

Roll your Icebaby ball



@icebaby.club

ICEBABY BALL – A SIMPLE, EFFECTIVE AND NATURAL WAY

If daily stress affects your face and skin, ICEBABY ball will be very helpful. It increases blood circulation in the face and boost the skin's healthy glow, besides it:

- Eliminates puffiness, especially around the eyes
- Removes fine lines
- Relieves fatigue
- Reduces dark circles under the eyes
- Tightens the skin
- Tones
- Gets rid of acne
- Strengthens the effect of pre-applied beauty products
- Makes your makeup application flawless
- Smooths lips
- Reduces oiliness
- Exfoliates the skin

CONTRAINDICATIONS

ICEBABY massage is not recommended:

- If you are allergic to cold
- If you have skin lesions, herpes, inflammatory skin conditions
- If you have symptoms of a cold or fever

TIPS FOR USE:

- To avoid the formation of an ice "cap" on top, we recommend not refilling the cocktail 1-1,5 cm to the edge of the ICEBABY. This is because ice tends to expand when frozen.
- You should only use good quality, still mineral water for your ICEBABY ball. Tonics and lotions are also ideal.
- Start using the ICEBABY ball 2-3 times a week, gradually increasing to daily use.
- Do not keep frozen cocktails longer than 7 days.
- Always clean your face before icing.
- Avoid massaging the same area with the ICEBABY ball for too long.
- If your skin is prone to irritation, severe dehydration or couperose, always use a tissue mask before.
- Flip the sphere inside the ball when the first half is finished.
- Do not wipe your face immediately after the procedure, let the ingredients dry on your skin.
- Applied blends begin to melt when they come into contact with warm skin and drip off your face. To avoid getting your clothes dirty, throw a towel over your shoulders.

RECOMMENDATIONS:

If you have couperose or rosacea, you can perform this procedure strictly avoiding redness: choose the periorbital area, the face contour, the neck and décolleté area for massaging. Or apply a tissue mask beforehand and massage over it - thus avoiding direct contact of the ice with the skin.

Choose the components for the cocktails, based on your skin type, and do a preliminary skin test - some of them can cause allergies.

-Have you had a long day of work in heels or just come back from a long walk? Get an ice massage on your calves and feet, you won't be tired at all!

-If you suffer from migraines, apply the ICEBABY alternately to your temples. The cold will relieve the pain and allow you to get back to your normal life.

-Use ICEBABY for the body, it will replace the contrast shower and help get rid of cellulite and make the skin of problem areas firmer and smoother.

-If you are going to an important event and you want your makeup to last as long as possible, use ICEBABY before applying it: it will close the pores and reduce the production of subcutaneous sebum, allowing the makeup to lie better and stay on your skin all day long.



WATERMELON

Watermelon juice effectively and deeply moisturizes your skin, as well as whitens it. In summer use watermelon juice for your ICEBABY ball, apply this cocktail on your face, wait for 20 minutes and wash it with cool water.

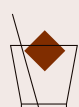
Type: all skin types
Effect: freshness and tone.



CUCUMBER

Squeeze the juice from one grated cucumber and dilute it with a little water. Crushed aloe may be also added to cucumber juice. Cucumber contains vitamins C and E, as well as protein, calcium, phosphorus and iron. Combined with aloe juice nourishes your skin amazingly, restores it and removes pigment spots, also treats acne and rejuvenates the epidermis.

Type: dry skin
Effect: nourish and also get rid of peeling.



COFFEE

Brew some strong coffee and fill your ICEBABY ball with it. Coffee has the coffee capacity provided by the chemical composition of the coffee beans. Caffeine cleanses and tones, antioxidants rejuvenate, polyphenols firm and tighten skin, and carotenoids revitalize the complexion.

Type: all skin types
Effect: tone, anti-aging, elasticity and supple.



CHAMOMILE

Take 2 chamomile tea bags and pour 1 cup of boiling water. Let it steep for 2-3 hours to make it really strong. Then add a few drops of rose water and, if you like, 1-2 drops of grapefruit essential oil. Stir thoroughly and fill your ICEBABY ball.

Type: dry and sensitive
Effect: elasticity of skin, elimination of puffiness and skin irritation.



LEMON

Take 1 cucumber and blend it with 1 cup of lemon juice. Fill your ICEBABY ball.

Type: all skin types
Effect: purifying, smoothing, toning and anti-bacterial effects.



RICE WATER

Rinse well half a cup of rice, add four glasses of water and let it soak for 1 to 2 hours. Use this cocktail to make your ICEBABY ball. Because of its high protein and vitamin content, rice water can make your skin smoother and more supple.

Type: all skin types
Effect: smoothness and elasticity.



GRAPEFRUIT

To prepare your ICEBABY ball with citrus fruit you can use both freshly squeezed juice and zest. Before freezing, mix 1 part of juice of a lemon, grapefruit or orange to 3 parts of water. By the way, instead of water you can use brewed green tea with the addition of mint leaves. It's excellent for toning and helps shrink pores.

Type: oily and combination skin
Effect: shrink pores and tone.



TEA

Brew a strong tea for your ICEBABY ball: Puer - helps skin get rid of dark spots and under-eye circles. Green tea - rich in vitamin C, caffeine, can effectively reduce wrinkles with prolonged use. Oolong - improves the balance of subcutaneous fatty enzymes, helps hydrate the skin. Black/red tea - has anti-aging as well as detoxifying effects.

Type: all skin types
Effect: It depends on the type of tea.



ROSE

Rose ice rejuvenates and tones. Pour a glass of dried rose petals in boiling water. Wait until it cools, strain, add 4-5 drops of rosehip oil, and fill your ICEBABY ball. An essential rose oil is also good.

Type: all skin types
Effect: freshness and tone.