



3–STEP ROUTINES



Cleanse Smart, Not Harsh

Air travel and constant climate changes can strip your skin's natural barrier.

A gentle, pH-balanced cleanser removes buildup without over-drying.

Avoid foaming washes that leave your face tight — think creamy or enzyme cleansers that maintain skin comfort.

Your goal: a clean, calm base that doesn't need to "recover" after washing.

Mini Tip: Use lukewarm water, never hot — heat increases redness and sensitivity mid-flight.



Hydrate in One Layer

When humidity drops below 20% in the cabin, your skin loses moisture fast.

Instead of layering multiple serums, focus on one deeply hydrating formula with humectants like hyaluronic acid or fermented extracts.

Mists and toners work best when applied on slightly damp skin to lock in hydration.

Your skin will stay supple and breathable without feeling heavy.

Mini Tip: Keep a travel-size mist handy and reapply gently every few hours — hydration should feel like a refresh, not a chore.



Seal & Protect

Lock in your hydration and guard against environmental stress.

A lightweight ceramide cream or ampoule acts like a flexible shield, sealing moisture while letting your skin breathe.

Finish with a tone-correcting SPF to protect against UV and cabin light exposure.

This final step keeps your glow intact from gate to destination.

Mini Tip: Don't overlayer sunscreen on dry skin — apply a thin layer after your hydrator has fully absorbed.

Why 3 Steps?

Because your skin doesn't need more — it needs balance. This simple sequence mirrors how flight attendants maintain healthy skin under extreme conditions: cleanse gently, hydrate effectively, protect consistently.