

# 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.



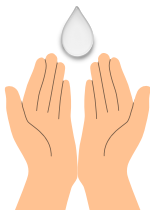
### MOVE MID-FLIGHT

Stretch or walk the aisle to boost circulation.



### REST DEEPLY, EVEN SHORT

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



### SANITATION & HAND CARE

Keep hands clean and moisturized to protect the skin barrier.



### FACE MIST, DON'T LAYER

Refresh with a light mist to hydrate without buildup.



### DECLUTTER ROUTINE

Simplify your skincare bag for calm, stress-free 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.