

Skincare For Business Travelers



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Business travelers know just how taxing a grueling travel schedule can be on the skin. Your skin is parched, and that airplane air isn't exactly filled with refreshing oxygen. Plus, jet lag also does a number on the skin, with the fatigue causing skin to look tired and less-than glowing. Most airplane cabins contain air with a humidity of 20 percent; your skin actually craves air that's 40 to 70 percent humid. The key thing is to keep your face moisturized during long flights, so stock up on that toner, and make sure you select the right kinds of moisturizer — something packed with hyaluronic acid should do that trick. Although avoiding travel entirely isn't exactly possible for many business travelers, there are a few things you can do the next time you have to travel. Here are a few steps from Enrique Ramirez, esthetician and founder of [face to face nyc](#), for you to follow so that you look fresh the next time you step off the plane:

1. Travel size products are approved by airline security so toss your toner in your carry-on to keep your skin moist and dewy during your flight, spritz your skin several times during flight.

2. In your morning shower, before jetting off to the airport, shower with lukewarm water as hot water will strip your skin from all-natural moisture. After shower, apply lotion in damp skin to seal the moisture.

3. During flight, keep seat belt fasten and air vent away from your face as the air you're breathing is drying and recycled.

4. After take-off, smile nicely to flight attendants so they can keep your insides and outsides hydrated with extra bottles of water. If you must have adult beverages, avoid Bloody Marys as the canned tomato juice has a high concentration of sodium, not tasteful.

5. Once back at your hotel, set your smartphone to meditation music, take deep slow breaths to calm your senses and clear your mind. Eight hours of deep sleep aids to combat stress - the main aging culprit.

6. In between your busy travel schedule, book with me for my Super O2 Facial to drench your skin with vitamins, minerals and an oxygen blast to your skin - oxygen is known to help repair tissue and is used especially in burn units to help with healing.

7. Note to all, avoid at all cost eucalyptus or menthol in any of your skincare products as they may smell fresh but extremely drying. Very common in lip balms.