

Beauty Passport

LONG-HAUL FLIGHT ATTENDANTS REVEAL THE ESSENTIALS THAT COMBAT JET LAG AND STALE CABIN AIR

By Maureen Choi



AIR NEW ZEALAND



Tesia Marino, long-haul flight attendant of ANZ, relies on a healthy diet and natural products from home to look great. "Eating antioxidant-rich foods like blueberries plumps up my dry skin and gives me energy to beat jet lag."

■ Nature's Beauty Aloe Vera Soothing Gel With Manuka Honey, \$12: "This is meant for sunburns, but I use it in-flight to calm dry, irritated patches on my hands."

■ Parris Thermal Mud Face Mask, \$21: "Extreme climate changes make me break out, so I use Manuka honey—it's antibacterial—from the grocer as a spot treatment and this antiseptic mask to keep my pores clear."

■ Trilogy Face Care Vital Moisturising Cream, \$44: "This rose-hip-oil-infused cream injects some serious hydration into my skin."

