



## WELLNESS IN THE AIR

*Aviation takes a salubrious path with cleaner air and a new focus on whole-body health.*

BY DANIEL SCHEFFLER

**A**mericans logged 452 million trips for business in the last year, according to the U.S. Travel Association. With passengers spending this much time in the sky, health is a priority for some elite commercial airlines, as they turn their attention beyond comfort and toward a holistic flight experience.

Aside from travel exhaustion and time zone confusions, one of the most pressing health concerns when flying is deep vein thrombosis from staying in one position for a prolonged period. While moving around is the most important preventive approach, business- and first-class seats that convert to flat beds may prevent stasis. Beyond that, travelers want to function optimally while flying and after landing, so airlines are finally attending to body, mind, and spirit.

## AIR FRANCE

WITH THE RELEASE OF THE LA PREMIÈRE private two-room suites on all of its new jets, Air France has partnered with French skin-care house Biologique Recherche. Known for

its pure, raw ingredients, the company developed an exclusive beauty regimen for the airline, designed specifically for air travel. "Flying is confusing for the skin," says the brand's scientific director, Philippe Allouche, MD. The lack of moisture and lower oxygen levels in an aircraft's cabin reduce protective sebum production, slow cell turnover and repair, and increase exposure to free radicals that age the skin. The products trap free radicals and boost lipid production to keep the dermis and epidermis healthy. The first-class lounge at Paris-Charles de Gaulle Airport (Terminal 2E) has a wellness space with massages and face care treatments available for passengers waiting for a flight. Try a complimentary 30-minute body massage or Contour des Yeux treatment to brighten eyes and release puffiness. The in-flight amenity kit includes soothing emulsions for fighting signs of fatigue. As La Première Suite passengers disembark, they are bestowed with a gift box that includes a selection of Biologique Recherche products to use at home or at the next destination. » [airfrance.us](http://airfrance.us)

# Is Fat Back?

Why doctors say cutting dietary fat sent America into a sugar tailspin