

Take Your Beauty Regimen On The Road

(NAPSA)—Whether you're planning to spend a relaxing week at the beach or to explore a foreign country, don't forget that you still have to care for your skin and prepare your body for the changes that are synonymous with travel—climate, food, water, time zone and familiar routines.

The experts from Olay offer five tips to maintain a “healthy, all-over” beauty regimen while traveling:

- **Hydrate:** Avoid alcohol and caffeine, especially during flights, which cause dehydration. Instead, drink at least 8 ounces of water every hour or alternate with a healthy drink like orange or low-sodium vegetable juice. Skin gets thirsty too, so remember the moisturizer.

- **Protect:** Don't forget the sunscreen! While exploring new destinations, you'll be susceptible to increased sun exposure. One way to ensure you never forget the sunscreen is to use a facial moisturizer with added SPF 15. Keep in mind that the sun's rays penetrate through window glass, so be certain the moisturizer has both UVA and UVB protection.

- **Exercise:** During long trips on a plane or train, get up, walk around and stretch every few hours to avoid cramping and increase blood flow. For the upper body, try shoulder rolls and overhead arm stretches. For the lower body, try ankle circles, heel raises and knee bends. These stretches are also perfect for lengthy car trips.

- **Eat:** A healthy snack will keep you energized and help avoid a junk-food binge later in the day. Carry a bag of trail mix, a protein bar or a piece of fruit like an apple or banana just in case you get stuck somewhere and food is not available.



- **Cleanse:** It is especially important to maintain your beauty regimen when you travel to sustain continuity in skin's condition. Continue your regular skin-care routine and don't sacrifice quality just because you are traveling. Pack products that are easy to use and offer multiple benefits to save both time and space. Olay Daily Facials are dry, lathering disposable cleansing cloths that remove make-up, cleanse, gently exfoliate and condition skin in one easy step. Now available in a convenient travel pack container, these are perfect for taking your beauty routine on the road.

“Don't be neglectful—continue to do what you do at home—wash, exfoliate, moisturize and wear sunblock,” says Dermatologist Mary Gail Mercurio. “Bring your own supplies, as substitutions may contain ingredients that will not bode well for your skin.”

So, no matter where your travels take you, don't forget that it is just as important to care for yourself on vacation as it is at home. Sunscreen, fluids, a healthy diet, exercise and a multi-beneficial facial cleanser will help ease both your skin and body into the new environment and help maintain overall health and beauty for a more enjoyable trip.