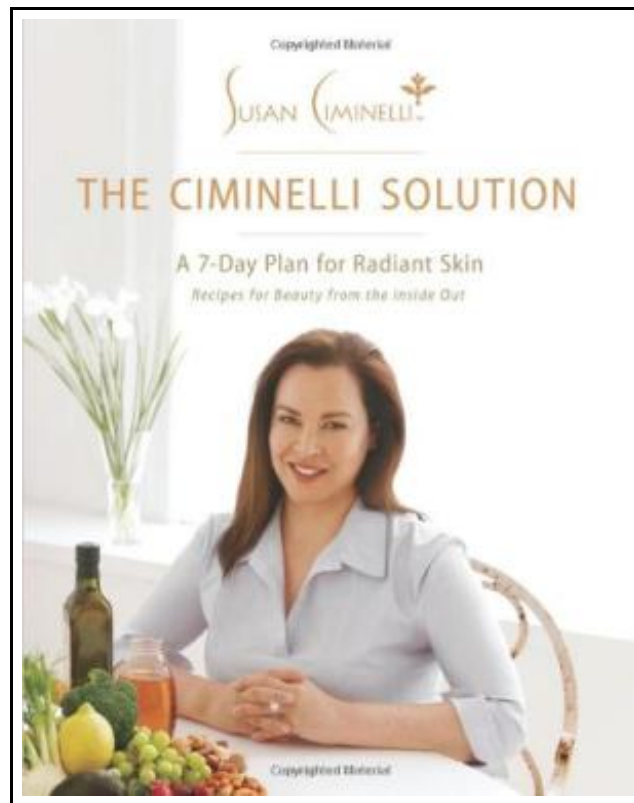


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HarperCollins Publishers, United States, 2006. Hardback. Book Condition: New. 236 x 190 mm. Language: English . Brand New Book. Stress and anxiety can wreak havoc on skin, resulting in acne, eczema, dry patches, rosacea, loss of elasticity, and premature aging. But before opting for Botox injections, laser treatments, and harsh chemical peels, try a healthier approach. Susan Ciminelli, skin-care expert to the stars and owner of the New York City day spa that bears her name, believes that the skin is a mirror of one's internal environment. The right lotions and creams are just one piece of the puzzle: What you put into your body, and, most important, the foods you eat play vital roles in your skin's health and appearance. The Ciminelli Solution approaches skin care from the inside out, combining recipes, exercise tips, and treatment suggestions in a seven-day program that brings the mind, body, and soul into balance, resulting in flawless skin. Susan's step-by-step, day-by-day cleansing program is designed to jump start a healthier way of living and eating, without deprivation. This isn't a strict, clinical regimen. Instead, Susan takes the spa approach, focusing on what you should give to your body, not what you think you should take away. Susan shows how eating certain foods gives skin renewed vitality, beauty, and longevity, and explains what to eat -- and what foods to avoid -- to achieve a healthy, glowing complexion. In addition to flavorful recipes for dishes such as Wild Salmon Burgers, Herb-Roasted Chicken, and her famous Adzuki Bean Soup, Susan includes recipes for facial masks, scrubs, and peels using all-natural ingredients, like honey, pineapple, and olive oil. The Ciminelli Solution will improve your quality of life by detoxifying your system, increasing energy, and ultimately giving you a radiant, glowing complexion.

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