

# FASHIONABLE HOSTESS

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## Four Step Beauty Regimen: Susan Ciminelli

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Up until a few months ago I always preferred to mix and match multiple brands of skincare as a part of my daily morning and evening regimens. Some days I would wake up with dry skin so I would use my thick moisturizers before bed {like this one by [Bobbi Brown](#)}, while other days I would skip moisturizing due to a small breakout and use an acne clearing gel {like this one by [Peter Thomas Roth](#)}. Then when I went for a facial at [Susan Ciminelli Spa](#) the aesthetician recommended that my combination skin would be better with a specific regimen and sent me home a slew of products. Now this wasn't just one cleanser. It was a legit regimen that even came with a printed out instruction sheet {which I hung on my bathroom wall until I memorized it!}.

The four step system included a wash to start, a hydrating serum next, a spritz of seaspray, followed by a moisturizer. There was a specific moisturizer for day versus night and special cleanser to use for makeup removing at night versus cleansing in the am. Slightly overwhelmed and definitely nervous by the idea of leaving my old ways behind, I told myself I would give it two weeks to see how it fared. I was going through some major hormonal changes at the time since I was ending my first trimester of pregnancy {and my skin was majorly suffering!} so I was willing to do anything to fix it.

Now fast forward to today – where I do think my hormones have slightly relaxed because I am cruising in the second trimester {and some say you get the “pregnancy glow”}, but I must say my skin has really changed. I don't mean I am suddenly a supermodel with no imperfections. But what I have noticed is that I am not experiencing the highs and lows like I used to. Every day I wake up and my skin is well, the same! No waking up for a big event and experiencing a breakout, and no flaky dry skin no matter how cold the weather, just an overall clean slate. Now I am not gonna sit here and say that I am marching out the door sans makeup. Heavens no, but that's not me! I have worn foundation, bronzer and creme blush to the gym since I was 18 years old, but that's just my personality. But what I have found though that my skin just feels soft. No need for the heavy primers {although for events I am obsessed with this one by [Hourglass](#)!}.

So if you like me have always jumped around from product to product and are constantly waking up with a different skin texture, it may be time to get on a regimen as well! Especially if you are prepping for an upcoming wedding or event that you need to positively fabulous for! I totally recommend checking out their Spa on the Upper East Side in NYC or looking at the large range of skin care packages on [SusanCiminelli.com](#).

