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## STEP I Cleanse:

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**Cleansing Gel:** Use morning and night to cleanse your skin without stripping it of natural oils. Massage a small amount in an upward circular motion on the face and neck. Lather with warm water and rinse well with cool water. This cleanser also acts as a shower gel and shampoo.

**Cleansing Milk:** Use morning as a face cleanser for dry or sensitive skin and night to gently remove makeup and daily surface pollutants. Massage a teaspoon sized amount into damp skin with circular strokes. Remove with a warm, damp sponge or wash cloth. This soothing cleanser is infused with essential oils to nourish the skin. Follow with **Algae Deep Cleanse**.

**Algae Deep Cleanse:** Use morning and night for deep yet gentle exfoliation after cleansing. Apply a small amount onto wet face and neck. Lightly massage in an upward circular motion for three to five minutes. Rinse thoroughly with cool water.

**Bamboo Ginger Scrub:** Use three times per week, interchanging with **Algae Deep Cleanse**, to exfoliate and refine pores. Apply a small amount on wet skin and scrub in a circular motion. Rinse well with cool water.

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## STEP II Nourish:

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Note: With each formula, follow with a spray of **Seawater**, an application of **Marine Lotion**, and a moisturizer. Use twice per day.

**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.

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## STEP III Tone & Balance:

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**Seawater:** Spray a generous amount over face and neck twice per day after applying appropriate essential oil formula. Follow with **Marine Lotion** and moisturizer. This desalinated seawater spray 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.

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## STEP IV Condition:

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**Marine Lotion:** Apply after **Seawater** on face and neck as a skin conditioner twice per day. This miracle antiaging serum helps prevent facial fine lines, minimizes the appearance of wrinkles, and can be used all over the body as well.

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

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## STEP V Moisturize:

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

**Revitalizing Sensitive Skin Moisturizer:** Massage ample amount onto your face and neck after **Marine Lotion**. This antiaging moisturizer with Matrixyl protein peptides is recommended for sensitive or combination skin types as a day or night time moisturizer.

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

**Moisture Replenishing Day Cream:** Massage onto your face and neck after **Marine Lotion**. This hydrating moisturizer with Matrixyl protein peptides is recommended as a daytime cream for dehydrated skin and normal skin during cold seasons.

**Special Reserve Cream:** Massage onto your face and neck after **Marine Lotion**. This hydrating salve is the perfect follow up during the night time.

**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.

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## STEP VI

## Sun Protection:

**Sunscreen SPF 30:** Apply ample amount on clean face and neck. Repeat every two hours when exposed to the sun for long periods of time.

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## Facial Masks:

**Hydrating Gel Mask:** Use twice a week after thorough cleansing. Apply all over the face and neck. Avoid the eye area. Allow 15-20 minutes to set. Remove with a warm washcloth. Follow with an **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.

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## Anti-Cellulite Program:

**Calming Bath:** Add 2 oz to warm bath and soak for 30 to 45 mins. Best when used with 2 oz of **Algae Fine Powder**. Will help you deeply relax and rid the body of harsh toxins, allowing it to calm and recover.

**Toning Bath:** Add at least 2 oz to warm bath with 2 oz of **Algae Fine Powder**, soak for at least 20 mins. Reduces cellulite and has a revitalizing effect on the body.

**Algae Fine Powder:** Add 2 oz to warm bath with 2 oz of **Toning Bath** to detoxify and nourish. Do not towel dry after rinsing - let algae penetrate your skin for optimum 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. Reduces cellulite and minimizes the appearance of stretch marks.

**Blue Green Algae Supplements:** 100% seaweed capsules. Take two capsules up to three times a day on an empty stomach to minimize water retention, curb appetite, and fortify skin, hair, and nails.

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## 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 after for maximum results.

**Body Silk:** Apply all over the body after bath or shower while your skin is warm and moist. This lavish lotion with nourishing seaweed, chamomile, and pine bark extracts hydrates and provides antioxidants. Bee pollen and shea butter soothe the skin.

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

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## Reading:

**The Ciminelli Solution, A 7-Day Plan For Radiant Skin by Susan Ciminelli:** Susan approaches skincare from inside out, combining food and homemade facial recipes, exercise tips, and treatment suggestions in a seven 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.

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## Teas & Tisanes:

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

**Tisanes:** Perfect Balance, Pleasure, Pink Passion

**Organic Teas:** Afternoon Delight, Pu-erh, Exotic Delight, Hawaiian Delight

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## Additional Comments: