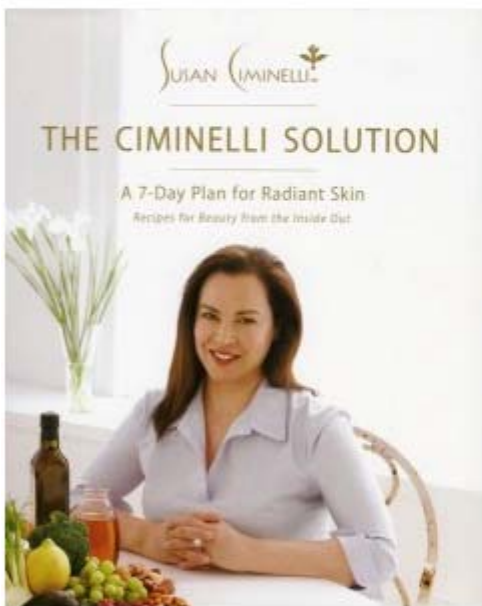


Skincare Guru Susan Ciminelli Offers an Inside-Out Solution for Fabulous Skin

By **Heather Mikesell, Executive Editor** | JUL 14, 2009



Regular spa-goers to the Susan Ciminelli Day Spa in New York City's Bergdorf Goodman or her newest location in midtown are well-versed in the skincare expert to the stars' holistic approach to skincare. For everyone else, there's

[The Ciminelli Solution: A 7-Day Plan for Radiant Skin](#) (Harper Collins, 2006). Eschewing injectibles, laser treatments, and harsh chemical peels, Ciminelli approaches skincare from the inside out. With recipes, exercise tips, and at-home treatment suggestions, she offers a step-by-step cleansing program that is designed to put spa-goers on track to achieving a healthier lifestyle. I had the good fortune to visit with Ciminelli not long ago and experience one of her

highly coveted facials. Not only did I leave with glowing skin but also some suggestions for eliminating certain foods, like yogurt, that may have been wreaking havoc on my complexion. For more information, go to www.susanciminelli.com.