

STYLE FILE



FOR FACE

I have a little beauty ritual to spruce up skin on a long-haul flight and it works a charm. Right after dinner, when the alcohol is starting to kick in and my face begins to feel like it's been vacuum-packed, I delve into my handbag for **Eve Lom's White Brightening Mask**. Each sheet is impregnated with skin-brightening ingredients to combat a blotchy complexion. Slap it on when the cabin lights are dimmed, as it might freak out your neighbour (it's a bit Hannibal Lecter). But who cares if it means you'll look like you've spent the past eight hours sleeping horizontal on a private jet? £125 for eight masks; harrods.com



FOR LIPS

For me, flying is a fraught business. I worry about turbulence, terrorists and toddlers behaving badly, and am lucky if I get through it without completely gnawing off my lower lip. Things changed recently when I discovered **Clarins Instant Light Lip Comfort Oil**. This non-greasy treatment is slightly tinted and looks like a lip gloss but without the stickiness. It melts into chapped skin, protecting against the withering dryness of cabin air. It also tastes insanely good. I no longer gnaw – I just gently purse my lips and they look and feel a lot better for it. £18; clarins.com



IF YOU ONLY PACK 4 THINGS...

for flying

Olivia Falcon reveals her mile-high beauty fixes



FOR SKIN

This moisturiser might cost more than your plane ticket, but trust me, **Sisleya L'Intégral Anti-Age** is a crucial investment if you want to avoid looking like a zombie when you disembark. Firstly, there's its Provençal-herb scent – great for when you're rubbing shoulders with a passenger who smells of a nightclub. Then there's the science: apparently someone's been working on this formula for five years (and they probably haven't aged a day). It works to smooth wrinkles, protect thin skin and give a youthful glow. I tried it on after using the Eve Lom mask on a flight back from Sri Lanka, and marvelled that I arrived home still looking healthy and happy rather than with the usual grey, flaky plane-face. £285; sisley-paris.co.uk

FOR EYES

Bobbi Brown's Long-Wear Cream Shadow Stick is essential for those on a red-eye flight. They come in the prettiest shimmery-pastel shades, which help make the whites of your eyes seem brighter, creating a fresh-faced appearance. Crease-proof and fool-proof, just swipe across lids and you're ready to go. £21; bobbibrown.co.uk



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