

Essential Travel Health And Beauty Tips From Haute Beauty Experts For Your Summer Vacation

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July is the peak of summer, and with it comes the excitement of vacation getaways and travel adventures. Whether you're heading to a tropical beach, exploring a bustling city, or enjoying a serene mountain retreat, maintaining your health and beauty routines while on the go can be challenging. To help you look and feel your best, we asked our Haute Beauty experts for their top travel health and beauty tips. From skincare advice to wellness practices, discover their professional recommendations to ensure you stay radiant and revitalized throughout your summer travels.

Dr. Nammy Patel, Green Dentistry | Smile | San Francisco, CA

Summer vacations are a time for fun and relaxation, but it's important to maintain your oral and beauty routines even while on the go. Here are some essential tips to help you stay radiant during your summer adventures.

Oral Care Essentials:

- **Pre-Trip Cleaning:** Get a professional dental cleaning before you go to ensure a bright smile for all your selfies!
- **Pack Smart:** Include a travel-sized toothbrush and toothpaste in your bag.

- **Protect Your Toothbrush:** Use a breathable travel case to keep your toothbrush clean and dry. Avoid airtight containers where bacteria can grow.
- **Stay Hydrated:** Drinking plenty of water helps rinse away food particles and bacteria, maintaining oral hygiene.
- **Rinse After Eating:** If brushing isn't possible, rinse your mouth with water to remove food particles and neutralize acids.

Skincare and Beauty Tips:

- **Silk Pillowcase:** Bring a silk pillowcase to protect your skin and hair. Silk reduces friction, preventing hair breakage and minimizing skin creases, keeping your hair smooth and your skin radiant.
- **Sun Protection:** Always use a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours and after swimming or sweating. Don't forget to protect your lips with an SPF lip balm.
- **Stay Moisturized:** Use a lightweight moisturizer to keep your skin hydrated. Consider using a soothing aloe vera gel after sun exposure to cool and nourish your skin.
- **Simplify Your Routine:** Stick to a simple skincare routine with a gentle cleanser, moisturizer, and sunscreen. Travel-friendly sizes of your favorite products are ideal.
- **Hydrate Your Skin:** Drink lots of water to keep your skin hydrated from within, helping to maintain its natural glow. Substitute a glass of wine with club soda and bitters.
- **Hydrating Mist:** Carry a hydrating facial mist infused with natural ingredients like rose water or aloe vera. It's perfect for refreshing and moisturizing your skin during long flights or hot days.
- **Essential Oils:** Use essential oils like lavender or tea tree oil for multiple purposes. They can serve as natural remedies for skin irritations, and insect bites, or even as a fragrant perfume alternative.
- **Coconut Oil:** A small jar of coconut oil is a versatile beauty product. It can be used as a moisturizer, makeup remover, hair conditioner, and even a soothing balm for sunburned skin.

Hair Care:

- **Protect Your Hair:** Use a hat or scarf to shield your hair from sun damage. Consider using a leave-in conditioner with UV protection.
- **Minimal Styling:** Embrace natural hairstyles to reduce heat damage from styling tools. Braids, buns, or ponytails are great options for a chic, low-maintenance look.

Overall Wellness:

- **Stay Active:** Incorporate physical activities into your vacation, like walking tours, swimming, or hiking. Staying active helps you feel energized and maintain your fitness.

- **Rest Well:** Ensure you get enough sleep each night. Proper rest is essential for overall health and maintaining a fresh appearance.

For more information, visit Green Dentistry's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Michael Gartner | Face & Body | New Jersey

Health Tips:

1. **Stay Hydrated:** Drink plenty of water to counteract the dehydrating effects of travel.
2. **Protect Against UV Rays:** Use sunscreen with at least SPF 30, wear a hat, and use UV-protection sunglasses to prevent sunburn and skin damage.
3. **Stay Active:** Incorporate physical activity, like walking or simple exercises, into your daily routine.
4. **Eat Healthy:** Choose nutritious meals and snacks, focusing on fresh fruits, vegetables, and lean proteins.
5. **Sleep Well:** Maintain a regular sleep schedule and create a restful environment with earplugs and eye masks.

