

Jet Setter Swag & Jet Lag Cures: Skin Care Tips & How To Get Rid of Puffy Eyes, Blemishes & Breakouts Part1

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This winter was brutal when it comes to keeping hydrated, but traveling puts a whole lot stress on your skin too. Whether you are traveling by car or plane, for business or pleasure, **New York & New Jersey board certified dermatologist Dr. Rebecca Baxt's** must-know skin travel tips will help make your time away more relaxing and leave your skin rosy on arrival:



For Frequent Flyers

Did you know the re-circulated air on planes is 5 times drier than the desert and the lack of humidity causes loss of moisturizer? OMG! The air inside the cabin of a plane usually has a humidity level of 10 to 20% - much lower than a comfortable typical indoor humidity of 30 to 65%. All of which combines to equal skin desperately in need of moisture.

"Most people realize that flying can cause skin to dry out and breakout, but they may not know

why," **Dr. Baxt** explained.



"Whenever the environment is moisture-free such as with recirculated air in a plane cabin - the air actually draws moisture from wherever it can, including the skin. Dry skin will tend to get drier and oily skin will get even oilier to compensate for dehydration."

So what's a jet-setting girl to do? **Dr. Baxt** recommends the following travel itinerary for your skin whether it's a quick weekend getaway or longer trip:

Un-Happy Hour: Whatever you do, don't drink alcohol on the plane! "Alcohol is very dehydrating. While it may help to relax you if you're nervous about flying, the effect of alcohol will be dry skin," **Dr. Baxt** warned.

"Drink water, and read a magazine or book or bring along your iPod. Having something to distract you will help you as much, if not more than a glass of wine. If you just can't pass it up, drink lots of water afterward."



Bring a Hydrating Mist for In-Flight Treatment. A hydrating mist is perfect for in flight application. **Dr. Baxt** recommends spraying a couple of pumps onto your face for instant hydration. It also feels great and helps cool you down if you're on a warm airplane.

Skip the Salty Snacks. Airport food is not very skin-friendly. "While peanuts and pretzels may look delicious, salt can cause swelling," warns **Dr. Baxt**. "Instead, snack

on fruits and vegetables like carrots and apples, which are filled with water."

More tips for the right way to jet set and keep skin looking fabulous at from take-off to touch-down tomorrow.