

L'OFFICIEL

SOMEWHERE OVER THE RAINBOW

We've all been there—shampoo spilled in a suitcase, products that don't meet carry-on guidelines, making tough choices about what to bring and what not—the woes of travelling with your favourite beauty and skin care products are never-ending.

BY CHITMAN KANWAR AHUJA

Remember the good old days, when we would be busy in picking out and shortlisting our next holiday destination during this time of the year. But today, as the coronavirus threatens our health and upends daily life throughout the world, we try to focus on how to take care of our skin from deep within, keeping in mind the current situation when we all are working from home; with a dream to soon travel to our most yearned for vacation spots.

It is easy to maintain glowing skin at home, but the entire scenario changes while travelling. The amount of sun exposure, the type of water, and a lot more, can affect your skin in unexpected ways. These can cause various skin-related problems. You should always take extra care of your daily beauty routine, when you're out and about, having the time of your life—we asked dermatologists and skincare experts for their tips and tricks on maintaining their skin health, and the

skincare routines they use while travelling.

Tricks of the trade

Before trying out a new skincare product, we all are skeptical as to how it would suit us. What if we get an allergic reaction from it? What if we get a zit? Are there any telltale signs to look out for? Herein, Dr Simal Soin, Founder, Aayna shares, "If a new skincare product gives you a mild tingling sensation, then it is completely safe. However, if the tingling gets more intense and painful, and you notice signs of inflammation, like redness or burning, stop using the product immediately. It takes at least 15 days to see any change in your skin. For issues like acne, wrinkles and dark circles, a product will need more time to work its magic. Take a photo the first time you use a product, and keep track of any changes and improvements as you go along. You can always ask your significant other or a good friend to give you their honest opinion too."

Fasten your seatbelts

Blocked ears and long hours on a flight can make the journey cumbersome enough, and to even add on the stress of bad skin on an airplane, does not make the process any easier. "Our skin tends to become very dry and dehydrated on airplanes, especially the under eye area. It is essential to keep yourself hydrated on a flight by drinking lots of water. Carry a good moisturiser, and an under eye cream or serum, to apply while on the flight to keep the skin from feeling dry or itchy; not only does it give a sheen to the skin, but the pure oil ingredients in the serum calms ones skin. A good natural lip balm is another must," says Kamakshi Kumar, Co-founder, Mystic Valley.

Here, there and everywhere

In general, trying to keep up with as much of your regular skin-care routine as possible is ideal. If what you're doing is working, why change if you don't have to? For those who are trying to manage skin conditions while travelling, keeping your routine consistent is especially key.

You need to use products with the right ingredients that proactively create a barrier against environmental stressors. Dr Kiran Sethi Lohia, Founder and Director, Isya Aesthetics, shares her helpful hint, on how to maintain glowing skin even when we are travelling to areas with varied weather conditions.

"While you're on the beach, use a gentle face wash, since the sea can be very irritating; add in your dose of vitamin C serums, lots of sunblock, vaseline to protect against chafing, and a hydrating hair mask. When you step in areas with high humidity, avoid wearing heavy makeup. Rather, use salicylic acid cleansers to cleanse your pores, AHA based face wipes or masks to clarify the skin, sunblock and light gels to work as moisturisers. When the going gets cold and freezing, and you travel to spots that have a nip in the air, the weather can become very cold and dry. Herein, you need heavy moisturisers with ceramides in them, non-foaming cleansers, hydrating masks for dry skin, and a lip balm for regular use," explains Dr Kiran.

Eat your heart out

We've all heard the saying, 'you are what you eat'. It's a cliché, but consistently eating healthily can really help get you that radiant look. Eating the correct balance of foods will feed your skin the vital nutrients it needs, to keep it soft, supple and blemish-free. It is essential to keep your hunger pangs in control and not give in to the greasy indulgences that often lure your while travelling. "You should focus on foods that contain antioxidants, vitamins, and minerals—the choice depends on the geographic area of your travel, such as nuts, dry fruits, olives, fresh vegetables, olive oil in the Mediterranean. You can also opt for fruits as a snack alternative, and make sure to include plenty of oranges, apples, grapes and papayas in your diet," Dr Sangeeta Velaskar, Vice President of Medical Services and R&D at Kaya Clinic.