



BEAUTY in the bag

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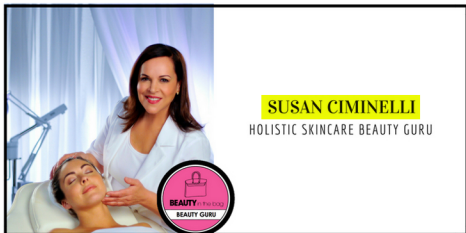
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NEWS & DEALS

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SUSAN CIMINELLI

HOLISTIC SKINCARE BEAUTY GURU

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MEET **SUSAN CIMINELLI**: HOLISTIC SKINCARE BEAUTY GURU

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Holistic Skincare Guru Susan Ciminelli revealed her secrets to Beauty in the Bag about her personal pathway to flawless skin. Her all natural skin care line is sold to devoted clientele worldwide and is featured at her signature NYC facial spa. Susan counts Cindy Crawford, Martha Stewart, Kate Moss and J. Lo amongst those she has shared her natural approach to skin care.

susancliminelli.com

1. How did you get interested in skin care?

When I was a little girl, I had issues with my skin. I noticed the connection with my digestion. By experimenting with self-made treatments that worked very quickly, I noticed what I ate directly affected my complexion and eating healthy improved my skin. I had the opportunity as a teenager, to live in Florence, Italy with relatives, including a reconstructive surgeon who specialized in acupuncture. He gave me clarity on natural healing techniques. When I returned to the states, I gravitated to skin care as a profession and wanted to help others achieve flawless skin holistically.

2. What made you launch your own skincare line?

I realized I could not give my clients consisting of celebrities, super models, business moguls and busy mom's the skin they desired by using the products that were on the market. Using pure essential oils, marine extracts as well as other powerful natural healing ingredients I was able to quickly give people the results they were seeking. These powerful natural healing ingredients deeply cleanse, nourish and hydrate the skin naturally which slows down the aging process.

3. How can you achieve beautiful skin naturally?

There is a direct connection between what you eat, how well you digest and absorb nutrients as well as how well you eliminate the waste. To spread this profound message to the public, I wrote my book, *The Ciminelli Solution: A 7-Day Plan for Radiant Skin*. Your skin is the largest eliminative organ in the body. The cleaner your colon is, the better your skin will be. Sunscreen usage year-round is paramount to prevent premature aging. Drink water throughout the day to help keep your body hydrated which helps your skin. Everything in moderation, such as alcohol intake, is important. Deep, restful sleep allows your body to rejuvenate every night. Daily exercise helps your entire body, which can be seen in your complexion. A positive attitude helps keep you happy and calm. Beautiful skin is earned by living a balanced life.

4. What's your personal skincare routine and the best anti-aging tip?

You can slow down the aging process by making simple changes in your skin care routine. Make sure to cleanse without drying your skin twice a day, follow with nourishing moisturizers morning and night to help keep your skin plump and hydrated. My routine includes using one or more of my gentle cleansers, hydrating essential oils, seawater and marine lotion to keep me hydrated all day long. I top it off with one of my many nourishing moisturizers. My skin is so radiant I need very little makeup as a result.

This layering technique is effective at locking in moisture, helping to prevent fine lines and wrinkles. Facial masks should be used weekly to keep your skin glowing in between facial appointments. A couple of times a month I use my antioxidant serum, *Very Berry*, which is made from all of the nutrient-dense berries from the Amazon. They are full of antioxidants, which give my skin a beautiful tint from the pigment in the berries.

5. Are there any new products you're especially excited about right now?

We just launched a new product called "1-2-3 Glow," a do-it-yourself at-home facial acid kit that peels dead skin cells, nourishes and deeply hydrates the skin. It is loaded with organic hyaluronic acid and nutrients that give a radiant glow. I wanted to create a product that anyone could afford. If you are too busy to get to a spa, this treatment gives you the results you are looking for in the privacy of your home.