



**CLOCKWISE FROM TOP LEFT:** Lisa Hoffman 24 Hour Skincare, Kiehl's Lip Balm #1, Estée Lauder New Advanced Night Repair Serum, Darphin 8-Flower Nectar Serum, Prada Infusion D'Iris Refreshing Tissue, Sjal Kura Intuitif Repair Cream, Clarins HydraQuench Intensive Serum, Philosophy Booster Caps Retinol Capsules, NUXE Cleansing Water, By Terry Peace & Glow Anti-Stress Roll-On, Shu Uemura Depsea Moisture Replenishing Mask, Lancôme Nutrix Face Cream, Origins No Puffery Eye Gel.

## UP, UP, AND AWAY

How to save face at 30,000 feet.

by Alyssa Schottland-Bauman / photography by Clinton Hussey

The lifestyle of a jet-setter can be tough. It's not as glamorous as it's cracked up to be. And doing it while looking good is almost a mission impossible. The stressful combination of recycled air on the plane, crossing hemispheres, changing time zones, different climates, and fluctuating schedules and diets (not to mention the occasional layover cocktail) wreaks havoc on even the most flawless of complexions.

At elevations exceeding 30,000 feet, where the outside air has virtually zero oxygen or humidity, we should be grateful to breathe at all. Yet the air inside the plane isn't exactly fresh. In-flight air is artificially humidified, purified, oxygenated, and pressurized, and then pumped out and continuously recirculated for the entire flight. To make matters even worse, the humidity level on an airplane is roughly half what our skin is used to. The result is an uncontrolled loss of skin moisture. Skin can become tight, itchy, sallow, and dull. And the more crowded the plane, the more likely you are to experience even greater dehydration symptoms—flaky skin, dry eyes, and breathing passages, chapped lips, and overall personal discomfort. And that's not all. As the skin dehydrates, dead skin particles shed at accelerated rates, carrying more bacteria at a time when skin, eyes and nasal passages are already dry and thus more vulnerable to infection.

What to do? "Keep skin healthy by hydrating," says Vancouver cosmetic dermatologist Dr. Alastair Carruthers. "If you tend to have dry skin, you can bet it will dry up even more en route, so apply a good moisturizer to the needed areas every couple of hours, and don't be afraid to use it inside the nose. Keep your membranes moist and you are less likely to catch the common air-travel bug."

A lot of us blame the air travel alone for our not-so-perfect complexions, but Dr. Carruthers reminds us, "Don't forget to think about the destination. That can cause as much stress on skin as the flight itself. If it's a dry climate, use moisturizer. If it's the beach, slather on sunscreen. Our skin reacts—think of a metal rusting—when it has lost equilibrium." The doctor's number

one recommendation? Get into the ocean if you can. "Salt water is an absolute miracle. It holds moisture in the skin."

If only we could scoop some Pacific Ocean water into our carry-on bags. But by now, both frequent and infrequent fliers alike are painfully conscious of strict post-9/11 packing regulations. Any liquids and gels tucked inside carry-on bags must be in 100-milliliter-or-less containers, and all must fit inside a zip-top plastic bag. Fortunately, the best beauty brands have come to the rescue with a resurgence of miniature must-haves designed to breeze through security.

Frequent traveller Lisa Hoffman took it one step further and made her skin-care line, Lisa Hoffman Skincare, plane-perfect. Hoffman, the wife of actor Dustin, wasn't going to sacrifice her high-quality skin-care regimen just to please airport security. Each Night & Day 24 Hour Skincare packette contains 10 numbered and colour-coded single-dose ampoules that keep skin healthy and glowing on even the longest flights. "I never quite mastered the art of toiletry packing," the beauty maven admits. "But humidity on airplanes is worse than the Sahara Desert, and my hands, legs, and face would dry and tighten up until I conceived my packettes." Antioxidant-enriched products like Vitamin A and C serums, cleansers, toners, eye and lip creams, and moisturizers are lab-fresh, spill-free, and security-approved, making them a toss-in-the-bag essential. Right before landing, Hoffman uses the five-step day regime to make sure that, as she puts it, she "arrives impossibly fresh-looking".

If you want to do the same, combine these skin-care solutions with the basics. While flying, avoid caffeinated beverages, alcohol, and high-sodium foods, all things that can contribute to major dehydration. Both Lisa Hoffman and Dr. Carruthers recommend hydrating from the inside out by drinking loads of water—about 240 millilitres for every hour in the air.

And remember, those horrid bathroom mirrors supersize the tiniest imperfection. You really look much better than those mirrors reveal. ●