

TOUCHCARE ACTION KIT:

MINIMALIST SKINCARE FOR TRAVEL

Flight Attendant-Approved 3-Step Routine for Skin That Travels Well



3-STEP ROUTINES



CLEANSE SMART, NOT HARSH

Choose a gentle, low-pH cleanser that removes buildup without stripping moisture. Avoid harsh foams and over-washing — your skin barrier needs calm, not friction.



HYDRATE IN ONE LAYER

Hand holding face mist near airplane window, soft daylight reflecting on mist particles, pastel sky outside, hydrated glow feeling.



SEAL & PROTECT

Lock in hydration with a lightweight ceramide cream and daily SPF. A thin, breathable barrier keeps skin smooth, calm, and radiant from takeoff to landing.



FLIGHT-TESTED HABITS



HYDRATE BEFORE BOARDING

Drink a full bottle of water before takeoff.



SANITATION & HAND CARE

Keep hands clean and moisturized to protect the skin barrier.



MOVE MID-FLIGHT

Stretch or walk the aisle to boost circulation.



FACE MIST, DON'T LAYER

Refresh with a light mist to hydrate without buildup.



REST DEEPLY, EVEN SHORT

Use a silk mask, earplugs, or neck pillow to reach restorative sleep during travel.



TRAVEL LIGHT. GLOW FULLY.

Every journey is a chance to care for yourself with less stress and more balance. Keep your routine simple, your hydration steady, and your rest intentional — because real beauty travels with ease.

DECLUTTER ROUTINE
Simplify your skincare bag for calm, stress-free travel.