Beauty Tips:

1. **Moisturize:** Use a good moisturizer to keep your skin hydrated, especially after sun exposure.
2. **Simplify Skincare:** Pack travel-sized essentials to keep your skincare routine consistent.
3. **Avoid Heavy Makeup:** Opt for lightweight or minimal makeup, like tinted moisturizers with SPF.
4. **Hair Care:** Protect your hair with leave-in conditioners or hair masks, and consider wearing a hat.
5. **Stay Fresh:** Carry travel-sized toiletries, wet wipes, and a facial mist to stay refreshed.

These tips help maintain your health and beauty during your summer vacation.

For more information, visit Dr. Gartner's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Ralph Garramone | Body | Fort Myers

Firstly, sunscreen is non-negotiable. Even if you have not recently had a procedure, you should always apply an SPF 50 or higher, especially on exposed skin, to protect your skin from the harmful penetration of UV rays. Wearing sunglasses at all times when exposed to sunlight is crucial for wrinkle prevention, especially in the crow's feet area, and you must always protect your eyes.

Next, keeping yourself hydrated is vital during the summer months. Adding water-rich, organic fruits, and vegetables like cucumbers, tomatoes, and watermelons to your diet can help keep your skin hydrated and healthy. Treat yourself to a vitamin-infused IV, drink plenty of water, and follow a well-balanced diet.

Medical-grade skincare products that include hydration and regenerating growth factor agents are highly recommended. Vitamin C and ferulic acid are two of my favorites to keep sun damage minimized. Look for products that contain hyaluronic acid, a compound that holds moisture in the skin and promotes a firm and plump appearance. Retinol treatments offer anti-aging benefits like improved skin texture and reduced fine lines and will help enhance skin tone.

Lastly, should you have undergone any surgical procedures, keeping incisions clean and dry is crucial. Even more so, avoid swimming in pools, the ocean, or hot tubs to prevent infections.

For more information, visit Dr. Garramone's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Sarah Khan, ARA Med Spa | Medical Spa | Los Angeles, CA

The summer sun brings exciting adventures around the world, and the added responsibility to protect your skin from the sun to prevent skin damage and increased risk of skin cancer. Common summer sun-related skin concerns include sunburn, sun allergy, skin dryness, and irritation.

Sunburn is redness, pain, and inflammation that occurs after sun exposure. Prevention tips for sunburn include wearing long-sleeved clothing and wide-brimmed hats, applying SPF 30+ and water-resistant SPF so it can continue to protect you during water activities.

Sun allergy is an allergic response to sun exposure which can manifest as hives or an itchy red scaly rash and bumps and rarely blisters can occur. Top tips for preventing this include avoiding direct sun exposure (if possible), wearing long-sleeved clothing and wide-brimmed hats, and applying SPF 30 with water resistance. Certain medications can predispose individuals to allergic sun response, for example, antibiotics and pain medications.

After sunburn and sun allergy, the top treatment tips mentioned by the American Academy of Dermatology include cool baths or showers, applying moisturizers containing aloe vera, soy, chamomile, or a chamomile oat bath, taking aspirin or ibuprofen for discomfort, drinking extra water for hydration.

Skin dryness and irritation are common in summer despite humidity in the summer months, most likely related to strong air conditioners as they extract moisture from the air. Tips to combat dry skin include regular moisturizing with an oil-based moisturizer such as with hyaluronic acid, glycerin, or ceramides. Also, try to position yourself far away from the air conditioning vents if possible, wear loose clothing indoors to act as a barrier, and use a humidifier to replenish moisture in the air.

For more information, visit ARA Med Spa's [website](#), [Instagram](#), or [Facebook](#)!

Flawless by Melissa Fox | Day Spa | Coral Gables, FL

July is a peak month for summer vacations and fun in the sun. Celebrity esthetician Melissa Fox chimes in on some travel health and beauty tips to keep you glowing on your summer trip.

