



# Tackling Winter Skin

As a kid, **SUSAN CIMINELLI** suffered from all sorts of digestive issues—and saw first hand how they manifested on her skin, a correlation that ultimately launched her career. These days, she's somewhat of a healing jack-of-all-trades, administering everything from facials to body wraps to crystal color therapy on her clients (including, at times, all our favorite first-name supermodels, like Naomi, Cindy, and Kate). Though her skillset is wide (she's even worked as a makeup artist), her treatments share the same basic principles: Natural ingredients, and an emphasis on curing the skin from the inside, out. In practice, this means that a visit to her spa in New York (she also takes appointments every other month in Los Angeles) entails a face reading, to determine which internal organ needs an assist. (Redness on your forehead? Your liver, which you'll now notice every time you have a night of heavy drinking.) Now that harsh winter elements are upon us, we asked her for some skin-hydrating tips.

## Susan Ciminelli's DIY AVOCADO MASK

This takes less than half an hour from start to finish, and delivers some serious "skin brightening" results. "This is good for everyone," Ciminelli explains. "Most people have dry skin even if they're breaking out."

### INGREDIENTS:

½ Very Ripe Avocado  
1 Teaspoon [Bee Pollen](#)  
1 Tablespoon of (Local) Honey  
Splash of Fresh Lemon Juice

### DIRECTIONS:

Mix and mash all the ingredients. Apply all over clean face, neck, and chest (and the backs of the hands and arms if there's enough to go around).

Leave on for 20 minutes.



## Skin-Hydrating DIET TIPS

### TIP 1

Eat foods, like wild Alaskan salmon, that are rich in Omega 3 Fatty Acids. "They'll really nourish your skin," Ciminelli explains.



### TIP 2

"Take blue green algae pills to help rejuvenate and energize your body from head-to-toe," she directs. While she takes her own brand, "these are plentiful in any health food store, like Whole Foods."



### TIP 3

If your digestion is sluggish, try dosing your water with George's aloe juice, Ciminelli's preferred brand. It's available at most health food stores and is extra-hydrating.



## STRAIGHT TO THE GOOD STUFF:

Ciminelli's in-house product line exclusively features all-natural products (no big surprise there), and is formulated to be super-hydrating and gentle. This trio—architected to be used in this order—is particularly prized for making skin dewy.



**Hydrating Formula (\$110)**  
This is like a serum: You smooth a few drops over clean, dry skin.



**Seawater (\$55)**  
Essentially a toner, a mist of this is deeply reminiscent of the ocean (it features trace minerals).



**Marine Lotion (\$95)**  
Somewhere between a toner and oil, this softens and hydrates skin.

## WANT TO KNOW MORE?

GET HER BOOK: [The Ciminelli Solution, a 7 Day Plan for Radiant Skin](#), which is packed with tips and recipes.