



WHAT TO EAT IN AN AIRPORT

You need strength to travel. Get it with these eats.

EARLY-BIRD

Grab an egg-white sandwich from McD's or Dunkin' Donuts. You get healthy fat and protein to wake you up.

LUNCHTIME

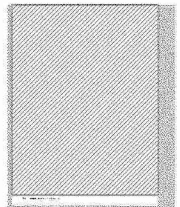
Fresh veggies in a terminal? Yep, Starbucks' Veggie and Brown Rice Salad Bowl is full of kale, beets, broccoli, and more. Plus, the rice's complex carbs keep up your energy.

AFTERNOON

Make a DIY parfait with Greek yogurt, a bag of almonds, and a banana from any Quick Mart—you'll be happy until dinner, thanks to protein, a little sugar, and digestion-aiding probiotics.

EVENING OR RED-EYE

Whole meat has mega-filling protein, so you can skip the in-flight meal. Get a grilled-chicken sandwich on a whole-grain roll from Potbelly or Au Bon Pain.



CHECK IT! TRAVEL BEAUTY SPECIAL

Whether you're red-eyeing it for work or globetrotting just for fun, beat travel trip-ups with our quick on-the-fly solutions.



WHAT'S THE DEAL? HARD WATER

(H₂O that contains excess calcium) causes hair to look dull and feel coarse, while soft water (typically treated with resins like sodium) makes it flat and greasy-looking, says Charles Baker Strahan, a celebrity stylist for Herbal Essences.

Postflight Fixes

- Only going away for a day or two? Preserve the style you arrive with using dry shampoo. "Scratchy hotel pillowcases can rough up strands, so drape a silky slip or cami over it before bed," says Strahan.
- If you must wash—and the water is hard—rinse hair with bottled water first. "Hair is like a sponge," says Strahan. "When you pre-wet it, it can't absorb as much of the calcium-dense tap water."
- If the water is soft, use a volumizing shampoo and conditioner, and run mousse from root to tip before blow-drying strands. If hair is still flat, reach for dry shampoo. It increases volume instantly, says Strahan. Or outsource your hair drama to a blow-dry bar (now common in most cities).

TRAVEL TRIP-UP: TIGHT, FLAKY SKIN

What's the Deal? "The air on a plane is only 20 percent humidity, while our skin's optimal environment is 50 percent," says dermatologist Jeannette Graf, MD (fun fact: her husband is a commercial pilot).

In-Flight Fixes

- Practice the triple-eight rule: "Drink eight ounces of water an hour before, during, and after your flight," says Marta Rendon, MD, a dermatologist in Boca Raton. (Score an aisle seat for easy restroom access!) And avoid alcohol—it's seriously dehydrating.
- Once an hour, mist your face with a hydrating face spray, then apply a layer of lotion made with superhydrating hyaluronic acid, says NYC dermatologist Debra Jaliman, MD.

TRAVEL TRIP-UP: SWOLLEN LEGS

What's the Deal? The air pressure in a plane is way lower than normal, causing your insides to expand—especially your lower half, says Dr. Rendon. (Sitting encourages fluids to pool there.) Also, you take in less oxygen, which slows circulation, says Dr. Graf.

In-Flight Fixes

- Preflight, rub birch and cedar oils into legs—both increase fluid flow, says Hope Gillerman, a holistic health expert.
- Tight shoes worsen fluid buildup, so take them off and slip on loose socks.
- Get up and walk around every couple of hours to boost circulation, says Dr. Graf.
- Avoid salty, bloat-inducing foods (like pretzels and peanuts), says Dr. Rendon.

TRAVEL TRIP-UP: JET LAG

What's the Deal? Traveling to a new time zone throws off your body's natural clock, which tells you when to be tired or alert, says Dr. Graf. It's most noticeable after a red-eye flight, since you're losing time (and precious amounts of sleep).

In-Flight Fixes

- When flying overnight, fall asleep as soon as possible. "Wear a sleep mask to block light, and place something squishy on your lap like a pillow to set your hands on—doing so relaxes your muscles," says Gillerman.
- When you land, pop on a pair of sunglasses, and if possible, wear them for two or three hours. "Blocking out light tricks your brain, allowing it to adjust gradually to the new time zone," says Gillerman.

TRAVEL TRIP-UP: BREAKOUTS

What's the Deal? Dry plane air is the main cause of travel acne. Oil glands overcompensate by going into overdrive, and the extra sebum gets stuck under the layer of rough, dehydrated skin, says Dr. Rendon. The high concentration of onboard bacteria also plays a part, says Dr. Jaliman.

In-Flight Fixes

- Don't ignore your usual skin routine, especially if you're taking an overnight flight. Remove your makeup and wash your face to unblock pores, then apply a lotion labeled *noncomedogenic* (translation: non-pore clogging), says Dr. Rendon.
- "Carry hand sanitizer, and use it frequently so you don't touch your face with dirty fingers," says Dr. Jaliman.

