



BEACH READY
Amber Vallatta in Rio de Janeiro, 1997. *American Vogue* © Mario Testino

Beauty: JET-SET RULES

A long-haul flight at 30,000ft can play havoc with how spritely you look and feel at touchdown. But all it takes to emerge Testino-worthy at your destination is a little know-how, says EMMA STRENNER

1. TRICK THE TIME

What is it about jet-lag that leaves you looking and feeling far from your dewy best? It is all down to circadian rhythms – the internal body-clock system that regulates waking and sleeping, prompted by darkness and light. Crossing time zones sends these rhythms out of kilter, so that when you're flying over the Gobi Desert in broad daylight, your body thinks it is still nighttime in Paris. In such cases, a tiny group of cells in the brain (the hypothalamic suprachiasmatic nucleus) releases the hormone melatonin as the body is exposed to what it thinks is nightfall, bringing the body into resting mode. It's no wonder you don't know if you're coming or going. To avoid that out-of-body experience, try to stay up in the day to sync with the new local time. Then, take melatonin as a supplement 30 minutes before bedtime at your destination (a strategy recommended recently in health journal *The Cochrane Collaboration*). Melatonin is available in health-food stores in

the US, and on prescription in the UK. It is most effective when crossing two or more time zones, and better to adjusting to eastern time than west.

For a natural alternative, a magnesium B6 supplement will work wonders (try Urdo Vital, available in good French pharmacies and by far the best). Again take the supplement 30 minutes before bedtime to calm your system at a cellular level, allowing your body to relax when you need it to.

2. CLEAR THE AIR

You really don't want to succumb to all those germs lurking around the cabin and ruin your vacation before it has even begun. A powerful aromatherapy blend with anti-bacterial properties will help keep your airways clear and fight any potential on-board bugs. We love Annee de Marnie Altitude Oil, which is packed with bug-fighting essential oils including lavender, eucalyptus and fragonia. Just tip a few drops on a tissue and breathe it in during the flight.

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Boosting your immune system will help further. Keep antioxidant levels up with vitamin C sachets and sip green tea. It will help keep in-flight stomach bloat at bay, too. Avoid skin-drying alcohol and drink as much water as possible throughout the flight to keep hydration levels up, thus avoiding tight, tired-looking skin.

3. TAKE OFF WITH SKIN CARE

For one of Mario Testino's favorite makeup artists and *The Edit's* beauty columnist Charlotte Tilbury, keeping skin soft and dewy is all about in-flight and touchdown cleansing and moisturizing. The dry air at altitude can cause your complexion to dry out, often leading to blemishes. Prep your skin within the first hour of take-off with a great cleanser and makeup remover. We love Chantecaille Rice And Geranium Foaming Cleanser. Next, apply a nourishing face mask with rich ingredients, like Sisley Black Rose Mask. This will not only moisturize your skin

throughout the flight, but also protect and repair it. Top up at intervals with a facial spritz, like Tata Harper Hydrating Floral Essence Moisturizing Toner, which adds a rehydrating layer of water, while also acting as an antibacterial toner to prevent pores getting clogged.

4. DO THE TOUCHDOWN TAP

Half an hour before arrival, it's time to start cheating the appearance of having had a good night's rest. First, Tilbury advises using eye drops at the end of the flight. Pep up your skin and keep the circulation flowing by lightly patting all over your face with your fingertips (it's known backstage as "The Tilbury Tap Tap" method!). This renews the complexion for a flush of freshness. Apply a little concealer, choose a shade true to your skin tone. Going too light will only enhance any puffiness. If your skin is feeling sensitive, opt for a complexion enhancer, like Omorovicza Complexion Perfector BB SPF20 to even out the tone.

5. FOLLOW THE CHECK-IN CODE

Once the flight is a distant memory, and you have checked into your hotel, it's time for Tilbury's finishing touches. First, reinvigorate your complexion with a deep cleanse. Skinesis Ultimate Cleanse will also gently exfoliate when you rinse off with a wash cloth. Next, give yourself a gentle facial massage to encourage the micro-circulation of skin cells. Then it's time for a hard-hitting anti-aging serum with peptides, hyaluronic acid and active ingredients to give skin an instant turnaround and wake-up call. Try Natura Bissé Diamond Extreme, which contains antioxidant-rich Sweet Pea and Edelweiss extracts. Finish with a layer of oil-rich moisturizing cream packed with nurturing floral oils, such as iLa Day Cream for Glowing Radiance. The nurturing rose oil in the cream will give your skin an instant radiance and lift, while soothing the texture to provide relief and calm for tired skin. You are now ready for your Testino close-up.

YOUR JET-LAG BEATING KIT



iLa Day Cream For Glowing Radiance

Tata Harper Hydrating Floral Essence Moisturizing Toner

Omorovicza Complexion Perfector BB SPF20

Chantecaille Rice And Geranium Foaming Cleanser

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22 / 20

