

Get your GLOW from within



For the past six months Susan Ciminelli has been splitting her time between Manhattan and Santa Barbara, which she says "is such a beautiful and healing place to live."

See our Susan Ciminelli practices



the therapeutic art of beauty

Whenever I plan a trip to Manhattan, I always have my "hit list" ready — an insider map of the newest and hippest shopping boutiques, and all the hot restaurants, clubs and hotels. My trusted Big Apple source added another target on my itinerary: get a facial from Susan Ciminelli at Bergdorf's. "She'll make you forget there is a shoe department a few floors below," she says.

Now those are some serious words, my friend. A-List had to get the spa scoop. . . .

The Susan Ciminelli Day Spa (Bergdorf Goodman, 754 Fifth Ave.) has established a loyal customer base from New York, Los Angeles and London since 1996. The New York Times characterizes the result of Susan's unique products and treatments as the "Susan Ciminelli Glow," and suggests, "If you are looking for the perfect treat, this oasis located atop New York City's Bergdorf Goodman is the quintessential place for balancing body and soul."



THE A-LIST
Gina Tolleson

Susan opened her East Hampton location later that year, treating such clients as Sir Paul McCartney and Puff Daddy, among other royalty of the Hamptons. In September 2000, her Day Spas' holistic approach to healing and skin care reached across the English Channel. The Harrington Club, owned by Jo and husband Ron Wood (of The Rolling Stones) opened its doors for private membership to the likes of Kate Moss, Naomi Campbell and Jude Law. All of her locations became the holistic "it" spot for supermodels, international socialites, entertainment personalities and skin and beauty buffs.

Supermodels Stephanie Seymour, Cindy Crawford and Amber Valetta can't resist her unique facials, skin care products and therapeutic body treatments, including the luxurious Enriched Fango Mud Body Wrap. Vogue raves "Susan Ciminelli's Seaweed Body Wrap is rated 'Best of New York.'"

New York magazine claims "her Pumpkin Prune Fruit Enzyme Peel is good enough to eat." Jennifer Lopez must think so — she has her entire body covered with the tasty goo. In fact, the actress is so devoted to Susan's products and her personal treatments, that

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Exotic essential oils, restorative algae creams, chakra balancing with crystal and light therapies — now you're talking.



THE HEALING ART OF BEAUTY

You can contact Susan Ciminelli for a private consultation by e-mailing her at sciminelli@susanciminelli.com. For additional information go to www.susanciminelli.com on the Web.

The Susan Ciminelli Day Spa, atop Bergdorf Goodman on Fifth Avenue in New York City, is "the quintessential place for balancing body and soul," raves The New York Times.

COURTESY PHOTO

Ciminelli may open a spa around town

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she flies Susan to her various homes and movie sets. Yes, she treated the infamous "Bennifer" — the on-again, off-again, now permanently off, J-Lo and Ben Affleck duo.

She's the one responsible for Ben's new dewy look, not the blush of love as some may have expected. "Jennifer gave him my products, and he loved them," Susan says. The pair indulged in some pre-wedding pampering with her last fall but, alas, even having matching glowing and toned skin couldn't make the relationship last.

So why all the A-List fuss about an amazing spa guru you have to fly cross country to see?

Not to worry, my spa bella belle. Cancel your Jet Blue, she's coming soon to a location near you.

Like most intelligent, healthy and spiritually minded people, Susan visited Santa Barbara last year and can't seem to leave. The sunshine, palm-tree postcard trap works every time.

"I think it is such a beautiful and healing place to live. I love it here," says a radiant Susan, after finishing her daily Bikram Yoga class and her bike ride along Coast Village Road to her small rented cottage in Montecito. "I adore my small patch of green grass, the smell of the ocean, and the positive energy I feel here. My dream would be to live here full time."

For the past six months, she has been splitting her time between her Manhattan spa and Santa Barbara, with three-week intervals here and three weeks spent there. She is looking at L.A. locales for yet another day spa location (she's had offers from prominent hotels in the Beverly Hills area), and currently, she is quietly and very discreetly treating some clients in her Montecito bungalow.

Of course, I jumped at the front of the line to welcome Susan. Think of all the late nights at Patis and

airline miles I saved.

Exotic essential oils, restorative algae creams, chakra balancing with crystal and light therapies — now you are talking my language.

Especially at the hands of a master. A calm, beaming one at that.

Her facials definitely live up to the hype. Her healing touch seemed to make months of tension fall off my body. Her hand-formulated French-produced products were immediately soothing and aromatic. Those New Yorkers were right — I just couldn't resist licking my lips for a taste of that pumpkin prune concoction she slathered on my face and neck. My skin felt cleaned, nourished and plumped, without the invasion of chemicals or abrasiveness.

When the crystals were aligned down my body, I immediately felt a light buzzing from head to toe. Susan explained to me during our session why she incorporates her stones:

"The skin tells me when someone is out of balance. I can tell when I look at someone which chakras are out of balance and I use guided color meditation and crystals, as well as massage therapy to bring about their astral alignment. Quickly the client can feel a deep sense of relaxation and overwhelming sense of calm power."

And then she touched my feet — my magical button of instant nirvana. "Reflexology is another tool that I use to help align the body and the chakras. Our nerve endings are in the feet, and a proper reflexology helps to bring someone into balance so that they can allow their body to heal itself. Just the way nature intended it to."

In the end, I felt exactly as Susan intended. My inner being was just as rosy and refreshed as my outer being.

How's that for matchmaking? Another well-balanced day in paradise.

Gina Tolleson is lifestyle editor of Santa Barbara Magazine. Send e-mail to life@newspress.com.



Stephanie Seymour, left, Ben Affleck, Jennifer Lopez and Naomi Campbell have indulged in the "Susan Ciminelli Glow."



SEAN MALLON / NEWS PRESS

Supermodels Stephanie Seymour, Cindy Crawford, Amber Valetta and our own A-List can't resist Susan Ciminelli's unique facials. New York magazine claims, "Her Pumpkin Prune Fruit Enzyme Peel is good enough to eat." Yea, we tried it.