




DAY OF TRAVEL + IN-FLIGHT ROUTINE

Your wellness routine begins long before takeoff.

1. PRE-FLIGHT RESET — MOVE, BREATHE, PREPARE




Start the day with a light but intentional workout — yoga flow, stretching, or a brisk walk. Tiring your body slightly helps you rest more easily on the plane.

 Tip: Finish workouts at least two hours before heading to the airport so your body has time to cool down and settle into travel mode.

2. HYDRATE BEFORE BOARDING




Drink a full bottle of water before takeoff and refill after security. Cabin air is drier than desert air — hydration is your best defense against fatigue, swelling, and dull skin.

 Tip: Add an electrolyte packet or lemon slice if you're prone to jet-lag or dehydration.

3. MOVE EVERY HOUR IN THE AIR




Stand, stretch, or roll your ankles regularly. Movement keeps your circulation active and prevents stiffness or swelling.

 Tip: Link movement to cues — stand up every time you finish a movie or when the beverage cart passes by.

4. EAT LIGHT, NOT LESS



Choose simple, hydrating foods like fruit, nuts, broth, or yogurt instead of salty snacks or heavy meals.

 Tip: Pack your own comfort snack — it helps prevent impulsive choices when you're tired or bored.

5. REST IN SHORT & LONG CYCLES



Sleep in 45–60-minute intervals instead of forcing long naps. If you can fall into deep sleep, absolutely take it — but it's not the end of the world if you don't. Short sleeps add up too.


Use a silk mask, light blanket, and soft earplugs to calm your body rhythm.

 Tip: Even resting your eyes and slowing your breath counts as recovery.

6. PROTECT YOUR SKIN & MIND



Mist, moisturize, and take mindful breaths. Calm skin equals calm energy.

 Tip: Always sanitize or wipe hands before touching your face — your skin barrier will thank you later.



DESTINATION RECOVERY ROUTINE

Land balanced, hydrated, and ready to reset.



MORNING

REHYDRATE + RESTART

Begin your first morning gently: Drink warm lemon water, stretch in natural light, and take a short walk outdoors.

🍃 **Tip:** Keep breakfast light — fruit, yogurt, or porridge help your body adjust better than heavy hotel buffets.



MIDDAY

REBALANCE + PROTECT

Ease into your schedule with movement and hydration breaks.

🍃 **Tip:** Spend 15–20 minutes outside each few hours — natural light resets your circadian rhythm faster than any supplement.



EVENING

RESTORE + RESET

Take a warm shower or magnesium bath to relax muscles and unwind your mind.

Avoid screens an hour before bed and write one line of gratitude or reflection.

🍃 **Tip:** A single good night's sleep resets your energy, skin, and focus more than any routine.

✨ TRAVEL WELLNESS TIP OF THE WEEK

Try this on your next trip: hydrate before boarding, rest intentionally, and give yourself permission to move often.

A full printable version of this guide will be available soon — stay tuned for the TouchCare Travel Edition!

✅ Why it works: Fills visual space, hints at upcoming release, drives curiosity.