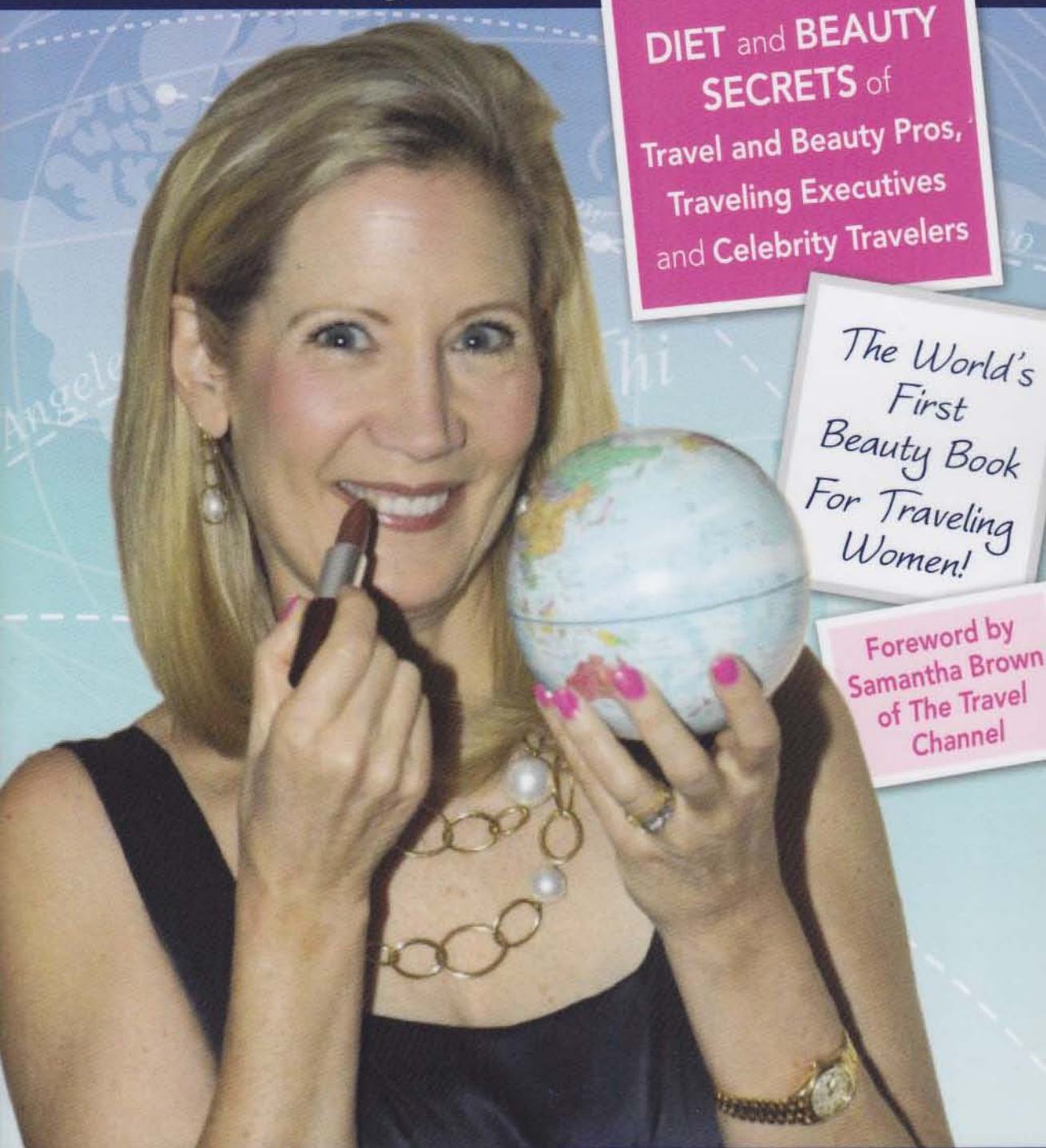


The Globetrotter's Get-Gorgeous Guide



**DIET and BEAUTY
SECRETS** of
Travel and Beauty Pros,
Traveling Executives
and Celebrity Travelers

*The World's
First
Beauty Book
For Traveling
Women!*

Foreword by
Samantha Brown
of The Travel
Channel

DEBBI K. KICKHAM

meal (1 teaspoon in ½ glass of water), and it even pinch-hits for toothpaste and mouthwash when necessary.”

