly to your skin or ice rolling for prolonged periods can result in frostbite, so proceed with caution. You'll also want to avoid ice rolling altogether if you have cold-induced conditions, such as Raynaud's phenomenon or cold urticaria.
- **Practice proper precautions:** Make sure you have a barrier, such as a thin cloth, between the ice and your skin to avoid ice burns. If you have an ice roller, follow the manufacturer's instructions, and stop ice rolling immediately if you experience any skin irritation, redness, or discomfort.

Try it out

First, follow the instruction manual on freezing guidelines for your ice roller. Once it's ready to go, you can ice around your mouth and over your chin, cheeks, nose, forehead, and jawline. Roll for two to four minutes per day. You may notice less puffiness, a brighter complexion, and temporarily tighter skin around the eyes. Happy rolling!

Gua sha—an alternative option?

If the thought of applying cold therapy to your face sends a chill down your spine, you might be more comfortable massaging your face with gua sha. Gua sha is a Chinese medicine technique in which you gently stroke your skin with skin-safe oil and a tool, such as a gua sha stone or jade roller. Applying slight pressure with your stone or roller, start at the center of your face and move out and up. Gua sha offers many of the same advantages of ice rolling:

- increased circulation
- reduced swelling
- **migraine relief**
- less neck pain
- skin brightening

This article was originally published in the February 2025 issue of *delicious living* magazine.

COLD INFLAMMATION THERMAL THERAPY

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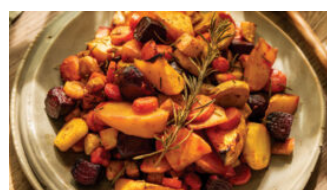


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