



Wellness Travel Guide

BOOST YOUR HEALTH WHILE TRAVELING





While the sophisticated era of jet-set travel may be long gone, you can craft your way to travel well and cultivate a mindset for easy travel.

With just a little planning and preparation, you can assemble your own personalized wellness travel toolkit with tips and tricks. Because vitality and health is the ultimate luxury.

Here you'll find the best items to pack in your carry-on to land rested, healthy, fresh, and nourished. Boost your health and wellness, so you are energetic and good to go. Caring for yourself is just about as glamorous as it gets!

Here's to traveling well.

Bon voyage!

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01 | SOUND SAFETY

Peace and quiet are prerequisites for rest. Planes are noisy.

People are noisy. Traveling is noisy. If you want to rest, you need to eliminate distracting sounds.

Boules Quies Natural Pure Wax Ear Plugs are outstanding.

A tremendous French pharmacy finds, these fit any size ears, so they effectively block out snores and coughs and all other disrupting traveling sounds.

If earplugs aren't your thing, check out the noise-canceling headphones from Sony, from Bose or Bowers & Wilkins - all are excellent.

Boules Quies Ear Plugs | [purchase here](#)

Bose Headphones | [purchase here](#)

Bowers & Wilkins Headphones | [purchase here](#)

Sony Headphones | [purchase here](#)



02 | LIGHT ELIMINATORS

Next, you want to block out the light so you can sleep and reset your body. Many airlines provide eye masks, but bringing your own ensures you have a cover that fits and works.

The Holistic Health Lavender Mask, with its adjustable strap, is elegant. The embroidery gives it a very classic touch, and the lavender is soothing. For a more modern style in a variety of colors, consider this Slip Silk Sleep Mask. Lunya offers a beautiful silk sleep mask with great coverage too.

Holistic Health Lavender Mask | [purchase here](#)

Lunya Sleep Mask | [purchase here](#)

Slip Silk Sleep Mask | [purchase here](#)



03 | MEDITATION & SLEEP STORIES

Calm provides wonderful sleep stories that soothe you to sleep, in addition to daily meditations. Even more fun are those that guide you on a train trip like the Blue Train or the Orient Express. They also offer masterclasses on peak performances, happiness, rest, mindful eating, and more.

Insight Timer offers over 35,000 guided meditations for free, so there's something for everything and everyone, including anxiety about flying, sleep meditations, sleep music, and soundscapes.

Be sure to download your selection before takeoff as Wi-Fi is not always available, especially on International flights.

Calm App | [download here](#)

Insight Timer App | [download here](#)



04 | HEADREST

Ahhh, the elusive, effective travel pillow.

The Infinity Pillow by Huzi Design is my current favorite - mostly because of the variety of ways I can use it. Admittedly, it's cumbersome to pack.

My second favorite is this Trtl Pillow Plus because it's easily packable and has a breathable mesh. Whether you have a neck as long and elegant as Gwyneth in Emma or a shorter neck like mine, you can easily adjust the support to fit your body. Their original version, the Trtl Pillow is smaller and also adjustable but can get a bit warm with the fleece. All of these are machine-washable.

Infinity Pillow by Huzi Design | [purchase here](#)

Trtl Pillow Plus | [purchase here](#)

Trtl Pillow | [purchase here](#)



05 | CLEAN HANDS

The best way to stay healthy on the go is to keep our hands clean. Hand sanitizers that absorb quickly are gold. Here are three that I love:

Try EO Essential Oil organic hand sanitizer spray with a lavender scent.

Dr. Bronner's Organic Lavender Hand Sanitizer is another terrific one.

Aēsop's Resurrection Rinse-Free Hand Wash is an alcohol-based formulation, but it still has hydrating properties and smells delicious.

EO Essential Oil Organic Hand Sanitizer | [purchase here](#)

Dr. Bronner's Organic Lavender Hand Sanitizer | [purchase here](#)

Aēsop's Resurrection Rinse-Free Hand Wash | [purchase here](#)



06 | ALKALIZING & ANTIOXIDANT SUPPORT

Maintaining an alkaline state in our bodies while traveling helps hydration and digestion - better than plain water. The best way to do this is to eat our green vegetables, but that's not always easy or safe when abroad.

