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THIS MONTH'S MUST-HAVE FASHION AND BEAUTY

Beauty on the Go

Tight luggage restrictions and being away from home comforts doesn't mean your beauty regime has to fall by the wayside—here's how you can pare down your holiday look while remaining as gorgeous as ever.

Words by Yi-Hwa Hanna

Make easy
cleansing, frequent
moisturising &
de-puffing your
in-flight beauty
mantra

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Picture this scene: You're in an exotic island idyll, sipping on a fresh, fruity drink watching a gorgeous sunset in your chic new holiday outfit and you're generally feeling pretty fantastic. The only problem? Your hair feels like straw because the hotel conditioner just isn't doing it for you, and your skin feels like paper because the supplied in-room body moisturiser is nowhere near moisturising enough. You've left your regular makeup remover at home—thinking the bottle took up too much suitcase space—and the small sample you had picked up at a department store just doesn't work, so your eyelashes have days of build-up on them. In short, you just don't feel like yourself—especially not the relaxed, happy and beautiful version of yourself you had envisioned enjoyed this holiday.

Sadly, it's an all-too familiar holiday scenario for many of us. Faced with tight luggage restrictions and not very much room in our suitcases, it's not easy trying to figure out how to fit all of the products needed for your precious beauty regime, and vain as it may sound, it can actually ruin the romance of a well-earned holiday. We're not alone—even experts in the beauty industry face the same conundrums, but with a few clever tricks up our sleeve, it *is* possible to pack light while having all of the comforts you need to feel like yourself, even when you're 20,000 feet in the air.

HYDRATE, HYDRATE, HYDRATE

Before you even reach your destination, your airplane flight alone could throw your skin out of whack. Whether it's the high altitudes, pressurised cabins, recycled air or lack of humidity, your skin is typically left stripped of moisture with dry hands and feet and cracked lips, not to mention oddly-behaving hair, puffy and tired eyes and stiff joints. "My best piece of advice would be to apply a heavier moisturiser, like **MAC Studio Moisture Cream**, the night before you travel as it will increase your skin's hydration levels. In-flight, try a gel-based moisturiser like **MAC Lightful Marine-Bright Formula Moisture Creme**, which absorbs and dries quickly and boosts skin's moisture during the flight," says Mariam Khairallah, Resident Senior Artist for MAC Cosmetics Middle East.

Aseya Atiq, a UAE-based Makeup Artist, Beauty Expert and Beauty Blogger at PrettyInTheDesert.com, agrees: "Make sure you drink lots of water before, during and after the flight—try to avoid alcohol or caffeine on the flight as these can also dehydrate you [further]. I like to use a moisturising mask the night before I leave to hydrate my skin, [and] during the flight, reapply serum often if your skin feels dry."

Another essential pre-flight step? Make sure your skin is clean, toned and ready to breathe. "Before a flight, I make sure to wash my face and use a cleanser. I

also take facial wet wipes with me on the plane," says Joelle Mardinain, Max Factor Regional Creative Director. Experts all agree that wet wipes are an essential item to tuck into your carry-on, since not only do they make you feel fresher, you can also use them upon reaching your destination: "They [really] come in handy when you can't get to a shower or if you need to wash your face and remove your makeup," Aseya says. We like **Johnson's Hand and Face Wipes** (Dhs25.29).

Keeping lips hydrated will ensure they don't end up chapped and cracked, and it's important to keep reapplying throughout the flight—especially before and after a nap, if you choose to sleep in-flight. Try **MAC Lip Conditioner** (Dhs77), **Gatineau Perfect Design Revolumising Lipcare** (Dhs187, CitrusTV.com), or **Dior Addict Lip Glow** (Dhs152, Christian Dior), which also leaves lips with a soft, rosy tint.

A good cream is essential for use on hands and feet (which are ideally clad in comfy plane socks). Some of our faves are **L'Occitane Shea Butter Hand Cream** (Dhs129), **Champneys Hand Lotion** (Dhs50, Boots), and **Human+Kind Hand, Elbow and Foot Cream** (Dhs38).

"Before landing, use an eye roller like **Clinique's All About Eyes Serum De-Puffing Eye Massage** to get rid of any puffiness and refresh your eyes," says Aseya, continuing: "And don't forget to apply sunscreen if you're landing somewhere sunny!" A walk around the airplane cabin is also a good idea, to relieve and flex stiff joints and get your blood circulation flowing again.

ALWAYS MULTITASK

While at home, your dresser could give Sephora a run for its money, lugging around the equivalent of a department store makeup counter just won't do while you're on holiday. Picking products that are able to multitask will not only free up more room in your suitcase, they'll also help speed things along while you're getting ready, leaving you with more time for sightseeing. "[I pack] a **MAC Cream Color Base**, which can be used to colour your eyes, cheeks, and lips, as well as a concealer that I can use to conceal dark circles and wear [in place of] foundation," says Mariam. Meanwhile, Joelle is loyal to her lipstick: "I use it on my lips—obviously—and also on my cheeks if I don't have a blusher with me. All you need to do is dab small dots of lipstick along your cheekbones and rub it in, just like a cream blusher! Sometimes, I also dab a



Bourjois ColorBoost, Dhs60.

