

# FLIGHT ATTENDANT GLOW ROUTINE

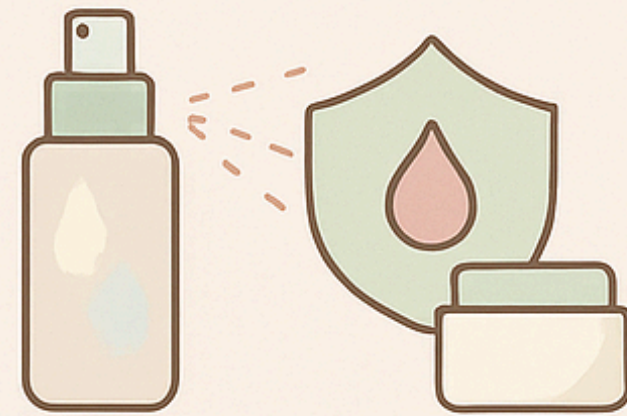


## PREP & CLEANSE



Remove makeup gently and refresh your skin with micellar water or cleansing oil before flying.

## HYDRATE



Mist or pat toner in thin layers. Hydration works best when built gradually, not all at once.

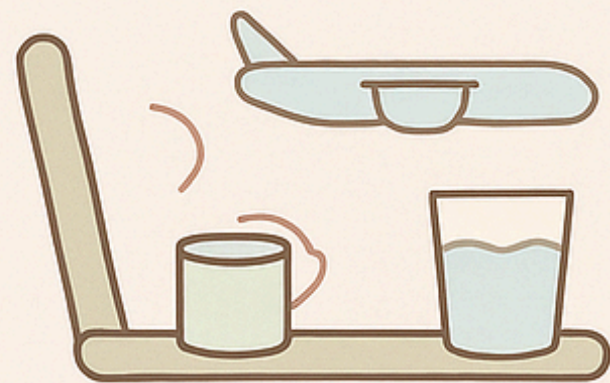
## PREP & CLEANSE – Start Fresh

- Gently remove makeup with cleansing oil or micellar water.
- Keep skin calm before layering hydration.

## HYDRATE – Layer Light, Layer Often

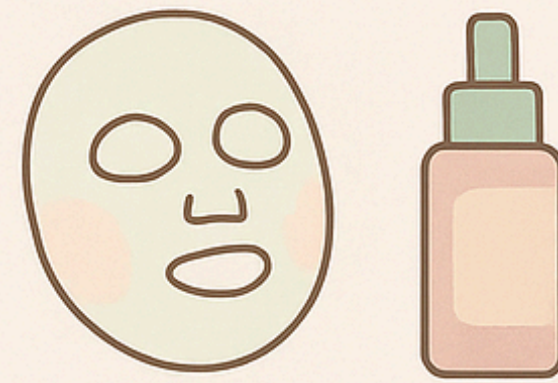
- Mist or pat toner in thin layers.
- Light, repeated hydration keeps skin supple mid-flight.

## BARRIER DEFENSE



Reapply mist or light eye cream every few hours, skip makeup touchups to let skin breathe.

## POST-FLIGHT REPAIR



Use calming ampoules or a hydrating mask to reset your barrier after long flights or dry air.

## BARRIER DEFENSE – Seal & Protect

- Apply ceramide ampoule and peptide cream to lock in moisture.
- This shield helps your skin resist dry cabin air.

## IN-FLIGHT REFRESH – Hydrate Mid-Flight

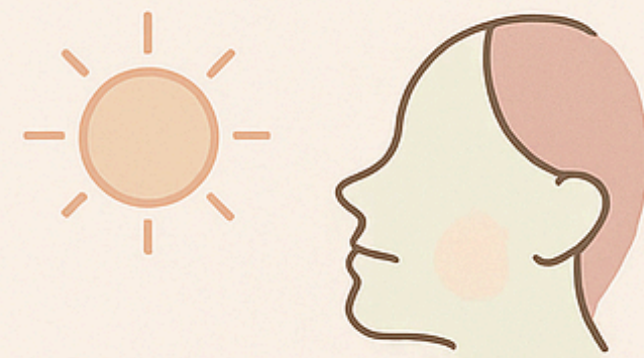
- Spritz facial mist or tap eye cream every few hours.
- Skip makeup touchups—let your skin breathe and recover.

## POST-FLIGHT REPAIR



Use calming ampoules or a hydrating mask to reset your barrier after long flights or dry air.

## PROTECT & GLOW



Before stepping out, apply sunscreen and a glow essence to seal hydration and shield your glow.

## POST-FLIGHT REPAIR – Recover & Calm

- Use soothing ampoules or a hydrating mask after landing.
- Replenish your barrier and reset your glow.

## PROTECT & GLOW – Finish Strong

- Apply sunscreen & glow essence before stepping out.
- Hydrate, shield, & let your natural radiance last all day.