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[...]

## Celebrity Aestheticians' DIY Exfoliating Recipe

Celebrity aestheticians and makeup artists hold the key to a lot of the secrets we all want to know about our favorite stars. They know who has problem skin and who has flawless skin. But more importantly they know how to make it look beautiful and youthful.

Susan Ciminelli is a New York aesthetician to Jennifer Lopez, Cindy Crawford, Naomi Campbell and Jessica Simpson, just to name a few. Susan is also regularly featured on The Martha Stewart Show.

She is the founder of The Susan Ciminelli Spa in Midtown Manhattan and has shared many of her kitchen recipes with her clients. Here is one that is quick and easy, but more importantly it works:

### How to Stay Young with the Honey and Yogurt Mask

#### Ingredients:

- ½ cup full-fat Greek Yogurt
- 2 tablespoons of raw honey

"Mix the two ingredients, make sure to blend well. Apply to clean skin. Leave the mask on for 20 minutes. Remove with a warm, damp washcloth. This can be done three times a week. The lactic acid in this mask will naturally peel away dead cells and the honey will draw moisture into the skin while protecting it from bacterial growth. This mask leaves the skin soft, dewy and fresh!"