Detox Water Drops from Sakara will support your Immune system. With just a few drops in a glass of water, you'll get the healing power of greens, and specifically chlorophyll, a green plant molecule that serves as a toxin defense.

Amazing Grass Green Superfood Tablets come in several flavors and provides alkalizing greens and antioxidants; the Strawberry Lemonade Flavor is yummy. Their Amazing Grass Green Superfood Variety Pack is a terrific way to get a "green juice" on the go, simply by mixing these blends with water.

Sakara Detox Water Drops | [purchase here](#)

Amazing Grass Green Superfood Tablets | [purchase here](#)

Amazing Grass Green Superfood Variety Pack | [purchase here](#)

_____ tools to ensure that you arrive with vitality



07 | CIRCULATION SUPPORT

Good circulation is the lifeblood (pun intended) of good health. I would not fly without a pair of compression socks because they help increase blood flow and reduce the risk of swelling.

Support socks by Comrad come in a variety of styles and colors. The "taping design" in the compression socks from Blitzu is an added feature for support.

For more stylish options in compression tights and socks, [here's a summary of more options from Vogue.](#)

Comrad Support Socks | [purchase here](#)

Blitzu Compression Socks | [purchase here](#)



08 | MENTAL HEALTH

Reduce the physical and emotional strain of travel with aromatherapy. So an essential oil travel kit is a necessary item in my bag. If you are interested in securing high-grade essential oils, [click here](#) - quality matters.

Here are the oils that are always in my kit:

- AromaTouch is a blend to promote relaxation and reduce stress and tension. Add to a salt bath upon arrival also.
- Balance is invaluable for the anxiety and distress of travel. Dab drops on the soles of feet or inside the wrist.
- Frankincense supports the immune system and can help with fatigue and headaches.
- Lavender heals skin irritations such as rashes, burns, or cuts and also improves sleep and relieves stress.
- Peppermint to freshen my breath and revitalize sore feet and as a bug repellent too!
- Digest Zen can help with motion sickness and stomach ails.

Be mindful of your neighbors. Essential oils emit strong aromas that may affect or irritate others, so do not open them while on the plane. Try to use it before boarding or put it on a terra-cotta pendant or paper tissue.

tools to ensure that you arrive energized



09 | MAKEUP REMOVER

Removing makeup helps prevent breakouts and provides a clean surface for moisturizing products.

Burt's Bees Facial Cleanser Towelettes is fragrant-free, clean, and suitable for sensitive skin. ThisWorks In Transit No Traces infuses their cleansing pads with rosewater and mint, which is lovely. Those are my two favorites.

And then to reapply before landing, pack just a few makeup items such as tinted moisturizer, mascara, lipstick (to use on cheeks as well), concealer, and bronzer for eyeshadow and contouring.

Burt's Bees Facial Cleanser Towelettes | [purchase here](#)

ThisWorks In Transit No Traces | [purchase here](#)



10 | FACE OILS & HYDRATION

The air in airplanes is so dry that after I remove my makeup, I apply face oil. There are four skincare items I love to keep my face fresh and dewy.

Dermalogica Phyto Replenish Oil is pricey, but you only need 4-5 drops. Feathery-light in texture, this oil not only hydrates but also shields. If you prefer a light moisturizer that will also improve texture, try Eborian Korean Ginseng Milk. Weleda Skin Food is a vibrant formula that absorbs well and is excellent for dry patches on the face and the body.

Planes are a terrific time to do a hydrating mask; you've plenty of time to allow all the goodness to sink in. Eau Thermale Avène's Soothing Moisture Mask is a creamy mask for dry, stressed skin, created to address dehydration, loss of elasticity, and tiredness. Sisley's Express Flower Gel is an indulgent pick me up that smells delicious. And Darphin's Youthful Radiance Camellia Mask is a lightweight mask that brightens and boosts your complexion.

Dermalogica Phyto Replenish Oil | [purchase here](#)

Eborian Korean Ginseng Milk | [purchase here](#)

Weleda Skin Food | [purchase here](#)

Eau Thermale Avène's Soothing Moisture Mask | [purchase here](#)

Sisley's Express Flower Gel | [purchase here](#)

Darphin's Aromatic Purifying Balm | [purchase here](#)



11 | FACE OILS & HYDRATION CTND

Lips get dry too, so pack some lip balm. Raw Elements' All Natural Herbal Rescue Balm uses sage and eucalyptus in their protective formula and - bonus - comes in biodegradable packaging. SkinCeuticals' Antioxidant Lip Repair promotes collagen as well as hydrates.

