

Mira Rajput Reveals 5-Step Facial Massage Routine for Glowing Skin Without Products.

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Celebrity skincare made simple—Mira Rajput's DIY face massage lifts, tones, and refreshes your skin naturally.

Mira Rajput's Easy 5-Step Face Massage: Achieve a Natural Glow Without Any Products.

Mumbai: [Mira Rajput Kapoor](#), known for her flawless skin and minimalist beauty approach, recently shared her **personal facial massage routine**—and the best part? You don't need expensive serums or filters to get her glow. On her YouTube channel, Mira revealed how a **simple 5-step massage** helps tone your **face, improve circulation, and boost your skin's natural radiance**.

Here's how you can follow Mira's routine from the comfort of your home:

1: Warm-Up & Prep

Start with your preferred **facial oil or serum**. Warm it up by rubbing it between your palms. Using your knuckles, gently press upward from your neck to your face. Massage your cheeks in soft circular motions. **Mira explains this step helps your skin absorb the product and preps it for the massage.**

2: Jawline Lift

Use your index fingers to stroke along your jawline in an outward, backward motion—starting from the chin. Hold the chin area and massage around your mouth to firm up the jawline and nearby facial muscles.

3: Cheek Sculpting

Anchor your fingers on your forehead, then use your thumbs to glide over the cheeks. Switch to your knuckles and press gently from the center of your cheeks outward. Mira highlights that this technique boosts blood circulation, reduces puffiness, and enhances skin elasticity.

4: Under-Eye Refresh

To address under-eye fatigue and puffiness, fix your thumbs on your upper cheeks and roll your knuckles gently under your eyes. Mira suggests this helps minimize dark circles and refreshes tired eyes.

5: Neck & Shoulder Relaxation

Lastly, focus on your neck and shoulders, where tension often builds up. Using both hands, massage your neck in upward strokes and gently knead your shoulders, as Mira demonstrates.

Why This Works?

According to Mira, regular facial massage stimulates **lymphatic drainage, boosts blood flow, and detoxifies** the skin. This not only gives your face a natural lift but also makes your **skin look healthy** and **radiant**—no fancy products needed.

In a world of complicated skincare routines, **Mira Rajput's** easy-to-follow **facial massage** offers a refreshing **change. Simple, effective, and calming**, this routine is perfect for anyone seeking a **healthy, radiant glow** at home.

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