

... and to pop in your HANDBAG

Evian Spritz, €7.99 (pharmacies nationwide)

SEASONED travellers always carry water to spritz. Refreshing, cooling and moisturising, use it on the beach, in the evening, or first thing in the morning to rehydrate parched skin.



Tisserand Travel-Ease Roll-On Remedy, €6 (tisserand.com)

POP this in your bag for a long journey to feel refreshed. Just roll the remedy, which contains grapefruit, bergamot and mint oil across pulse points – it really works.



Tesco Light Lotion Handy Pack SPF30, €3.50 (stores nationwide)

MANY sunscreens come in smaller versions, but we particularly love this Tesco version, which comes in a sturdy, re-sealable pouch. Carry it everywhere.



Vetroxx Disinfectant Hand Gel, €3.99 (dental-products2u.co.uk)

THIS handbag-sized hand gel helps protect against flu viruses as well as a broad spectrum of germs. Handy if there's no water nearby, and especially great for long car journeys.



4711 Original Cool Stick, €6.50 (Boots)

THE refreshing scent of 4711 Original Eau De Cologne has been around for more than 200 years. The citrus-based scent uses essential oils of bergamot, rosemary, lavender and neroli, all known for their calming properties. This non-spill solid cool stick is ideal for travelling.

MUST HAVE

Bobbi Brown Empties, €14 (Brown Thomas)



Yes To Carrots Loving Care Kit, €11.90 (victoriahealth.com)

MINI versions of the cult Yes To Carrots range, including the Gentle Exfoliating Cleanser, Moisturizing Day Cream, Shower Gel and Body Butter. Perfect size for a weekend away or short break.



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