Finally, when preparing to land and before reapplying makeup, a hydrating facial mist will let you exhale and uplift you. Koh Gen Do's Refresh Skin Spray helps to hydrate, calm and revitalize. For a hydrating mist with a bit of aromatherapy, check out Pratima Skincare's Ratrani Rose Replenishing Mist. This pure organic mist of Ayurvedic essences includes calming Kewda and the highly therapeutic Ratrani flower, that only blooms at night. It's yummy.

Raw Elements' Rescue Balm | [purchase here](#)

SkinCeuticals' Antioxidant Lip Repair | [purchase here](#)

Koh Gen Do's Refresh Skin Spray | [purchase here](#)

Pratima Skincare's Ratrani Rose Replenishing Mist | [purchase here](#)

tools to ensure that you arrive invigorated



12 | BODY REFRESHERS

Yuni Beauty Shower Sheets are a fantastic original product that cleanses, refreshes, and deodorizes your body. The light scent is a very clean aroma that'll refresh and awaken you. Whether you are sweaty from dashing to the gate or wish for a pick me up after a snooze in your seat, these body sheets are a must-have for your carry-on.

Yuni Beauty Shower Sheets | [purchase here](#)



13 | DENTAL CARE

Bamboo toothbrushes are eco-friendly and plastic, BPA-free bristles that help to protect the environment. Leafico makes theirs with charcoal-infused bristles that will naturally whiten your teeth too. Pair with a floss which is also made from organic bamboo with tea tree and peppermint essential oil and also comes in a small glass jar.

Dr. Bronner's Peppermint All-One Toothpaste is a great clean choice. Or Jason Powersmile Whitening Paste is another gentle polisher with botanicals.

For those who enjoy the daily Ayurvedic practice of oil pulling, Banyan Botanicals offers mint-flavored travel packets. Just remember not to spit this into a sink as the oil will clog a pipe (the trash is better). After, rinse your mouth with warm water.

Dr. H & Co. offers a travel-size mouthwash with aloe vera, holy basil, tea tree, peppermint, and cinnamon oil.

Leafico Bamboo Toothbrush | [purchase here](#)

Leafico Dental Floss | [purchase here](#)

Dr. Bronner Peppermint Toothpaste | [purchase here](#)

Jason Powersmile Whitening Paste | [purchase here](#)

Banyan Botanicals Oil Pulling Packets | [purchase here](#)

Dr. H & Co. Mouthwash | [purchase here](#)



14 | BEFORE YOU BOARD

An optimal travel experience begins before you depart by avoiding alcohol and caffeine, which can dehydrate you and hinder your rest. Before you leave, aim to eat lighter meals to help with easy digestion.

If you've got an evening flight, a meal with protein and complex carbohydrates boosts sleep. Plus, doing so can set you up for intermittent fasting, stabilize your body clock, and reduce jet lag in your new time zone.

Download two apps to help you find local healthy food. Happy Cow will help you find vegan food resources in over 180 countries. Vanilla Bean is another excellent restaurant resource, and you can filter by gluten-free or lactose-free too. App links are in the footer of their home page.

Happy Cow App | [download here](#)

Vanilla Bean App | [download here](#)



15 | PACK FATS & PROTEINS

Airports can seem like food deserts or like quicksand with the aromas of sticky cinnamon buns. Yet airports are getting better and easier to navigate with a little know-how. Fruit such as apples or bananas are always available, so bring packets of coconut butter or macadamia nut butter to eat with fruit. That'll provide a boost of filling, healthy fat. (Artisana is a great brand.)

In case of unexpected travel delays, be prepared with a few protein food bars. Not all protein bars are created equal. Many have sugars or added preservatives. These bars have few ingredients and are clean - Pure Organic, GoMacro, Raw Revolution, and Go Raw.

Consider assembling your own trail mix of nuts (such as organic almonds, walnuts, Brazil nuts, or macadamia nuts) and add dried fruits (such as organic raisins, dates, goji berries or dried apricots). If you like chocolate, adding a bit of cacao powder is a treat. Finally, an excellent protein source for on the go is jerky. Yep, jerky. Don't knock it until you've tried it. Krave is a natural brand and also grass-fed and delicious.

