Healthy Skin

FROM THE INSIDE OUT

The saying goes, "You are what you eat." And local author **Susan Ciminelli** couldn't agree more. The 50-year-old skin guru—she has the dewy dermis of a gal half her age and pampers such clients as Jennifer Lopez and Robert De Niro at her Montecito loft as well as the spa at Bergdorf-Goodman in Manhattan—has penned a detailed tome of how to get a glamorous glow the natural way. "What you put in your body—and most importantly, the foods you eat—play vital roles in your skin's health and appearance," says Ciminelli, who opened her salon in Santa Barbara in 2004 (she also takes appointments at the Four Seasons Biltmore spa). Her 2006 publication, *The Ciminelli Solution: A 7-Day Plan for Radiant Skin* (Harper Collins, $25), offers organic recipes (think detoxifying Adzuki bean soup) and homemade tinctures (such as a hydrating honey and bee pollen mask) that approach skincare from the inside out. Ciminelli believes that eating—and also avoiding—certain foods (she advises clients to "be like a bunny and eat your veggies!" and caffeine and sugar are big no-nos) can lend skin a renewed appearance, and that all those lotions and potions are only part of the puzzle. "My pureed pumpkin-prune enzyme peel is a natural exfoliator and an alternative to damaging glycolic peels," she says. "And it can be made in the comfort of your own kitchen." -GINA TOLLESON

SUSAN CIMINELLI susanciminelli.com. Appointments available at the Private Sanctuary, 1280 Coast Village Cir., Ste. C, Montecito, 805-695-8448. Book available at Tecolote Books, 1470 E. Valley Rd., Montecito, 805-969-4977.

PINEAPPLE BASIL DRINK

This is a wonderfully refreshing, fiber-filled beverage. I recommend it to my clients who are trying to control ruddy, oily complexions. Serves one.
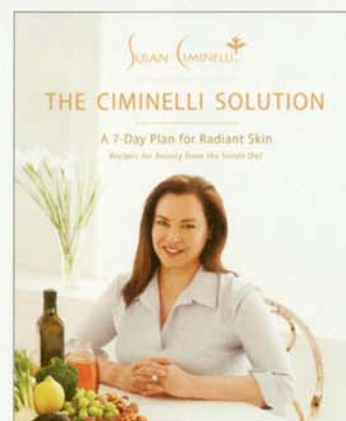
1/2 fresh pineapple, sliced to fit your juicer

2 tbsp. freshly chopped basil or tarragon

Juice all ingredients.

THE CIMINELLI SOLUTION

A 7-Day Plan for Radiant Skin

"Pomegranate is a very powerful antioxidant that helps make your immune system stronger and gives your skin cells a boost."