

# HOW TO GET RADIANT SKIN IN 7 DAYS : THE CIMINELLI SOLUTION

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Celebs like Martha Stewart and Naomi Campbell swear by her line of skin products (Naomi uses the natural the seaweed products; Martha Stewart recently named the Marine Lotion as her must-have in The New York Times) and the Ciminelli spa in New York is booked months in advance. After trying the entire skin line, we're converts. And after reading her popular book, 'The Ciminelli Solution: A 7-Day Plan for Radiant Skin' we've learned a thing or too about why our skin breaks out just around our nose, why NEVER to use soap, how to detoxify, why we now chow down on radishes as a snack, and tried out some of the healthy recipes.



**Daily Candid News:** Susan, tell us honestly, were you blessed with beautiful skin?

*Susan Ciminelli :* "I unfortunately was not blessed with good skin. I was a vain tomboy at an early age. It was just as important for me to have perfect skin as it was to excel in any sport I was in love with at that particular time of year. When I was young, having several brothers and one little sister, there was a lot of commotion and excitement in our home. The first four of us were only 15 months apart. With typical daily stress mounting around meal time especially, eating in peace and being able to digest my food was nearly impossible. Consequently, I could not go to the bathroom properly. At a very young age I was privy to the fact that a blocked colon created all kinds of skin problems.



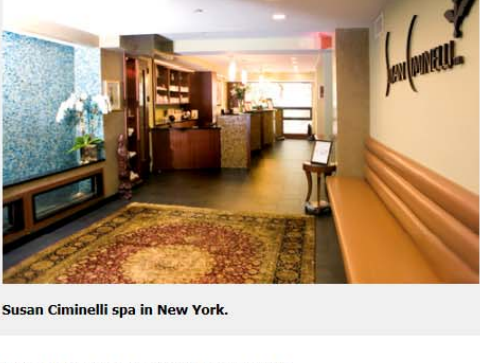
I was plagued with rashes, little pimples, psoriasis and eczema. I could see first hand that the issues with my skin were directly related to how well I digested my food, absorbed the nutrients, and eliminated the waste from my body. Ever since then, I had been on a quest to bring balance to my body internally by getting to the root of the problem with my skin. Since then, I have been teaching people the cause of their skin issues and how to eliminate them through living a balanced life, eating healthy organic foods, as well as using powerful natural products to protect the surface of the skin and give them "The Ciminelli Glow" as dubbed by the New York Times.



**DCN:** How did you come to start a spa?

*Susan Ciminelli :* When I was a teenager, my best friend had acne. Her parents were alcoholics. To bring joy to her, I would have her spend weekends with me in my parents home. I had my own bathroom and would turn it into a spa for her. I cooked healthy balanced meals for her, gave her facials daily, worked out faithfully and had fun with her in general. By Monday morning she was completely better. Her skin was radiant, healthy and clear. By Friday night, after spending 4 nights with her parents, her unhappiness and poor diet and lifestyle led her acne to return.

The spa business is a life's passion for me.



**Susan Ciminelli spa in New York.**

**DCN:** Share with us some customer success stories....

*Susan Ciminelli:*

Many clients share their skin stories with us. Namely, how they are finally having a natural glow they were seeking without having to wear make up. Pores are minimized, skin is deeply hydrated and preserved with the use of the powerful blend of essential oils, vitamins and minerals naturally contained in my skin care regimen. People in the east who used to suffer through the winters with dry, flaky irritated skin, now have beautiful, hydrated, dewey skin no matter what time of year it is.

Women who always broke out during their periods are not going through that monthly skin care crisis any longer. Breakouts are a thing of the past when you follow my book, "The Ciminelli Solution, a 7 Day Plan for Radiant Skin".



**Algae Fine Powder.**

The Algae Fine Powder/Toning baths are the best anti cellulite treatments you can do in the privacy of your own home. Naomi Campbell would send her body guards in to Bergdorf Goodman to pick up 6 of each Algae Fine Powder, Toning Bath and the Marine Lotion. Before runway season she would use these products daily to help her get her legs perfectly toned so she did not wiggle when she walked.

**DCN:** Can your skincare skin help every skin type?

*Susan Ciminelli:*

Skin is skin. It is fed by the quality of your blood from the inside, and the power of the ingredients in your products on the outside. My brand has mastered both for people. Martha Stewart has been using my products for years. She is always on the go and needs something great to rely on. A lot of the clients we have are in the public eye and need a skin care routine that delivers for them.

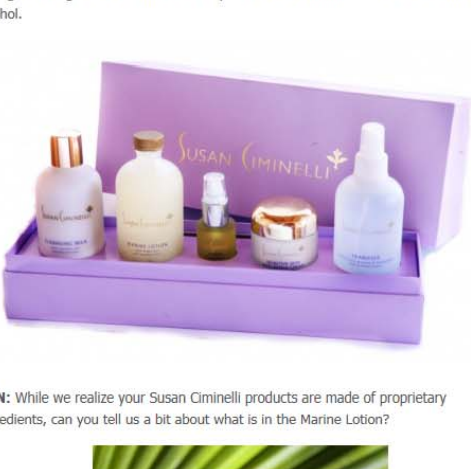
**DCN:** in your book, 'The Ciminelli Solution' you talk about "Beauty from the inside Out." What do you mean by that?

*Susan Ciminelli:* Your body is directly affected by your state of mind, the quality of your food and lifestyle, and what you put on it externally. When you live a balanced life and you keep your body in homeostasis your skin will naturally have a great color and tone. My book teaches yoga poses to bring your body in to balance to help with digestion, absorbtion, elimination and energy levels as well.

**DCN:** What is the most common mistake women make with their skin?

*Susan Ciminelli:*

Today the most common mistakes women make are over using injectables as well as very strong glycolic peels and retin A which thins the skin permanently. It causes premature aging. And of course, too much alcohol, smoking and the sun are classic detergents for general health and beauty. Wine and artisanl beer is better than hard alcohol.



**DCN:** While we realize your Susan Ciminelli products are made of proprietary ingredients, can you tell us a bit about what is in the Marine Lotion?



*Susan Ciminelli:*

It is a blend of essential oils and algae extracts from Britany, France combined in this serum to deeply nourish and hydrate the skin. There are ingredients added to the formula to maximize absorbtion into the skin. It has always been a best seller for me.

**DCN:** Are you writing another book? Tell us what's next for you?

*Susan Ciminelli:*

I am writing another book. It goes a little deeper into health and wellness from within as well as more recipes to give you the glow. We are expanding into the European market through 5 star resort hotels. Holistic health and beauty is easily accepted in Europe.

Oh, and those radishes we're now snacking on? They're tremendous as a digestive aid, and have helped clear up our skin. Hallelujah!