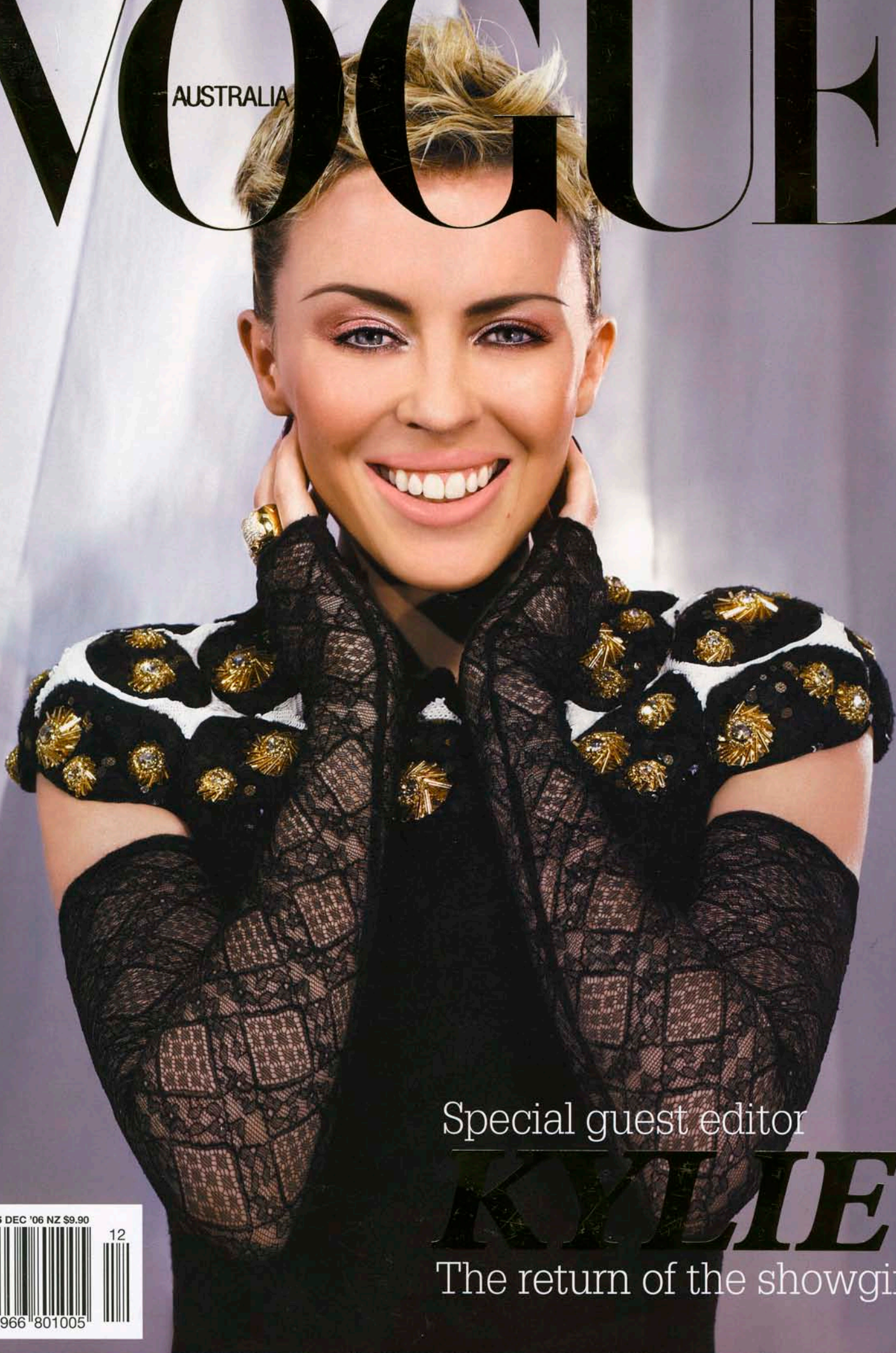


VOGUE

AUSTRALIA



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The return of the showgirl

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The art of travelling well

Flying out? There's no need to compromise your beauty, health and fitness. Use our ultimate guide to looking good on the move

WORDS: HELEN HAWKES

If ever there were proof needed that flying is hazardous to your looks and vitality, picture your favourite celebrity emerging from an aeroplane. Behind those wraparound dark glasses, even the most well-maintained star looks sleepy-eyed, dishevelled and decidedly the worse for wear.

The perils are inescapable. Cabin air will suck the moisture out of your complexion, crossing time zones can zap your energy and play havoc with your body clock, and spending time at high altitude jammed between strangers seems almost a formula for catching the latest bug. There are, however, a few survival tricks that guarantee less damage to looks and health on touchdown that have been perfected by frequent flyers such as Erica Angyal, nutritionist and author of *Gorgeous Skin in 30 Days* (Lothian Books). She regularly shares her secrets to staying well while travelling with the likes of jet-lagged celebrities and Miss Universe contestants.

BEAT JET LAG

"No Jet-Lag is an excellent homeopathic remedy that many people swear by to counteract jet lag," says Angyal. Visit www.nojetlag.com for details.

AVOIDING FOREIGN BUGS

"I take extra vitamin C, echinacea and a great supplement called Cold-fX [www.cold-fx.com] a few days before I fly," says Angyal. "It contains a purified form of North American ginseng that's been clinically shown to boost the immune system and it counteracts the bacteria that we can be exposed to in the circulated cabin air."

Slumber party

Slip into something really comfortable in Qantas First Class with sumptuous new amenity kits, including cotton pyjamas, slippers and eyeshades, designed by Akira Isogawa.



SOOTHING OILS

Travelling with an aromatherapy kit could be a lifesaver. "Lavender is the all-purpose essential oil; it's relaxing, antiseptic, anti-inflammatory and anti-microbial; it works on insect bites, stings and bruises," says Angyal. "At the end of a long day, put five to eight drops of lavender essential oil in a bath and just soak and relax. Put a few drops of lavender on your pillowslip to get rid of stuffy hotel smells and to help you get to sleep."

Tea-tree oil has powerful antiseptic and immune stimulating properties. It disinfects and is excellent to use as a handwash while travelling. Add a drop to a basin of warm water. Peppermint oil is refreshing, stimulating and helps with motion sickness and sinus congestion. ▶

WATER THERAPY

Factoring in an extra day, especially during a long trip, gives you time to do some light exercise or have a reviving treatment, says Angyal. "After landing, it's good to soak in water as soon as possible; the ocean, a hot tub, a pool, a bath, whatever," she says. "Immerse entirely. Bathing when dehydrated is believed to replenish moisture right through the pores. It also relaxes your nervous system."

Relaxing at The Observatory Hotel, Sydney.