- Eat your water. Drinking an adequate amount of water every day is important to our health. Eating plenty of fruits and vegetables during travel is essential for maintaining hydration in our skin and body.
- Bring face masks. Plane travel and beach days can dehydrate your skin. Whether it's a sheet or creme mask, take advantage of slow vacation day mornings to replenish the skin.
- Travel with a hypochlorous acid mist. Misting your skin during plane travel is a great way to keep the skin balanced in the air. A hypochlorous acid mist is the best nontoxic way to kill bacteria on the skin and hands. Also, great for kids to use too.

For more information, visit Flawless by Melissa Fox's [website](#), [Instagram](#), or [Facebook](#)!

Iani Silveira, [Bella Vida Aesthetics & Wellness](#) | Medical Spa | Miami, FL

1. Sun Protection:

- Use a broad-spectrum sunscreen with SPF 30 or higher, and reapply every 2 hours or after swimming/sweating.
- Wear protective clothing, hats, and sunglasses to shield yourself from UV rays.

2. Hydration:

- Drink plenty of water to stay hydrated, especially in hot climates.
- Carry a reusable water bottle to ensure access to water throughout your travels.

3. Skincare Routine:

- Cleanse your face twice daily to remove sweat, dirt, and sunscreen buildup.
- Use a lightweight, non-comedogenic moisturizer to keep your skin hydrated without clogging pores.
- avoid retinol if you are being exposed to the sun.

4. Avoid Over-Exfoliation:

- Limit exfoliation to once or twice a week to prevent irritation and sun sensitivity.
- Opt for gentle exfoliants suitable for your skin type.

5. Sleep and Rest:

- Get adequate sleep to allow your skin time to repair and rejuvenate.
- Take breaks during travel to rest and recharge.

6. Travel-Sized Products:

- Pack travel-sized skincare products to comply with airline regulations and minimize luggage weight.
- Consider solid or powder-based products to avoid spills and leaks.

7. Stay Cool:

- Avoid prolonged exposure to extreme heat to prevent heat exhaustion or heatstroke.
- Seek shade during peak sun hours (10 AM to 4 PM).

By following these tips, you can enjoy your summer travels while maintaining healthy skin and overall well-being. Safe and happy travels!

For more information, visit Bella Vida Aesthetics & Wellness's [website](#), [Instagram](#), or [Facebook](#)!

Victoria A. Cirillo-Hyland, MD, FAAD | Skin | Philadelphia, PA

Wearing sunscreen is the best advice I can give my patient to prevent sunburn, formation of skin cancers, and premature aging. After both invasive and non-invasive cosmetic procedures, the skin is more vulnerable to damage from the sun. Treated areas that are red can rapidly turn brown and take months to fade. We recommend using a physical sunscreen (zinc oxide, titanium dioxide) after cosmetic procedures as they are gentle on treated skin.

You don't have to stay out of the sun to be safe. Just remember to:

- **Slip** on protective clothing.
- **Slop** on sunscreen with SPF 30+.
- **Slap** on a hat with a wide brim to shade the head, face, ears, and neck.
- **Seek** shade or shelter, especially during midday hours (10 AM--4 PM).
- **Slide** on wrap-around sunglasses.
- **Swallow** Heliocare Ultra (everyone) or Heliocare Advanced (if you have a h/o skin cancer)

For more information, visit Dr. Cirillo-Hyland's [website](#), [Instagram](#), or [Facebook](#)!

Julia Bifulco, Bellagena Med Spa | Day Spa | Bradenton, FL

As an esthetician and spa owner, I understand the importance of maintaining your skin's health and overall well-being, especially during summer travels. The excitement of exploring new destinations can sometimes overshadow the need for proper skincare and self-care routines. Here are some essential tips to keep you glowing and healthy on your summer adventures.

