

<b>Target audience</b>	People who frequently fly or travel long distances
<b>Primary keyword</b>	long flight
<b>Average monthly searches</b>	4.4k
<b>Competition</b>	Low
<b>Supporting keywords</b>	Airplane (301k), skincare product (40.5k), hydrate (40.5k), skincare (301k), moisturizer (60.5k), sunscreen (110k), spf (27.1k), carry-on (33.1k), cleanser (49.5k).
<b>SEO title</b>	What You Can Do to Keep Your Skin Smooth During a Long Flight
<b>Meta description</b>	Learn how to combat the effects of dry cabin air and keep your skin looking healthy while traveling. Discover the best in-flight skincare routine.

## What You Can Do to Keep Your Skin Smooth During a Long Flight



Who said being trapped in an airplane for hours can't be glamorous? You may not be able to take a luxurious spa day mid-flight, but you can still look your best when stepping off the plane. With just a few simple steps, you can conquer the essential elements of air travel and keep your skin looking smooth, soft, and glowy during your trip.

In this post, we'll explore how to ace in-flight skincare and look magazine-model fresh even after 20+ hours of flight time. Get ready for some severe facts and helpful tips on protecting your skin from becoming dry and dull during air travel.

## **Pre-Flight: Preparing Your Skin for a Flight**

Let's face it, flying can be a bit of a bumpy ride. And just like getting shaken around on a roller coaster isn't great for your stomach, turbulence isn't good news for your skin, either. So, what can you do to prepare for the trip?

Starting with [double cleansing](#) is a great idea. It's a two-step approach to getting a deep-down clean – first, wash away the surface dirt with an oil-based cleanser, then use a water-based cleanser to remove any remaining residue and get everything ready for take-off.

No need to feel intimidated by this process – it will only take five minutes tops! After rinsing your skin with cool water, mix up a mask containing ingredients like honey and avocado. Put this on beforehand, so it has had time to dry out before you climb aboard.

## **How to Relax and Rejuvenate During the Flight**

Who said you have to look like a zombie on a long-haul flight? You can look and feel refreshed after every flight with simple tips. Here's how to relax and rejuvenate during the flight:

### **Sleep**

Even if your seat isn't comfortable, you can make the most of it with some good ol' fashioned shut-eye. It might take some getting used to—especially if you're not used to sleeping in public. But try popping in earplugs, closing your eyes, and relaxing your body until sleep takes over.

### **Do Light Exercise**

If sleep isn't your thing or if there are still several hours left on your trip, give yourself a little stress relief with light stretching or simple exercises. This is particularly helpful when confined to tight airplane quarters, as it helps keep your blood flowing, which helps reduce muscle fatigue and stiffness.

## **Post-Flight Skincare Routine for Maximum Freshness**

What is the best way to get freshly-pressed skin after a long flight? Use your in-flight skincare routine as skincare, then layer on the extra amenities. Sure, it's tempting to skip the post-flight skincare routine, but you'll thank yourself later when your skin still looks beautiful.

First things first: Get rid of the dirt and bacteria that can make their way into your pores when in the air. You may carry a travel-size of your favorite micellar water or cleanse your

skin with an alcohol- and fragrance-free wet wipe. Follow up with some toning and moisturizing, and don't forget to add sunscreen if you are sitting at the window seat or heading outside. Use lip balm to keep your lips moisturized.

If you're feeling exceptionally luxurious, try one of these post-flight skin care tips for maximum freshness:

- **Drink water:** Since dehydration is a big culprit for dry or dull-looking skin, stay hydrated.
- **Mask it up:** Applying a face mask after you land can help keep your skin from looking dull and lifeless by providing an extra boost of hydration.
- **Swipe on some eye cream:** Eye cream helps fight signs of aging like wrinkles and puffiness.
- **Mist away:** Investing in a facial mist will give you an added glow and help refresh your face throughout the day.

## Tips for Applying Makeup for an Airtight Look

With a few simple tricks, you can keep your skin looking great while on the go. If you're on a flight and want to apply makeup, there's nothing quite like an airtight look to keep it in place and your skin looking fabulous. Here are some tips for applying makeup during a flight:

### Hydrate your skin

Start with hydrated skin before you even think about makeup. This will help your foundation go on smoothly and help your complexion look fresh and healthy.

### Keep it minimal

When applying makeup during a flight, stick to the basics--mascara, concealer, and light blush or bronzer are all you need for enviable-looking skin. You don't want to overdo it. It can feel heavy in the air.

## Tips for Packing Skincare Products for Air Travel

If you stick to these rules, you can relax knowing that your skincare products will safely make it through the flight.

- If you're flying with liquids or gels, read the [TSA's instructions](#) before packing your skincare essentials. Remember that you can only check one bag per quart of liquid, gel, or aerosol and that each item must be no more than 3.4 ounces (100 milliliters) in size.

- Pack your items in travel-friendly containers to avoid hassle at airport security. You may either buy travel sizes of your skincare items or move them to smaller containers in preparation for your trip.
- Please put all liquids, gels, and aerosols in one transparent plastic quart-sized bag. You'll need to take the bag out of your carry-on and put it in a container for X-ray screening, so make sure it's sealed and easy to reach.
- Protective packaging must keep your skin care products intact and free of leaks and spills. You may use a cushioned suitcase, a plastic bag with a sealable top, or even a towel.
- Instead of putting your skincare items in your checked baggage, put them in your carry-on bag. In this manner, you can keep an eye on things and ensure they don't get lost or damaged in transportation while relaxing on your journey.

## **Final Thoughts**

Traveling can be a hassle, but maintaining your skin in-flight doesn't have to be. These simple tips allow you to look and feel your best right off the plane. And who knows, maybe you'll even turn some heads at the airport with your glowing complexion! After all, feeling confident and putting together wonders for your travel experience. So fly with your skincare routine in tow. Your skin will thank yourself later.