

STEP I**Cleanse.**

Cleansing Gel: Massage a small amount in an upward, circular motion on the face and neck, rinse with warm water and a sponge. Use morning and night. This gel is infused with essential oils and antioxidants which cleanses your skin without stripping off natural oils. An excellent pre-shave for men and body shower gel.

Cleansing Milk: Use a nickel size amount to remove make up in the evening. Use as a face cleanser twice a day if your skin is dry. Massage into damp skin with circular strokes. Wash it off with damp sponges or a wash cloth. Rinse thoroughly with warm water. This soothing milk cleanser is infused with essential oils to nourish the skin while gently removing make up and daily surface pollutants. Follow with *Algae Deep Cleanse*.

Algae Deep Cleanse: Use a pea size amount to create lather with warm water. Lightly massage your face in upward circular motions for 3-5 min. Rinse thoroughly with cool water. Use twice a day for deep yet gentle exfoliation.

Bamboo Ginger Scrub: Use a nickel size amount and massage into damp skin with circular strokes. Wash off with damp sponges or a wash cloth. Rinse thoroughly with warm water. This scrub is filled with natural ginger and bamboo, and should be used three times a week, interchanging with *Algae Deep Cleanse*.

STEP II**Activate Your Skin Metabolism.**

*** With each Formula, follow with a spray of *Seawater*, an application of *Marine Lotion*, and a moisturizer. Use twice daily.***

Toning Formula Lightly massage a drop of oil onto the skin of the T-zone area and wherever you get additional blackheads.

Hydrating Formula: Apply a few drops to dry areas on the face and neck.

Sensitive Skin Formula: Apply a small amount to the dry and/or sensitive areas of your face and neck.

Oil Control Formula: Apply a small amount onto the oily areas of your face. Refreshes skin and is excellent to spot treat blemishes.

STEP III**Lock Moisture In.**

Seawater: Spray face and neck after application of essential oils, follow with *Marine Lotion* and your moisturizer. This desalinated seawater spray, infused with pure sea life extracts, trace elements, minerals and antioxidants restores skin cells to their youth

and helps create moisture balance. An activating agent for the essential oils, it deepens their penetration and aids in preventing skin infections.

STEP IV**Skin Conditioning.**

Marine Lotion: Apply after *Seawater* on face and neck as a pre-moisturizer. Marine Lotion helps prevent facial fine lines and minimizes the appearance of wrinkles.

NEW! Very Berry Antioxidant Serum: This lightweight serum fights free radicals while giving your skin the "Ciminelli Glow." Apply under moisturizer day or night.

STEP V**Moisturize.**

Power C: Massage onto face and neck after *Marine Lotion* in the morning. Recommended for oily, acne prone skin twice a day.

Sensitive Skin Anti-Aging Cream: Massage onto your face and neck after *Marine Lotion*. Recommended for normal or combination skin types as a daytime moisturizer.

Calming Cream: Massage onto your face and neck after *Marine Lotion*. Contains time released micro beads of soothing essential oils. Recommended for sensitive skin and normal/combo skin that is often exposed to the outdoors as a day time moisturizer.

Super Hydrating Cream: Massage onto your face and neck after *Marine Lotion*. This rich moisturizer is recommended as a day time cream for thirsty dehydrated skin. It is perfect for normal skin during cold seasons.

Special Reserve Cream: Massage onto your face and neck after *Marine Lotion*. This rich moisturizer is most often recommended as a night time cream acting as quintessential food for your skin.

Restorative Red Marine Algae Cream: Massage onto your face and neck after *Marine Lotion*. This rich moisturizer is most often recommended as a nighttime cream acting as quintessential food for your skin.

Eye & Wrinkle Cream. Use around eye area, upper lip and on the neck twice a day after your moisturizer. This miraculous moisturizing cream helps to diminish and prevent fine lines and wrinkles around the eye and lip area almost magically. Pure extracts of Royal Gelee, Kukui nut oil, chamomile, seaweed and lavender diminish fine lines and wrinkles to improve skin elasticity and tone.

STEP VI

Protect from UV.

Sunscreen SPF 30: Apply ample amount over *Marie Lotion* and a moisturizer every morning. Repeat every hour when exposed to the sun for long periods of time.

Facial Masks.

Hydrating Gel Mask. Use twice a week after thorough cleansing. Apply all over face and neck. Avoid eye area. Allow 15 to 20 minutes to set. Remove with a warm washcloth. Follow with **essential oil**, **Seawater**, and a moisturizer.

Sea Clay Mask. Use 1-2 times a week to tighten pores and draw out impurities. For oily skin, mix with **Seawater**. For dry skin, mix with **Marine Lotion** before application. Leave the mask on for 10-15 minutes. Can be used as a spot treatment on blemishes overnight.

Revitalizing Eye & Lip Mask. Apply on a clean face around the eye and lip area. Leave on for 20 minutes. Rinse with warm water.

Cellulite Program.

Toning Bath. Add two tablespoons to warm bath with two tablespoons of **Algae Fine Powder**. Great for cellulite reduction and has a revitalizing effect on the body.

Algae Fine Powder: Add two tablespoons to warm bath with two tablespoons of **Toning Bath** to detoxify and nourish. Do not towel dry after rinsing – let Algae penetrate your skin for better results.

Marine Lotion. Apply a generous amount to damp skin after taking a bath or a shower. Use daily to nourish and tone your skin. It is great for cellulite reduction. Minimizes the appearance of stretch marks.

Cal-Mag Complex. 100% seaweed capsules. Take 3 capsules three times a day on an empty stomach to minimize water retention.

Body Conditioning.

Body Buff: Massage gently onto the skin starting at the ankles and work your way up towards your head. Rinse thoroughly with warm water and towel dry. Removes dead skin cells. (Apply *Body Silk* or *Marine Lotion* immediately for maximum results.)

Body Silk. Apply all over the body after bath or shower while your skin is warm and moist. This luscious lotion with nourishing, hydrating clarify safe, chamomile and pine bark extracts nourishes and provides anti-oxidants. Bee pollen and shea butter soothe skin.

Marine Lotion. Use on body after *Body Silk*. Helps to reduce cellulite and to avoid stretch marks during weight changes.

THE CIMINELLI SOLUTION – 7 DAY PLAN FOR RADIANT SKIN – BOOK BY SUSAN CIMINELLI.

The Ciminelli Solution approaches skin care from inside out, combining food and home made facial recipes, exercise tips, and treatment suggestions in a 7-day program that bring the mind, body and soul into balance, resulting in flawless skin. The book will improve the quality of your life by teaching you how to detoxify your system, increase your energy and ultimately give you a glowing complexion.

TISANES

In order to prevent blackheads, drink Tisanes, not coffee. These tisanes will make your skin more beautiful because they aid digestion.

Perfect Balance

Pleasure

Pink passion

Organic Teas

Afternoon Delight

Pu-erh

Exotic delight

Hawaiian delight

ADDITIONAL COMMENTS:

Questions about products can be directed to: products@susanciminelli.com