

THE PEOPLE



On the go

Travelling light is almost impossible if you want to look really good on holiday – but these must-have buys will help you to do both...



YOUR TRAVEL

Whether you're travelling by plane, on wheels or by boat, a few essentials will keep you revived on your journey. A cooling facial spritzer, like **Evian Brumisateur Facial Spray**, £3.50, will moisturise while refreshing and toning your face. It's also great for setting make-up on a hot day. A fresh breath spray is handy, too – try **Aloe Dent Fresh Breath Therapy**, £3.49 (call 0870 850 7114 for stocks). A foot and leg spray will not only prevent unwelcome odours, but ensure your feet don't swell – common when you're travelling for a long time or from the cabin pressure on planes. The **Body Shop Peppermint Cooling Foot Spray**, £2.90, is an excellent revitaliser. **Cuticura Original Hand Hygiene Gel**, £1.29, is a must-have handbag product to cater for all eventualities.

YOUR HAIR

Sun creams and oils can make your hair greasy, so if you won't be washing your hair every day, take a dry shampoo with you, like **Baptiste Dry Shampoo Travel Size**, £1.49. **Paul Mitchell Super Skinny Daily Shampoo and Daily Treatment**, from £5.75 (call 0845 6590012 for stockists), are formulated for hair that becomes unruly – common in the sun – and they come in mini versions too. For styling, **Sassoon 1200-Watt Travel Dryer**, £9.99, folds in half for easy packing.

YOUR BODY

Sun protection is usually bulky, so look for a cream that requires minimum application, like **Boots Soltan Once**, from £6.99. It comes in a variety of factors for face and body, but guarantees up to six hours' protection. This means you won't have to overload on lotions with the fear of running out. **Nivea Sun Children's Pocket Size SPF 30 or 50 Cream**, £4.89, is handy to pop in your beach bag. Use a shower product that's hydrating to replace moisture lost by the sun. **Boots Extracts Almond Body Wash**, £2.44, will do the essentials and comes in a neat 75ml tube. **Boots Extracts Cocoa Butter Body Butter**, £2.45, is in a pot that will last a week and prevents the sun dehydrating your skin. **Nivea Hand Age Defying Q10 Plus**, £1.45 for 30ml, keeps hands hydrated and contains ingredients to help anti-age.

YOUR FACE

Make sure you have products to take your make-up off after a late night out. Try **Nivea Visage Gentle Facial Cleansing Wipes**, £4.65, or **Superdrug Tea Tree Facial Wash**, 99p for 50ml – good for problem skin. **Eucerin Sensitive Skin Anti-Redness Neutralising Day Fluid SPF 15**, £18.69, is the perfect way to tone down a burnt complexion. If your skin gets very dry, **Nivea Creme**, £1.89, comes in a pocket-sized pot and is a classic hydrating product for dry patches anywhere – it doesn't contain an SPF, though.



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