L'Oréal Elvive Arginine Resist, from Dhs15 & Natura Bissé Sun Defense from Dhs220.

Max Factor 2000 Calorie Mascara, Dhs36.

Bath & Body Works PocketBac, Dhs15.

MAC Lightful Marine-Bright, Dhs220.



little bit of lipstick on my eyelids for a truly glossy eye makeup look,” says Joelle.

Aseya shares a personal favourite of mine: **Benefit’s Benetint and Posietint** (Dhs110 each, Sephora). Not only do they give both cheeks and lips a rosy glow, as stains, they’re long-lasting, too, and don’t require you to carry a bulky brush around for application. Another must-have of Aseya’s? **NARS The Multiple Multi-Purpose Stick in South Beach** (Dhs149, Amazon.com): “A gorgeous shimmery bronze that can be used anywhere, I use it on my cheekbones to highlight my tan. I also swipe it on my eyelids with tons of mascara for a super easy, sultry night-time look,” she says.

For your face, a do-it-all base like **Olay Total Effects 7-in-One BB Cream** (Dhs71), **Max Factor’s FaceFinity All Day Flawless 3-in-1 Foundation** (Dhs68), or **Gosh All-In-One BB Cream** (Dhs80, Boots) means you can just swipe them on and go without worrying about concealers, primers or even sunscreen. For brows, one of my personal favourite tricks is to use a dark brown eyeshadow to define my eyebrows as well as slicking it over lids for a warm, smokey eye at night:

“Lipstick can also be used on cheeks like a cream blusher, or on eyelids for a glossy eye makeup look”

Just apply it as you would a regular eyebrow powder with a good eyebrow brush (or lip brush, in a pinch) and voila, beautifully defined brows are yours!

A use-everywhere balm such as **Julie Hewitt’s Camellia Balm** (Dhs92, Makeup Etc) or **Smith’s Rosebud Salve** (Dhs20, Amazon.com), can be applied virtually anywhere to rescue everything from chapped lips, dry cuticles and split ends to rough heels. Come nightfall, **Bioderma’s Sensibio H2O** (Dhs68) works as both a makeup remover and toner, and even comes in a mini travel size.

PLAN AHEAD

Thanks to modern technology, there are plenty of fantastic new beauty treatments out there that can help us achieve salon-level effects with long-term results.

A **Gelish** (from Dhs165 at NailStation) or **CND Shellac** (from Dhs110 at Tips and Toes) nail treatment will last for up to three weeks and as a bonus, the instant-dry method also means you’ll be out of the salon in a flash, giving you more time to pack. “A brightly-coloured gel manicure always makes me feel more groomed, since it stays glossy and you don’t have to worry about chips or peeling,” says Aseya. Can’t do long-term nails? “A nude nail polish [is best] since the colour tends to last longer, and won’t call attention if it does chip,” says Mariam.

For eyes, an **LVL Eyelash Treatment** (Dhs300 at Salon Ink) will have your lashes beautifully curled for six to eight weeks, meaning you can skip the curlers or even mascara. I do this every time I travel somewhere humid or on a beach holiday—this way, I don’t have to worry about lash curlers keeping my stick-straight lashes curled up amidst the humidity, or worry about my mascara running into a panda-eye. Plus in the mornings, I’m out the door in a flash! Combine that with an **HD Brows** or **EyeBrow and Eyelash Tinting** treatment (from Dhs55, Sister’s Beauty Lounge) →

and you'll wake up with beautifully defined eyes, sans-makeup, for up to 10 days.

"Summer holidays are the perfect time to experiment with updos. Try a so-hot-right-now top knot or braided crown; separate your hair into two sections and braid each one, then pull the braids around your head before pinning into place," says Aseya. If you're not confident about pulling this off before you leave, try them out at home first so you're a pro by the time you land at your destination. My sneaky trick for a super quick, easy and chic bun is **Goody's Spin Pins** (Dhs22, Amazon.com): Just twist a couple of them into your bun and presto, it's held in place without you having to fuss over plenty of individual bobby pins. Bonus: They're also less easy to lose in your luggage.

"If you prefer wearing your hair down, ask your stylist for a **Brazilian Blowout** (from Dhs1,500, available at N Style) before you leave. The treatment will smooth your hair and save you from the dreaded "frizz halo," Aseya suggests. We also like the **KeraStraight** treatment (from Dhs1,200 available at The Stylist's Salon and JetSet), which boasts similar results just perfect for straighter hair.

