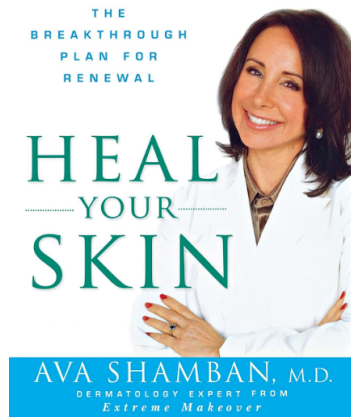


Fashion Maniac

Travel Beauty Tips from Dr. Ava Shamban, Beverly Hills Dermatologist and Founder of SKINxFIVE

September 23, 2016



Summer may be over, but holiday travel will be here before we know it. Here are 7 easy to follow beauty hacks for the next time you hop on a plane.

Travel Beauty Tips from **Dr. Ava Shamban**, Beverly Hills Dermatologist and Founder of SKINxFIVE

Stay Hydrated—Traveling can take a lot out of you, especially when it comes to hydration. Tote an empty, refillable water bottle with you that you can fill up once you're through security. It's a surefire way to help eliminate toxins and keep skin looking fresh.



Moisturize, Moisturize, Moisturize!—An airplane cabin is so dry it absorbs moisture from anywhere it can, including your skin. To combat dry air and fight aging at the same time, use an ultra-hydrating product like the AVA*infuse* Lemongrass Clay Detox Masque. The fast acting blend of ocean grown Algae, Fumitory and Lemon extracts infused with purifying essential oils of Grapefruit and Lemongrass, revives skin comfort and vitality instantly after plane travel.



Go Bare—Excessive makeup for a long flight can be a recipe for disaster, and breakouts! Pack a few portable cleansing pads to help wipe away that extra makeup for a clean, fresh face during your trip. You can always doll yourself up after you land!

Keep that Oily Skin in Check—Got oily skin? Consider blotting papers instead of cleansers. Unlike cleansers, blotting papers won't strip the skin of the essential oils on your face.

Keep up the Routine—Don't let your travels throw a wrench into your beauty regimen once you land. There are plenty of options that are compact and carry-on compliant, including Regenica® Rejuvenating Dual Serum. Weighing only an ounce, the serum is an easy way to ensure you're fighting visible signs of aging on-the-go.

The Eyes Have It—Pack a cooling eye mask to fight puffiness around the eyes and to help you get some beauty sleep on the flight.

Get Moving—Long flights can cause muscle aches (or worse) if you're not careful. Make an effort to get up to stretch your legs to get the blood circulating when you can. Try and stand up and walk around the plane at least once per hour.



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