



flying first-aid

PROBLEM **weakening of the immune system**

FIRST-AID Focus on building up your immune system with nutritional supplements about a week before travel. Take a multivitamin and add supplements to activate your immune system such as medicinal mushrooms. Boost immunity with antioxidants like Vitamin C.

PROBLEM **a dodgy stomach**

FIRST-AID Certain aromatic herbs foster increased digestive secretions. This allows the body to adjust to new foods. A useful combination is galangal, long pepper, cardamom and cinnamon. Ingest before each meal starting a few days before travel and during the trip.

PROBLEM **catching infections**

FIRST-AID Bacterial, viral and parasitic infections can occur when exposed to questionable sanitary conditions. Probiotics (in high dosages) and grapefruit extract can help protect the intestines. Artemisinin is good for preventing parasitic infections.

Flying long-haul can play havoc with your health. **YANNI TAN** provides an essential guide to flight relief.

PROBLEM **dehydrated skin**

FIRST-AID The humidity in an airplane is about half of what your skin is used to on the ground, says Dr Eileen Tan, consultant dermatologist at Eileen Tan Skin, Laser and Hair Transplant Clinic. And, low humidity may cause skin dryness and discomfort in the mouth, nose and other exposed skin. So slap on a moisturiser every three to four hours, and skip the makeup. If you have eczema, take a gentle non-soap cleanser and moisturiser. Instant cooling and rehydrating 15-minute eye masks from SK-II, Estee Lauder, Lanciege and Beaute de Kose do wonders. Water sprays are a flight essential to re-hydrate – Evian and Laura Mercier provide great ones. Don't forget to drink plenty of water and avoid alcohol and caffeine as these diuretics dehydrate you further.

PROBLEM **bad air**

FIRST-AID Breathing fresh air is important in order to avoid airborne pathogens. The best way to ensure

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