

# How to Transition Your Skincare Routine for Fall, According to Supermodel Facialist Susan Ciminelli

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In a single morning with celebrity facialist [Susan Ciminelli](#), I choked down a glass of kombucha, lay beneath an alignment of crystals and experienced both a thorough facial and brief reflexology session. The eventual outcome: a lasting glow.

Ciminelli is perhaps best known for her supermodel clients: Kate Moss, Cindy Crawford, Naomi Campbell, Linda Evangelista and Christy Turlington. She favors essential oils and marine ingredients—one of the products in her eponymous line is bottled seawater, which she uses as a toner to “drive moisture deep.” As the kombucha and reflexology may have given away, she also prescribes a holistic approach to skincare.

With that in mind, I recently spoke to her about transitioning skincare with the seasons—the supermodel way. “As the moisture levels shrink in the fall, your skin’s needs will change,” she told me. Below, the rest of her timely advice.

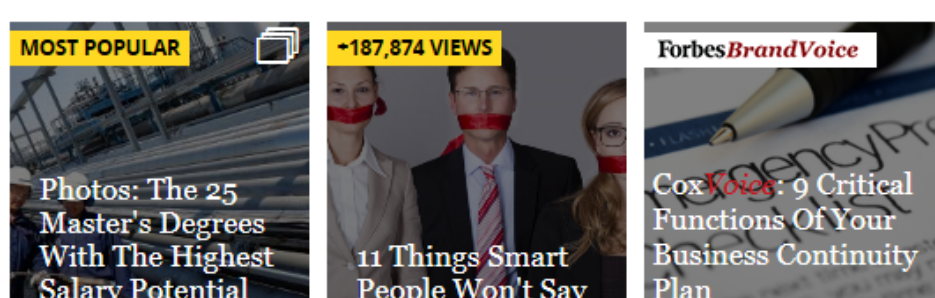
*(Photo by Chris Jackson/Getty Images)*

## Wash Off

“Dead skin cells build up on the skin’s surface, making the complexion look tired and dry after summer,” says Ciminelli. “Use an enzymatic deep cleanser, such as my Algae Deep Cleanse. It’s loaded with natural glycolic acid to slough away debris and grime; this will result in glowing skin. Some of the greats like Jennifer Lopez and Martha Stewart loved their results from this product.”

Although Ciminelli is a proponent of the more involved double cleanse, she still recommends keeping things quick and efficient. “In the morning, I apply my Cleansing Gel from head to toe to get squeaky clean,” she says. “At night, I use my Cleansing Milk loaded with lavender, chamomile and castor oil to sooth the skin. It helps remove daily pollutants and makeup. I remove it with a warm, damp washcloth. The skin instantly feels very soft and smooth. Next, I use my Algae Deep Cleanse to naturally remove dead skin cells and the buildup of sunscreen which is perfect after the summer. It helps dissolve congestion in pores, minimize pores and remove blackheads.”

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## Oil Up

Ciminelli uses essential oils in almost every step of her routine, to decompress, to clear up blemishes, to moisturize skin. “Essential oils of rosemary and thyme help to decongest your pores,” she tells me. “Lavender and geranium help to soften and sooth the skin. You can add pure essential oils to coconut oil blended with Epsom salts, and scrub your body from the neck down twice a week, focusing on the elbows and knees.”

Another blend to add to your fall skincare arsenal: cinnamon, nutmeg and ginger, mixed in with jojoba oil. “It smells great, and feels very stimulating,” she says. “Your skin will be radiant, soft and supple.”

## Breath In

“The health of your skin depends on your quality of life,” notes Ciminelli. “After the summer, it’s great to drink green. Adding two tablespoons of chlorophyll to a glass of water a few times a day helps give the skin a boost after too much sun exposure and or partying.”

It’s not just about diet, either: “Exercise, sleep, alone time and time with friends contribute to overall wellbeing. If you smoke, drink to excess often and do not get enough sleep, you will age much more rapidly. Your skin reflects the state of your body. If you live a more balanced life, the occasional dalliance will not be so bad. Just rein yourself in.”

To unwind, she recommends yoga and meditation—the former “is a great way to release serotonin, making you feel relaxed and happy.” The latter she credits as an easy way to attain a fresh glow. “Yoga is a great tonic for your internal organs and a brilliant aid for mind and body balance,” she says. “These are essential for healthy-looking skin.”

## Last Steps

Daily dry exfoliation and occasional facials are the final steps in Ciminelli’s transitional routine: “After the summer, use a loofah on your skin from head to toe—or should I say, toe to head! Always start at the feet, and really massage your feet as you are scrubbing. Work your way up the body, and make sure when you get to your abdomen that you always massage clockwise. This technique will help get you ‘moving’ too—a clogged bowel results in clogged skin.”

And should you feel like treating yourself, book the celebrity standbys: an aromatherapy oxygen facial or microcurrent treatment. “I also recommend a reflexology treatment,” she says. “It feels as energizing as it is relaxing, perfectly rejuvenating and transformative.”

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