

INSIDE
tip

If you're prone to catching colds or the flu while traveling, try applying a small amount of Neosporin to the base of your nose to fight off bacteria and germs.

IF YOU'RE TRAVELING TO WARMER WEATHER...

When skin is exposed to the sun, it naturally protects itself by revving up the production of melanin. But too much sun can leave your skin burned, red and even blistered. "Fortifying the skin before going out into the sun can prevent inflammation," says Gee, who strongly advises against getting any type of chemical peel two weeks before traveling to a warm destination, since it will thin out the skin, leaving it vulnerable to the sun.

"If you don't prep your skin for the changes it is going to experience, it will naturally think it's in danger and increase sebaceous activity levels."

DID YOU KNOW?

During travel, the tissues beneath the skin can become congested and inflamed, giving way to puffy, uncomfortable-feeling skin.



COMPLEXION REGULATOR

Apply **Sheerin O'Kho First Class Flight** before boarding and immediately after your flight to revitalize, hydrate and soothe travel-stressed skin. Regenerating, moisturizing and detoxifying ingredients like ginseng, acerola and tamarindus indica (a tropical tree from East Africa that stimulates immunity) calm skin that has been overexposed to airplane air, artificial air conditioning and cramped spaces. *\$110, spacenk.com*



SOOTHE SUNBURNED SKIN

Let's face it: It's virtually impossible to stay out of the sun when traveling to a tropical locale. In the event that you get a little too much sun, alleviate the redness, irritation and burn with **Dermalogica After Sun Repair**. The blend of soothing botanicals and Japanese alder guards cell proteins from further damage while restoring lost moisture. *\$30, visit dermalogica.com to find a retailer near you*



Post-surgery travel

If you need to travel within the first month after surgery, keep in mind these pointers from Scottsdale, AZ, facial plastic surgeon Kelly V. Bomer, MD, to ensure a safe and healthy trip.

Don't lift your baggage. "When lifting luggage that is too heavy, you can strain yourself and disrupt the healing process by causing internal bleeding and swelling under the tissue," says Dr. Bomer.

Walk around. If you're traveling via airplane (You should wait a minimum of 12 to 14 days after your surgery before flying.), get up and walk around every half-hour to an hour. "This helps to keep the blood moving, which is important for healing. Plus, it can help alleviate any discomfort you may have from sitting for long periods of time," adds Dr. Bomer.

Stay hydrated. "Flying in and of itself can be dehydrating, so it's extremely important to drink plenty of water while traveling," she advises.



CONTROL TRAVEL-INDUCED DISTRESS

Compact and easy to pack, **Skyn Iceland Detox Kit for Stressed Skin** contains all the essentials to get travel-stressed skin back in gear. Free of mineral oil, heavy fragrance and parabens, this four-piece kit infuses skin with the nutrients, oxygen and moisture it may be deprived of. [\\$45, saksfifthavenue.com](http://$45, saksfifthavenue.com)

03 AFTER FLIGHT



POST-FLIGHT BODY ESSENTIAL

Velvety smooth **Darphin Aromatic Renewing Balm** relieves travel-induced dryness. We like using it as soon as the plane hits the ground. Rub it onto dry patches for relief (including your elbows, legs and feet), while the soothing scents of chamomile, rosewood, orange blossom and grapefruit awaken your senses. And once you get to your final destination, use this conditioning treatment—which melts into the skin upon contact—overnight to maintain optimal hydration levels, as well as supple, soft, glowing skin. [\\$75, darphin.com](http://$75, darphin.com)



INSIDE tip

Make sure to pack moisturizing eyedrops without preservatives to keep your eyes moisturized, especially if you've recently had Lasik surgery.



ALL-OVER MOISTURE BOOSTER

Balms are usually recommended for use in warmer weather since they keep the skin moist, preventing dehydration. Perfect for those unexpected skin emergencies, **Trish McEvoy Luxe Moisture Balm SPF 15** offers instant hydration and relief to the lips, under-eye area and anywhere else on your face or body that needs an immediate boost of moisture. [\\$28, bergdorfgoodman.com](http://$28, bergdorfgoodman.com)



REPAIR YOUR HAIR

Heat, sun, salt water and increased humidity can leave your locks feeling fried and your color on the brassy side. **Vita Amazonia Brazilian Nut and Pistachio Conditioner** replenishes lost moisture with Brazil nut, pistachio and cocoa extracts without weighing your hair down. And the tropical scent is fitting, too! [\\$16, spalook.com](http://$16, spalook.com)

