

DOES TRAVELING LEAVE YOUR SKIN DULL, DRY, SALLOW OR PRONE TO BREAKOUTS? FACTORS LIKE PRESSURE, RECYCLED AIR, DEHYDRATION AND EVEN SMALL SPACES CAN ROB YOUR SKIN OF MUCH-NEEDED OXYGEN JUST MINUTES INTO A FLIGHT, WREAKING HAVOC ON YOUR COMPLEXION FOR DAYS TO COME.

**DID YOU KNOW?**  
There's 10-percent humidity on a plane compared to the 35-percent humidity found in the average house.

02 WHAT TO PACK | 

Before you even board the plane, make sure to pack these travel requisites to keep your skin looking its best. "Cold weather can strip the skin, causing chapping, breakage and small tears. And hot temperatures can affect skin pigmentation and force the skin into overprotecting and repairing itself," says Gee.

INSIDE tip

Oily skin doesn't necessitate oil-controlling products in colder weather. Instead, try using an antiseptic to control bacteria and keep breakouts at bay.

IF YOU'RE TRAVELING TO COLDER WEATHER...

No matter what type of skin you have, the goal in colder weather is to prevent water loss and increase moisture. A dip in temperatures can restrict blood circulation to the skin, making it pale, dull and rough.

# BEAUTY ON THE GO!

 01 BEFORE FLIGHT

How to prep your skin pre-travel

Wherever your travels may take you, it's crucial to prep your skin beforehand for what it will encounter during your trip. "You want to create a balance with treatments and products to build up your skin's immunity and strengthen it so that it doesn't go haywire when it's introduced to a new climate," says Virginia Beach, VA, licensed master aesthetician Saphonia Gee, of In Your Own Skin, Skin Therapy Center. "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. Oily skin will believe it's dried out and produce more oil, which can lead to breakouts; dry skin types, which lack oil production, can become chapped and cracked, leading to an open pathway for free-radical damage, bacteria and infection," she says. About four to six weeks before your flight, begin training your skin to be more balanced by incorporating hydrating facials and deep-cleansing treatments into your beauty routine. "If you're traveling to a warm climate, stay away from heavy or highly concentrated vitamin C products, abrasive exfoliators, and photosensitizing ingredients," she adds.


INSIDE tip

Remember that even if you are traveling to a colder climate, your skin can still get burned, especially at higher altitudes. Always wear a sunscreen with a high SPF to shield your skin from the sun's damaging rays.



 **GET THE RED OUT**  
Wash away redness with **Murad Soothing Gel Cleanser**, a green gel cleanser with moisture-enriched beads that reduces irritation and counteracts tightness, stinging and sensitivity. *\$25, [murad.com](http://murad.com)*




 **GENTLE EXFOLIATION**  
Exfoliating is a must, regardless of the temperature outside, but you should limit it to once a week in colder weather since over-exfoliating can exacerbate dry skin. Formulated with an inimitable blend of mud and minerals sourced from the Dead Sea, **Ahava Mud Exfoliator** gently yet thoroughly evens out the skin without stripping it of essential moisture or leaving it dry and irritated. *\$24, [ahavaus.com](http://ahavaus.com)*



 **INSTANT RELIEF**  
**SkinMedica Dermal Repair Cream** instantly soothes and hydrates overly dry, nearly chapped skin that can be caused by cold air coupled with artificial indoor heaters. It's packed with antioxidants like vitamins C and E, as well as hyaluronic acid to encourage the skin's natural ability to repair itself. *\$100, [visit skinmedica.com](http://visit.skinmedica.com) to find a retailer near you*



 **SOFTER, SMOOTHER LIPS**  
**B. Kamins Bio-Maple Lip Balm SPF 20** protects delicate lips from the sun, wind and extreme temperatures while repairing any chapping with softening essential oils and maple. This sunscreen-packed balm also prevents lip sores, common in cold weather. *\$19, [bkamins.com](http://bkamins.com)*