

## BEAUTY TIPS FROM THE EXPERTS

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[...]



Susan Ciminelli who has built a beauty empire on her natural skincare line, has a book jammed with beauty tips called *The Ciminelli Beauty Solution* and is famous for her Marine Lotion, which Jennifer Lopez credits for her glowing skin.



(‘Beauty From The Inside Out’ quote: )

1. Keep your colon clean by drinking Kombucha tea daily, liquid acidophilus and keeping your body hydrated to prevent break outs.
2. Make sure you cleanse and hydrate your skin morning and night to keep your skin dewy and fresh, and never leave the house during the day without your sunscreen.

2) *Know your skin! Are you oily, combination, dry? Take the time to assess your skin and your concerns. Think of your skin as having different eco systems – not every area has the same characteristics and concerns. Are you dry around the eyes, but experience hormonal breakouts on your chin? Taking the time to get to know your skin will really help you make more of an educated decision and help navigate through products in-store.*

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