Worried about greasy roots while you're on the go? A spritz of **Batiste Dry Shampoo** (Dhs30, Boots) will sort it right out, and give you an instant volume boost.

PACK SMART

Sometimes, even though you've done your best to pick the most efficient multitasking products out there and done all you could to make sure your in-salon treatments last as long as possible, you're just not ready to give up your favourite full-size everyday products, be it a body or face cream or a hair conditioner. But that doesn't mean you have to lug the full, enormous bottles across the world—just decant them into a travel container.

"MAC's small plastic containers are the best!" says Mariam. The lightweight containers can be filled with anything you want, ensuring all your favourites are to hand. Another of our favourite tricks is to take everyday-use products that are almost finished: I can estimate if my almost-finished shampoo or face cream will last me the length of my holiday, and if so, I can just chuck them out at the end of the trip. The bonus is that I can use the extra space they've freed up at the end for more souvenirs and holiday shopping.

While it may be tempting to leave behind luxurious hair treatments such as

masks, deep conditioners and hair oils, they are more important than ever when you're on holiday, especially when you're visiting somewhere particularly cold or a beachy destination, since both can dry out your baret. We are totally smitten with **Redken's new Diamond Oil** range, which includes a stellar mask (Dhs140) and hair oil (Dhs160), as well as **L'Oréal's Elvive Arginine X3** range (from Dhs15), which really helps to strengthen locks, as well as **MoroccanOil** (Dhs140, Amazon.com), which can be used before shampooing as a treatment, or after your shower to help smooth and de-frizz locks—it even comes

in a mini travel-friendly size.

If you prefer not to take your chances on whether your hotel will have a decent hairdryer or not, it may be wise to invest in a travel hairdryer. We like the **Parlux 3500 SuperCompact** (Dhs527, Amazon.com) and **Revlon's Perfect Heat Travel Speed Dryer** (Dhs92, Amazon.com).

Finally, go back and re-assess: "When you're done packing, go back in and take half of it out! The truth is that most people over-pack and you're honestly not going to need three shades of red lipstick. If you run out, it's a great excuse to try out some local products!," says Aseya.

HANDY PICKS

What's in your carry-on?

Mariam Khairallah, Resident Senior Artist for MAC Middle East: "A hand moisturiser, dissolvable multi vitamins, MAC Tinted Lip Conditioner, wet wipes, and MAC Fix +, a refreshing mist that will keep your skin fresh, healthy and super hydrated."

Aseya Atiq, Makeup Artist and Beauty Blogger: "A medium coverage foundation, concealer, pressed powder (to touch up and get rid of midday shine), an eyeshadow palette, one neutral shade of blush, waterproof eyeliner and mascara, some brow gel and two lipsticks: one neutral shade and one bright shade."

Joelle Mardinain, Max Factor Regional Creative Director: "I always include a purse-size perfume in my hand luggage, as well as a sample-size moisturiser and anti-bacterial gel for the plane. I always carry my camera because I'm constantly Tweeting or posting pictures to Instagram, especially when I am away and visiting interesting places. I also have lipstick, mascara and blusher with me."

Lena ter Laare, Editor-in-Chief: "Burt's Bees Lip Balm (great for cracked cuticles as well as chapped lips!), toothpaste and toothbrush (so I can fall asleep and later, leave the plane with a fresh mouth), contact lens solution (there's nothing worse than waking up with my contacts stuck to my eyeballs), and hand sanitiser (good for you & little ones)."

Yi-Hwa Hanna, Deputy Editor: "An eye mask (so I sleep better), snuggly socks, eye drops (to combat redness & dry-eye), makeup remover wipes, a

multitasking balm, eyebrow makeup, mascara, a lip and cheek stain, a toothbrush and toothpaste (dragon breath is not attractive), sanitiser, and my refillable travel perfume atomiser.

Sarah Freeman, Art Director: "A small pot of Vaseline for my lips, a travel-sized Dermalogica HydraMist (usually used as a toner, but a few spritzes instantly freshen me up), and a 2-in-1 creme colour for cheeks and lips—great for perking your whole face up even if you're secretly drained inside!"

Christina Luciw, Picture Editor: "A travel toothbrush and toothpaste (I find I sleep much better when I do my nightly routine), a hydrating face spray, my Kindle (finally, a peaceful time to catch up on my reading!), roasted almonds (I always bring my own mix of small snacks in case I get hungry, since the plane food usually dehydrates me) and my mascara—even without a full face of makeup, mascara makes me feel beautiful."

Talar Kazanji, Intern: "Foundation is a must-have for me. I also like to take blush, hand sanitiser, perfume or body spray, nail polish (I know it's weird, but I'm a little too picky about my nails, so in case it chips, I have the nail polish to instantly fix it!), and a pair of slippers."

