

Travel Kit Essentials

Arriving at your destination looking as fresh as when you set off can be tricky. But worry not, here are first-class products to keep you looking radiant and feeling great, both onboard and throughout your holiday.

Copy: Akcelina Cvijetic

Beauty kit for her

Be the envy of fellow travellers with Elemis Ladies Ultimate Travel Collection, which comes in a gorgeous, dark brown faux leather croc travel case. This travel kit contains Elemis' most popular travel-size beauty products: Pro-Collagen Marine Cream, Pro-Radiance Cream Cleanser, Exotic Cream Moisturising Mask, Soothing Apricot Toner, Papaya Enzyme Peel, Skin Nourishing Shower Cream and Frangipani Monoi Body Oil. You now have everything you need to keep your skin smooth, plumped and radiant and your body refreshed and hydrated. www.elemis.com

Grooming kit for him

If you are after a set of products to keep your man looking beautifully groomed, choose the Elemis Jet Set Travel Collection. It contains the Deep Cleanse Facial Wash, Ice Cool Foaming Shave Gel, Daily Moisture Boost, Energising Skin Scrub and Sharp Shower Body Wash. These must-have holiday essentials will keep his skin moisturised, soothed and recharged. www.elemis.com

Eye soothing serum

Give the delicate under-eye area some extra loving care with Elemis Absolute Eye Serum. It contains great plant extracts and absolutes: osmanthus, which is a rich source of collagen, rosewood, comfrey, lavender and chamomile. Gently apply it around the upper and lower eyelid to help reduce puffiness and dark circles. Ask the flight attendant to put it in the fridge for an hour before applying it for extra soothing power. www.elemis.com



Bloating remedy

Holiday meals may lead to discomfort and bloating. Have smaller meals and introduce new foods one at a time to allow your digestive system to get used to new flavours.

Take digestive enzymes such as BioCare Polyzyme Forte to give your digestion additional support. www.biocare.co.uk



Immune booster

We have all had an experience of going away on holiday and getting ill. Prevention is better than cure, so ensure you give your immune system a boost before you set off.

Take BioCare ImmunoGuard and make sure it travels everywhere with you! www.biocare.co.uk

Jetlag antidote

Drink plenty of water. A well-hydrated body can adjust better to new time zones. Take Emergen-C, a powdered vitamin C with electrolytes, minerals and vitamins to help replenish lost electrolytes and nutrients. www.emergenc.com

Try CherryActive capsules. They are high in melatonin, the same compound found in the brain that regulates the body's internal clock. Take it before, during and after your trip to counteract jetlag and enjoy your destination fully! www.cherryactive.co.uk

Upset tummy tincture

If your stomach becomes unsettled due to overindulgence, a minor stomach bug or travel sickness, Weleda Melissa Comp Drops can help. They contain Melissa, nutmeg, cinnamon and clove, which are known for their calming properties, and archangelica root and coriander that are great for trapped wind. You will find this remedy beautifully soothing. www.weleda.co.uk

Muscle relaxant

Pre-holiday deadlines and stress can lead to headaches and muscular pains. Make sure

you take Epsom salts with you to make a wonderfully relaxing and sleep-inducing bath soak, as well as a magnesium supplement to help ease headaches as well as any muscular aches and cramps. Try Nutri Ultra Musceleze. www.nutri.co.uk

Sun protection

Liz Earle Mineral Sun Cream SPF20 and Sun Shade Botanical Aftersun Gel are fantastic products to protect, calm and hydrate skin, both when in and out of the sun. Formulated from naturally active ingredients including organic aloe vera, cucumber, lavender, vitamin E, green tea, orange flower water and pomegranate, they are great nourishment for sun-exposed skin. www.lizearle.com

Hair treatment

Keep your frizzy and unruly tresses under control with Liz Earle Botanical Shine Treatment, which has been specially formulated for frizzy, coarse or very dry hair. With a natural blend of red algae, cotton extract and sumac wax, it is a perfect travel companion for your holiday hair. www.lizearle.com

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

