



7 Travel Skincare Tips: Maintain Your Beauty Routine on the Go



It's easy to neglect your beauty routine when you're traveling. I'm guilty of this. Are you? However, there are some easy ways to keep your skin in top shape when you're on the go. Find out how with these seven travel skincare tips!

Travel Skincare Tips

Dr. Ava Shamban

1 Stay Hydrated



Collapsible Water Bottle

Traveling can take a lot out of you, especially when it comes to hydration. At the airport, bring an empty, refillable water bottle that you can fill up once you're through security. Drinking plenty of water is a surefire way to help eliminate toxins and keep skin looking fresh.

2 Moisturize, Moisturize, Moisturize!



Shea Butter Hand Cream

An airplane cabin is so dry that it absorbs moisture from anywhere it can, including your skin. Always bring intensive moisturizing cream you can use on your hands, feet, and everywhere in between.

To combat dry air and fight aging at the same time, use an ultra-hydrating product like the [AVA](#) infuse Lemongrass Clay Detox Masque to pamper post-travel, back at home. The fast-acting blend of ocean grown algae, fumitory, and lemon extracts infused with purifying grapefruit and lemongrass essential oils revives skin instantly after plane travel.

3 Go Bare



Facial Cleansing Wipes

Excessive makeup for a long flight can be a recipe for disaster—and breakouts! Pack a few portable cleansing pads to wipe away makeup for a clean, fresh face during your trip.

You can always doll yourself up after you land!

4 Keep that Oily Skin in Check



Natural Green Tea Oil Absorbing Tissues

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.

5 Keep up the Routine



Reusable Container

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. Alternatively, use travel containers like the ones shown above to take the exact portion you'll need for your trip. We love this strategy!

Learn more about how to downsize your beauty products when you travel!

6 The Eyes Have It



Pure Silk Sleep Mask

Pack a cooling eye mask to fight puffiness around the eyes and to help you get some beauty sleep on the flight. Feel well rested and look the part, too!

7 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 and get your blood circulating when you can. Stand up and walk around the plane at least once per hour.

Read these [travel fitness tips](#) for more ideas!

Thanks to Dr. Ava Shamban, Beverly Hills dermatologist and founder of **SKINxFIVE**, for sharing these awesome travel skincare tips!

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