

ON LANDING

Here's how to reinvigorate body and mind when jet lag kicks in

APPLY CHARCOAL

About 50% of the air in the cabin is recycled. When combined with sluggish digestion, it leads to a build-up of toxins in the body and suffocates pores. Detoxifying charcoal is incredibly porous, attracting up to 100 times its own weight in impurities. Simply massage the Sanctuary Spa's Warming Detox Charcoal Wash, £9 [4], into the skin and rinse when it begins to lather – that's your cue that the charcoal has swallowed up all the grease and grime.

DRY BRUSH

Sitting still for prolonged periods causes blood flow to stagnate. Your lymphatic system also

becomes less effective at flushing out toxins and excess fluid – cue swollen legs and feet. "Using a dry brush, working up towards your heart from your toes will reinvigorate your circulation and help you eliminate toxins," says Noella Gabriel, co-founder of spa brand Elemis. The brand's Body Detox Skin Brush, £21, uses cactus bristles to create just the right amount of friction on the skin.

SOAK IN THE TUB

While bath salts have long claimed to detox skin with minerals, their real benefits may come from the salt's moisturising effects. A study at the University of Kiel in Germany found that participants with chronic dryness who bathed in sea salt for just 15 minutes had more hydrated and stronger skin for a full six weeks. L'Occitane

Aromachologie Relaxing Bath Salts, £16 [3], are laced with lavender, an essential oil proven to soothe an over-worked nervous system and put the body in a deep state of relaxation.

HELP SENSITIVE SKIN

By superficially dehydrating skin, dry cabin air can cause sensitivity and an increase in oil production. "Applying a cream rich in niacinamide can help," says Dr Bunting. "The B vitamin boosts ceramide production for added moisture but has anti-inflammatory benefits to suppress blemishes." Try Olay Regenerist 3 Point Age-Defying Night Cream, £29.99 [2], to jet-lagged skin.

TREAT HAIR

Post-plane hair is a combination of oily roots and frizzy ends. "The frizz is due to dry cabin air, exacerbated by static from the headrest," explains Thomas.

"If your face is overcompensating by producing more oil, so too will your scalp." Take a cocktail approach when you next wash your hair: use a detoxifying shampoo such as Philip Kingsley Moisture Balancing Shampoo, £12 [1], then leave a nourishing conditioner on your ends for two full minutes before rinsing.

GET YOUR KIT ON

Forget hotel gyms – go for an outdoor run the next morning. "Light combined with movement tells the body it's time to be awake," explains Dr Bunting. "This will help synchronise your body with the timeframe of your new environment."



WHICH WAY?

Match your skincare regime to your journey direction

Beating jet lag is fundamentally about getting the right amount of darkness and light at the right times to reset your body clock. And the direction and amount of time you fly will significantly impact it.

WEST TO EAST

Jet lag will be more severe travelling from west to east because by going forward in time, you are adding more hours of darkness, leading to less consistent sleep. The knock-on effect is a rise in anxiety and an increase in stress hormones. "Cortisol, in particular, is very sensitive to the circadian rhythm," says Marrone. "When you don't get enough sleep, your body releases

more of this hormone, which can break down skin-smoothing collagen." A cream like Kiehl's Midnight Recovery Concentrate, £36 [2], containing the double whammy of skin-replenishing fatty acids and soothing lavender oil, is a must for the sleep-deprived.

EAST TO WEST

Flying from east to west means you're adding hours of daylight, making your days longer. While this helps delay sleep, making it easier for your body to adjust, it shortens the time your skin has to renew itself at night. Instead, gentle exfoliation becomes key. Ole Henriksen Blue/Black Berry Enzyme Mask, £36 [1], uses fruit enzymes to slough away the top layer of dead skin cells to reveal fresh, glowing skin underneath.

SHORT-HAUL

While a flight of under four hours won't result in jet lag because you're rarely adjusting to a new time zone, aeroplanes are still moisture-sucking machines. Ditch face mists – for hydration at least. A common misconception is that a few hits will restore moisture when, in fact, the opposite is true.

"The droplets of water evaporate on contact with the skin and actually take surface moisture with them," warns Joss. Instead, keep Caudalie Beauty Elixir, £32 [4], with the invigorating scents of mint and rosemary, handy when landing for an instant burst of freshness.

LONG-HAUL

If your facial features look like they're dropping on a red-eye flight, you're not just imagining it. "There really is such a thing as 'plane face,'" says Joss. "Fluid retention, air pressure, dehydration and tense facial muscles can make your face look sunken." She's an advocate of massaging your face using rosehip oil (try Neal's Yard Remedies Rosehip Oil, £16 [3]) to lift facial muscles and drain away excess fluid. "Slide the knuckles of your forefinger and middle finger

along your jaw to stimulate the lymph nodes under the ears. Next sweep your thumbs under the cheekbones in a reverse 'c' shape to reposition your cheek muscles."

