

Ciao Bella TRAVEL Jetlag beating tips:

Avoid jetlag and start your holiday when you arrive! Almost everyone has experienced jetlag following a long-haul flight and nothing is more frustrating when all you want to do is start your holiday feeling fabulous! We asked Ciao Bella Travel members for their top jetlag beating tips and selected the best for you:

Ciao Bella Travel Members' Top Jetlag Beating Tips

1. Get lots of sleep before you leave.
2. Before you board go for a long run, walk or gym session as you will a) feel virtuous for doing something healthy and b) it will help tire you out so you sleep on the plane.
3. Request an aisle seat so you can get up and walk around more frequently which will improve your circulation.
4. So they may not be fashionable but wearing compression tights on long haul flights has been found to not only decrease leg discomfort and swelling but also to increase energy, alertness and concentration levels (SMH January 2008).
5. During your flight cut down on caffeine and increase your water intake so you stay hydrated.
6. When you arrive go for a brisk walk in the fresh air. Being out and about in your destination is exciting enough to keep you awake.
7. Stay awake until evening in your destination, even if it's just the early evening. This will help you beat jet lag in one day rather than have it lag on.
8. If you are on a long haul flight pre-book an appointment at a hairdresser or beautician at a time soon after you arrive at your destination. It will keep you awake and you will start your trip looking fabulous! For local salon recommendations visit our travel planner at www.ciaobellatravel.com.au

Top Tip:

Sleep Sanctuary's Slumber Travel Satchel is packed with gorgeous products to help you drift off to sleep when you are on the road including an eye cocoon, slumber mist, bedtime balm and two infused face masks. Available at www.ciaobellatravel.com.au for \$69.95.

Instead of packing a power adaptor for each country you visit try the Worldwide Travel Plug Adaptor available which is compatible for each country you visit. Available at www.ciaobellatravel.com.au for \$45.00

If you have a suggestion for this packing list we would love to hear from you at info@ciaobellatravel.com.au

Bon voyage!
The Ciao Bella Travel Team

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