Go Macro Protein Bar | [purchase here](#)

Raw Revolution Protein Bar | [purchase here](#)

GoRaw Protein Bar | [purchase here](#)

Artisana Butters | [purchase here](#)

Krave Jerkys | [purchase here](#)



16 | MEDICINAL HOT DRINKS

I never leave home without my own tea. Teas can be medicinal and support hydration and digestion, both of which are under strain when flying, especially.

— Ginger tea for inflammation and muscle pain and stomach upset. This one is so yummy and tastes fresh.

— Peppermint tea is the stomach healer and aids digestion. It can help with stomach aches and pains, gas, indigestion, heartburn, and diarrhea.

— Green tea helps stabilize blood sugar and reduce blood clotting, so it is excellent to drink on long-haul flights.

If you drink loose leaf tea, tea bag filters are clean and easy to use when on the go. I am partial to them because they produce a richer flavor.

Finally, Four Sigmatic now offers a wide variety of delicious mushroom blends, which I also love.

Ginger Tea | [purchase here](#)

Medicinal Teas | [purchase here](#)

Tea Bag Filters | [purchase here](#)

Four Sigmatic Mushroom Blends | [purchase here](#)



17 | WATER BOTTLES

Wellness entails care for our planet, so be sure to pack a water bottle, so you don't have to buy a plastic bottle after you go through the security checkpoint. You want one that is lightweight, easy to clean, and free of chemicals like BPA and phthalates.

Zojirushi's Stainless Steel Mug comes in a variety of elegant colors. Hydaway makes a nice collapsible water bottle, also in many colors, that comes with a travel case that includes a clip. Nomader Collapsible Water Bottle holds 22 ounces and is durable and even dishwasher safe.

If you are traveling to a part of the world where the water may be unsafe, Grayl's Ultralight Water Purifier + Filter Bottle will clean your water to remove germs, bacteria, viruses, sediment, and chemicals. It's pricey but worth it for that purifying on the go. You could also get water purification tablets to disinfect contaminated or questionable water.

Zojirushi's Stainless Steel Mug | [purchase here](#)

Hydaway Collapsible Water Bottle | [purchase here](#)

Nomader Collapsible Water Bottle | [purchase here](#)

Grayl Water Purifier + Filter Bottle | [purchase here](#)

Potable Aqua Water Purification Tablets | [purchase here](#)



18 | CHEWING GUM

To prevent ears from popping on ascent or descent, pack sugarless, chemical-free chewing gum.

Two to try are Glee Gum Peppermint Chewing Gum and Pür gum, which is aspartame-free and available in numerous flavors (including bubble gum, pomegranate mint, and chocolate mint).

Glee Gum | [purchase here](#)

Pür gum | [purchase here](#)

The Ultimate Wellness Carry-On List

Sleep QTY

- Change of clothes
- Eye mask
- Headphones
- Warm scarf or blanket
- Travel pillow
- Wax earplugs
- Cozy socks

Skin Care QTY

- Face mask
- Face oil or moisturizer
- Hand moisturizer
- Hand sanitizer
- Lip balm
- Makeup remover wipes
- Makeup kit

Nourishment QTY

- Coconut or nut butters
- Dried fruit
- Almonds or nut mix
- Jerkys
- Protein bars
- Tea bags or leaves
- Water bottle

Health & Immunity QTY

- Antioxidant support
- Chewing gum & mints
- Compression socks
- Essential oil kit
- Eye drops
- Medication
- Vitamins

Electronics QTY

- Battery boosters
- Book or e-reader
- Camera & memory cards
- Chargers (international)
- Food resource apps
- Download meditations
- Destination guides
- Journal & pen
- Laptop / tablet
- Music, movies, podcasts

Personal Care QTY

- Contact lenses & solution
- Deodorant & body wipes
- Glasses
- Hair brush & accessories
- Toothbrush, paste, floss

Don't forget! QTY

- Cash & credit cards
- Health insurance card
- Secure international mobile rates
- Passport, visas, ID
- Printed travel docs
- Copy of passport
- Copy of travel insurance

“Travel makes one modest. You see what
a tiny place you occupy in the world.”

