

TRAVEL SMART TIPS

Keeping Your Cool During Long Airport Waits

(NAPSA)—Whether you're crossing time zones for an exotic vacation or flying home to see family and friends, those endless lines at airport security checks can make stress an unwanted traveling companion. The good news is knowing a few secrets about staying relaxed when flying can make your spirits soar.

One beneficial secret: the growing trend of airport spas.

"It's all about de-stressing and refreshing with quick, but effective beauty secrets," says Gina Stern, the owner of d-parture spa in Newark International Airport, which will be expanding to other airports nationwide.

Stern knows the secrets to getting gorgeous while on the go. Among her tried-and-true favorites:

Delayed, But De-stressed

Don't get anxious over delayed or cancelled flights. Instead, tackle basic grooming essentials. For example, d-parture spa offers services that require the minimum time investment with maximum results. Relieve tension with a 20-minute neck and shoulder massage, and then have a quick manicure and eyebrow wax.

Another trick: pack a calming homeopathic oral spray for an instant boost to the system. This can also help ease the pain of flying with a hangover or jetting from one time zone to another. When finally boarding or exiting the plane, you'll look and feel as if you've been pampered all day.

Look Healthy and Smile

Not heading to a warm climate any time soon? Use a self-tanner to get healthy, sun-kissed looking skin. After achieving an instant glow, enhance it with a bright,



GETTING GORGEOUS ON THE GO—A massage at an airport spa to relieve tension may be one of the secrets.

white smile by using the latest beauty secret—new Crest Whitestrips Premium. Clinically proven to take off up to 14 years of stain build-up in just seven days, it helps you have a whiter, more youthful smile in just one week.

Save Your Skin

Traveling during the winter weather is hard and drying on skin, but there are many beauty tips to keep skin flawless while flying. Hydrate with a water spritzer and be sure to use an age-defying moisturizer. Other essentials for protecting skin are antioxidants packed with vitamins and nutrients. So even if you don't sleep on the plane, skin will be nourished and healthy.

Beauty may be in the eyes of the beholder, but it can also be found by those who hold on to their beauty regimen when they travel.