Skincare Routines for Summer Travel

1. **Sunscreen is Non-Negotiable.** Choose a broad-spectrum sunscreen with at least SPF 30 and apply it generously to all exposed skin. Reapply at least every two hours.
2. **Hydration is Key** Traveling, especially by plane, can dehydrate your skin. Drink plenty of water to keep your skin hydrated from the inside out.

3. **Simplify Your Skincare Regimen** Stick to a simplified skincare routine. Pack travel-sized versions of your essential products.

Staying Hydrated and Healthy

1. **Hydrate Inside and Out** In addition to drinking water, incorporate hydrating foods that also provide essential vitamins and antioxidants.
2. **Balance Your Diet** Travel often means indulging in new cuisines. However, try to balance indulgent foods with nutritious options.
3. **Get Adequate Rest** Travel can be exhausting, and lack of sleep can take a toll on your skin and overall health.

Pamper Yourself

1. **Facial Masks** Consider packing a few sheet masks or travel-friendly face masks for a mid-trip pick-me-up.
2. **Spa Treatments** If you have the opportunity, treat yourself to a spa treatment at your destination.

Final Thoughts

Traveling during the summer can be a delightful experience, and with a bit of preparation, you can ensure your skin and body stay healthy and radiant throughout your journey. Remember, the key to beautiful skin is consistent care and mindful choices.

For more information, visit Bellagena Med Spa's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Anna Chacon | Skin | Miami, FL

During summer vacations, it's essential to prioritize sun protection. Always apply a broad-spectrum sunscreen with an SPF of 30 or higher, and reapply every two hours or immediately after swimming or sweating. Wearing a wide-brimmed hat and sunglasses can also provide additional protection from UV rays.

Hydration is key for maintaining healthy skin while traveling. Drink plenty of water throughout the day, and consider using a hydrating facial mist or moisturizer to keep your skin refreshed and nourished.

For those long flights or car rides, don't forget to stretch and move around periodically to promote circulation and reduce the risk of swelling and blood clots. Compression socks can also be beneficial for long journeys.

Lastly, pack a small, travel-friendly skincare kit with your essentials to maintain your skincare routine on the go. This should include a gentle cleanser, moisturizer, sunscreen, and any specific treatments you use regularly.

Safe travels and enjoy your summer adventures!

For more information, visit Dr. Chacon's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Kiran Mian, Hudson Dermatology and Laser Surgery | Skin | New York, NY

Summer travels call for special skin TLC! Summer months are more humid, meaning increased sweating and moisture on the skin. I recommend traveling with an antibacterial body wash with benzoyl peroxide to prevent any folliculitis or breakouts on the body from all the sweat and sunscreen combinations. Speaking of sunscreen, that is of course key in summer travels! I suggest having multiple options with different consistencies to ensure adequate sun protection throughout daylight hours. A water-resistant sunscreen for beach days is great, along with a spray or stick sunscreen for reapplication. Don't forget your ears! A lighter sunscreen for morning and evening applications for the face and body is also useful. I love a tinted SPF for dinnertime, as often the sun is still out and we're looking for a little coverage plus sun protection.

Bringing along a wide-brimmed hat will also shield you from consistent sun rays, especially in between swims when sunscreen may have washed off.

Bug bites are super common during summer travels. Keeping an over-the-counter hydrocortisone cream for those itchy bites will prevent too much scratching. I also suggest pimple patches in your toiletry bag for those sporadic zits! Lastly, a cooling mask for the evening before bed can be helpful in soothing the skin and providing some hydration and repair from the long sun-filled days.

For more information, visit Dr. Mian's [website](#) and [Instagram](#)!

