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Eva Longoria
Answers Your Questions About Fashion, Makeup & The Single Life

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READY, SET, GO!

Arid air. Dirty blankets. And don't even get us started on airplane food. Four **health and beauty pros** share their tricks for feeling great—and looking your best—at 35,000 feet



WHAT'S IN MY CARRY-ON

THE DERMATOLOGIST

Having a practice in N.Y.C., a husband in Toronto, and clients across the world, **Dr. Lisa Aïran** spends a lot of time in the air—and still looks radiant. Her secret weapon on long flights: Advil PM. "I'll take one and sleep great," she says. "Dark circles are hereditary but look worse if you're tired."



MAKEUP WIPES You wouldn't go to bed without taking off your makeup, and the same rule applies up in the air, says Dr. Aïran, who packs a stash of Serge Lutens wipes for overnight flights. "Airplane bathrooms are so nasty, who wants to go in there to wash your face?" Serge Lutens eye makeup remover pads, \$35; barneys.com.

COZY BLANKIE "I read a disturbing study about the bacterial count on airline blankets," says Dr. Aïran. "Some carriers don't even bother to wash them. They can cause breakouts and allergies—and I don't want anything with that potential anywhere near my skin." Instead, she travels with an Armand Diradourian cashmere blanket. "It's so compact, it doesn't take up any room in my bag, but it keeps me really warm." Armand Diradourian cashmere blanket, \$495; 415-922-7276.

FACE MIST Dr. Aïran pulls out the water when she craves an instant quencher—for her parched face, that is. "I tote a little atomizer of Avène Thermal spring water and just spritz it on whenever my skin starts to feel dry and tight," she says. "It provides a surge of moisture without disrupting my makeup." Avène Thermal spring water, \$7/1.76 oz.; aveneusa.com.

HAND CREAM Dry cabin conditions plus frequent sudsing leave hands rough and chapped, says Dr. Aïran, who tries to avoid using harsh, alcohol-based sanitizers. She slathers on Clarins Age-Control Hand Lotion after every cleanup to keep skin supple. Clarins Age-Control hand lotion SPF 15, \$30; clarinsusa.com.

SUNSCREEN Got a window seat? Be prepared. "UV rays penetrate glass, so you're still vulnerable to sun damage when you fly," says Dr. Aïran. That's why her carry-on always contains a TSA-friendly tube of Ocean Potion SPF 50. "It's a lightweight lotion that also moisturizes." For extra insurance she usually closes the shade. Ocean Potion Cool Dry Touch Sport, \$5; at drugstores.

TRAVEL TIP

Pimple? Dab on a salicylic acid treatment (like Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish), then don't touch. Messing with a spot on a germ-free plane will only inflame it.

Leather passport holder, Graphic image, \$48; graphicimage.com.