

# MY INTERNATIONAL TRAVEL WELLNESS GUIDE

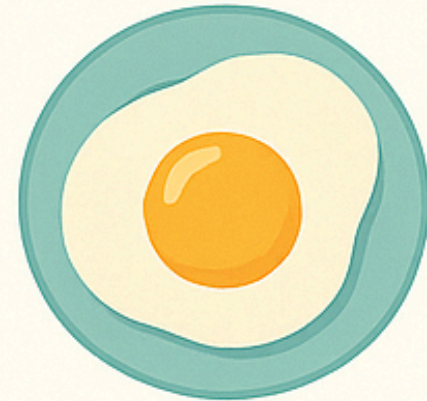


## Travel Wellness Routines



### Sleep Anywhere

Cardio before flight  
+ no caffeine → knock out  
on plane.



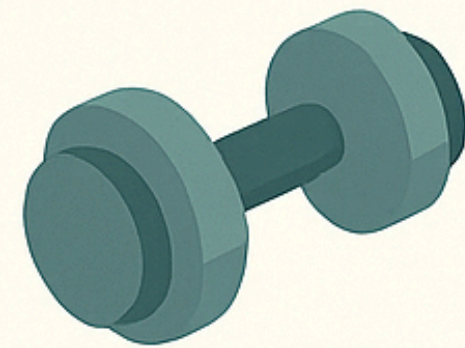
### Eat for Fuel

High-protein meals &  
never skip breakfast →  
energy over dieting



### Smart Supplements

Vitamin C, echinacea,  
greens, electrolytes  
→ shield & hydrate



### Quick Exercise

Push-ups, squats, planks  
in hotel room →  
circulation boost



### Gut Defense

Alka-Seitzer during/after  
dinners → calm  
stomach & recover



### Mental Resets

Short meditations,  
breathing, power naps  
→ reduce stress

## Jet Setter Hacks



### HYDRATION SPRAY

Refresh skin mid-flight →  
fight desert-dry cabin air.



### LIP CARE

LANEIGE lip mask – only  
time I use balm, keeps lips  
fresh



### SUPPLEMENTS BY TIME ZONE

Take them on destination  
clock → adjust faster, less jet



### SEAT-BACK POCKET STRATEGY

Electrolytes, mask, spray  
within reach → no rummaging



### DINNER RECOVERY

Alka-Seitzer during/after  
long meals → gut calm & awake



### MICRO RITUALS

Breathing, meditation, naps  
anywhere → recharge  
in minutes