

The Definitive Guide to In-Flight Skincare

□ 7 PHOTOS

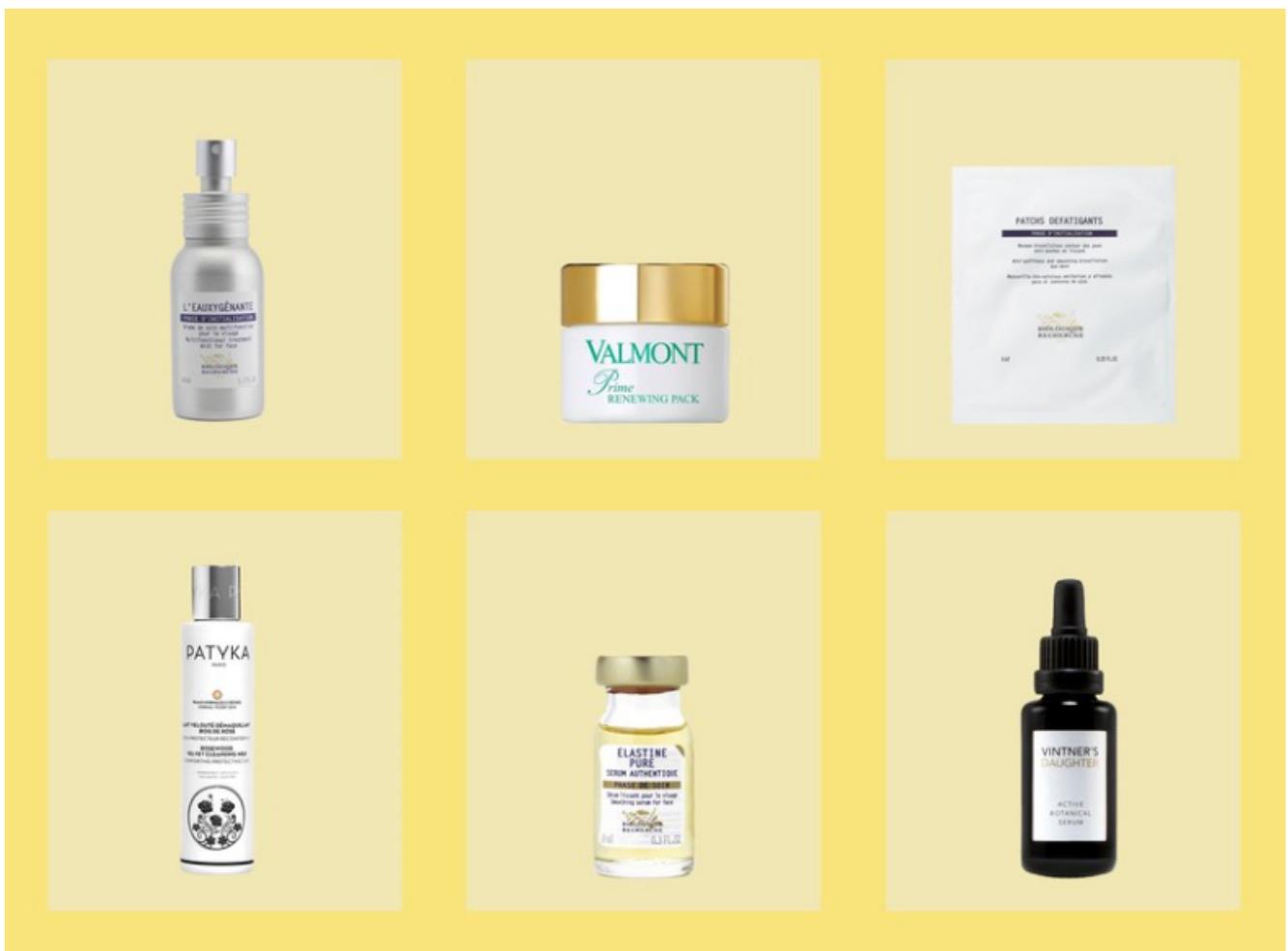
by MARA BALAGTAS and ANDREA WHITTLE

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Every tip you could possibly need—from a brain trust of facialists, dermatologists, and beauty entrepreneurs.



Why does your skin feel so gross after a long flight? To exfoliate, or not to exfoliate? Is in-flight sheet masking acceptable? How do you go straight from an airplane to a meeting and look somewhat alive? We've got answers. Here, 14 facialists, dermatologists, and beauty professionals share their tips for how to take care of your skin on long-haul flights.



Angelina Umansky, Founder of Spa Radiance

How do you prep your skin for a long-haul flight?

Cleanse with a nourishing milk cleanser, like Patyka Rosewood Velvet Cleansing Milk. Then, apply a seriously hydrating mask, like Biologique Recherche Crème Masque Vernix or Valmont Prime Renewing Pack. If your skin is super fussy and dehydrated, apply a nourishing, smoothing serum before the mask, like Biologique Recherche Sérum Elastine Pure. The Vintner's Daughter serum is rich in antioxidants and collagen builders, so it's also great the night before a big flight.

What's your holy grail of in-flight products?

Biologique Recherche L'Eauoxygénante Spray. This spray is a multi-tasking superhero for the plane. Not only is it hydrating and oxygenating (which is so important on a flight), this travel-size spray is loaded with high concentrations of protective antioxidants like vitamins A and C. Think of it like your circle of protection against the icky airplane air. Spray yourself often and generously.

What if you have to go straight from the airport to a meeting?

I will slap on the Biologique Recherche Patches Défatigants under my eyes. I don't care who's watching. They are the best patches I've seen for instant de-puffing and brightening. And use the **Valmont collagen sheets**—your skin will look even better than before you flew.

Biologique Recherche L'Eauoxygénante (\$47, shoprescuспа.com); **Valmont** Prime Renewing Pack (\$220, saksfifthavenue.com); **Biologique Recherche** Patches Défatigants (\$90, shoprescuспа.com); **Patyka** Rosewood Velvet Cleansing Milk (\$40, revolve.com); **Biologique Recherche** Serum Elastine Pure (\$68, shoprescuспа.com); **Vintner's Daughter** Active Botanical Serum (\$185, revolve.com).

Even More Tips from the Experts...

"Avoid eating airplane food, because all that salt will make you puffy. Think nutrition, and bring fruit with you. Apples and oranges help replenish your body's fluids. Once you land, do a mini-facial: double cleanse with a milky cleanser, exfoliate with **Biologique Recherche Lotion p50**, and then layer serums while massaging your face. You want to get the circulation going all over your body. I try to do headstands, or you can just lie down on your back with your legs propped up against the wall. It's terrific. It's a quick revival and you're ready to go out." —Danuta Mieloch, Founder of **Rescue Spa**