

Celebrity Facialist Susan Ciminelli Shares Tips To Keep Your Skin Healthy While On The Road



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I cover work-life balance, leadership, and executive health. [FULL BIO](#) ✓

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Business travel is stressful and tiring and, unfortunately, your skin shows every bit of that stress and the sleep you missed out on. There is nothing worse than traveling for an important meeting or conference only to have your skin breakout the night before or a fever blister pop up or dark circles show up under your eyes. Now you are worried about covering up blemishes and how you look, as well as your upcoming presentation or meeting.

Your skin is an indicator of the overall health of your body. For example, stress **causes** your body to produce cortisol and other hormones that tell your body to produce more oil and oily skin can lead to acne and other skin problems. Stress can also exacerbate existing skin ailments like psoriasis, eczema and rosacea, as well as cause flare ups of hives or fever blisters.

Don't ignore your skin. If you are experiencing a breakout or worsening symptoms of other skin problems, your body is telling you that you need to manage your workload and stress better. I recently spoke with Susan Ciminelli, a celebrity facialist and holistic skincare expert, about the importance of sleep, diet and exercise to maintain healthy skin. Ciminelli, who has worked with celebrity clients like **Jennifer Lopez**, Cindy Crawford and **Martha Stewart**, helps business leaders maintain optimum skin health while traveling and working under stressful conditions. In this Q&A, Ciminelli offers tips on how to keep your skin looking fresh while traveling for business.



Susan Ciminelli, celebrity facialist and holistic skincare expert. (Photo courtesy of Susan Ciminelli)

Raquel Baldelomar: Why is it important to maintain your skin?

Susan Ciminelli: Your skin is the largest organ and it reflects what is happening emotionally and physically in your body. When you have hives for instance, it's most likely in response to a stressful situation that you are going through in that moment. If you know how to respond to stress, you will be more in control and your skin will reflect that balance. When you have a healthy diet, your skin reflects this with what is commonly referred to as a "healthy glow." If you are relaxed while eating, you digest, absorb and eliminate food properly. Getting enough sleep, having a healthy diet and exercising regularly directly impacts your immune system as well as the beauty of your skin.

Baldelomar: How do sleep, diet and exercise affect skin?

Ciminelli: The nervous system needs rest through deep and meaningful sleep to repair itself. You should be getting eight hours of sleep per night. During sleep you expel toxins from the body. Executives can use meditation tools that help you access different parts of your brain and nervous system to reduce stress, improve confidence and start this healing process. Diet also plays a key role in skincare. Processed foods can cause inflammation in the body and lead to conditions such as rosacea, acne, yellowing or grayish whites of your eyes and cellulite, whereas, fiber-rich foods like apples are essential for maintaining clear skin. Exercise revives the body as well as oxygenating the blood, which impacts your entire being. Exercise helps reduce the root cause of many inflammatory diseases and can relieve stress. It keeps you young and vibrant.

Baldelomar: What do you recommend to clients who travel frequently to maintain excellent skincare?

Ciminelli: When traveling, keep your skincare routine going. Bring travel-sized skincare products. Make sure you have both a hydrating mask and a pore refining mask to help with the occasional breakout. Drink plenty of water, eat well and do at least 30 minutes of exercise per day or practice yoga in the privacy of your room or in a local class. This will help center you, reduce your stress level and keep your energy flowing freely through your body. Your skin will be more radiant from within. There are also single use **facial kits** that you can pack for a quick 30-minute skin treatment to remove dead skin cells and give your skin a boost of energy

Baldelomar: How can executives learn more about skincare?

Ciminelli: I've dedicated my life to learning and sharing skincare secrets from around the world. I offer a **seven-day plan** for radiant skin that provides people with a step-by-step guide to clear, revitalized skin—including some of my best recipes. For those who want a customized experience, I'm going to be providing treatments and private consultations on achieving the "Ciminelli glow" at the **Aman Hotel** in Venice, Italy. Guests will learn skincare secrets and experience the best of Venice.