Dr. Martha Viera | Skin | Coral Gables, FL

Advanced Beauty Tips for Summer: Embrace Mineral Sunscreens and Skin Treatments

Skin Care:

1. **Mineral Sunscreens:** Opt for mineral sunscreens containing zinc oxide or titanium dioxide. These physical blockers provide broad-spectrum protection and are less likely to irritate sensitive skin compared to chemical sunscreens. Mineral sunscreens start working immediately upon application, making them a convenient and effective choice for sun protection.
2. **Antioxidant Serums:** Incorporate antioxidant serums into your skincare routine to combat free radicals caused by UV exposure. Vitamin C serums are particularly effective in brightening the skin and reducing the appearance of dark spots.
3. **Hydrating Masks:** Use hydrating face masks once or twice a week to give your skin an extra boost of moisture. Look for masks with ingredients like hyaluronic acid, glycerin, and aloe vera.
4. **After-Sun Care:** If you've been in the sun for an extended period, soothe your skin with after-sun products containing aloe vera, chamomile, or calendula. These ingredients help reduce inflammation and promote healing.

5. **Night Creams:** During summer, switch to a lighter night cream that still provides ample hydration without feeling too heavy. Products with ingredients like niacinamide and hyaluronic acid are excellent choices for overnight skin repair.
6. **HydraFacial:** Hydrafacials combine cleansing, exfoliation, extraction, hydration, and antioxidant protection in one treatment. They're excellent for giving your skin a radiant and refreshed look.

By incorporating these advanced tips and treatments, you can maintain a beautiful and healthy appearance all summer long. Remember to tailor your skincare and beauty routines to your specific needs and consult with professionals for personalized advice. Enjoy the sunny season with confidence and glowing skin!

For more information, visit Dr. Viera's [website](#), [Instagram](#), or [Facebook](#)!

Dr. S. Alexander Earle | Body | Miami, FL

As July is a peak month for summer vacations, it's crucial to prioritize hydration and fluid maintenance, especially if you've recently undergone surgery. Traveling during the hot summer months can pose additional challenges, so here are my top tips:

Stay hydrated by drinking plenty of water throughout the day, aiming for at least eight glasses. This is particularly important if you've recently had surgery, as your body needs extra fluids to heal and combat the heat.

Avoid caffeinated and alcoholic beverages, as they can lead to dehydration. Instead, opt for water, herbal teas, and natural fruit juices.

Keep your skin hydrated by using a good moisturizer and applying sunscreen regularly. Sun exposure can be harsh on healing skin, so use a broad-spectrum SPF 30 or higher.

Wear loose, breathable clothing to stay cool and reduce the risk of irritation around surgical sites.

Listen to your body. If you feel dizzy or fatigued, take a break, find some shade, and rehydrate. Prioritizing your hydration will help you enjoy your summer travels while ensuring your recovery stays on track.

For more information, visit Dr. Earle's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Sam Rizk | Face | Upper East Side

Summer vacation is a beautiful thing, but increased sun exposure, excessive heat, and the demands of being on the go can wreak havoc on your skin if you're not careful. The best advice I can give is also the most basic: stay hydrated, use sun protection, cleanse and exfoliate regularly, eat well, stay active, and prioritize rest. It really is that simple. As for hydration, if you don't have a water bottle with you at all times this summer—and you're not refilling it constantly—you're doing it wrong. Electrolyte packets are a great way to up the ante and add a bit of flavor, just be careful about sugar content as some of

them contain much more than others. For SPF, I recommend a mineral-based product; TiZO makes a great tinted version for the face and body that's totally free of toxic additives. And, because nothing can completely protect you from the sun, I recommend using an exosome serum to help combat free radical damage. Elevai has one that combines nano-encapsulated stem cell growth factors with vitamin C and copper peptides to stimulate cellular repair and rejuvenation. I often suggest patients use this product post-procedure, as it's very healing. To keep your skin clear and glowing in the heat and humidity, travel with a quality cleanser and exfoliant. I like this set from Epicutis, which pairs a gentle oil cleanser with an exfoliating powder; both do a great job removing unwanted oil, dirt, and makeup without disrupting the skin's moisture barrier. As far as eating well, staying active, and getting adequate sleep goes, I think it's just important to remember that we are what we eat and drink and do. Rather than leaving your healthy habits at home, shift them into vacation mode: take long swims in the ocean, eat the freshest fish you can find, nap in the hammock—you see where I'm going with this.

For more information, visit Dr. Rizk's [website](#), [Instagram](#), or [Facebook](#)!