A fave offbeat item? The “vibrating” Infinite Powermascara by Lancome (www.lancome-usa.com). “Although I scoffed when I first read about it, after one try I became a convert. It really zeros in on all those little end lashes, which usually go completely unnoticed, and plumps up every last fella.”

“One unbelievable bargain I’ve found is the two-hour stone massage with a fragrant rose petal soak at Bali Healing Spa in Ubud (a remarkable town in the middle of Bali), which will leave you with change from a \$20. I just returned from a local fave (again both the spa and hotel get three thumbs up) – The Ojai Valley Inn and Spa (www.ojairesort.com).”

“Many unique workshops are offered in their artist’s cottage such as a fantastic aromatherapy class where you’ll custom blend your own fragrance.”

Valerie Wilson, Chairman and CEO Owner of her eponymous high-end travel agency specializing in luxury travel, www.vwti.com

“I eat sparingly on planes – half the pasta, salad, and a piece of chicken,” says Valerie. “If I had my way, my sandwich would be smoked salmon or simply caviar. When I used to commute to London, I would make my own smoked salmon sandwiches. Frankly, I wish airline meals were simpler, with no garlic and no sauces. I tell them that all the time. I’m a big fan of Coca-Cola. If they don’t have it, after security I buy one and I carry it on the plane.”

Valerie has a very specific routine on the plane. “Most people think I’m nuts. I carry flat shoes in my carry-on, a down travel-size pillow in a pillowcase, and a pashmina, travel blanket and book. Plus my Hermes scarf that I’m wearing (which I collect). I’m in comfortable slacks. I’m often asleep before the plane takes off. It’s very important to have your own ‘little space.’ I put the scarf right over my face, in order to sleep.”

“At my destination, my first choice is to have a Swedish massage, especially after a long flight. I’d rather get a massage any day, than exercise.”

“Red is my signature color, and I carry red luggage by Victorinox.” (www.victorinox.com). She might also take her lightweight Rimowa luggage. In her garment bag she has placed all of her clothes, which are separately packed in individual plastic bags. “It helps tremendously with avoiding wrinkling.”

Valerie also can't resist a good hotel gift shop. “I always check them out. I've purchased scarves, handbags, silk tops, books and gift items that represent the specific destination or property.”

Amy Skudlarczyk, Owner of a Travel Agency, Trilogy Travel, www.trilogy-travel.com

Amy says that she runs every day and does cardio no matter where she is in the world. However, there have been times when it wasn't possible to run, due to safety issues. “So I have come up with creative ways to do cardio. In Costa Rica one time, I ran the stairs at the Four Seasons that's built up over a mountain, to the other side of the beach. I did this four times to get an hour of cardio.”

In her Louis Vuitton backpack (which she loves) (www.louisvuitton.com) she packs a vanilla or crisp-linen travel candle, plus workout bands, Burt's Bees products (www.burtsbees.com) – “They make a great travel bag” – and Clean and Clear oil-absorbing sheets (www.cleanandclear.com). She adds, “I've had my Louis Vuitton backpack for 10 years, and it's held up great!”

Betty Jo Currie, Co-owner of Currie & Co. Travels Unlimited, a boutique travel agency specializing in adventure and exotic travel, www.curriecotravels.com

“I generally fly Business Class like my clients, though not always,” says Betty Jo. “Domestically I tend to get upgraded, and we know the consolidators who can find the discount business fares. At that price, it is nearly always worth the cost. Two things most people don't realize is that there's significantly better food and much, much more water in Business Class, as well as cleaner bathrooms – and of course, the seats are infinitely more comfortable. You'll stay much more hydrated – they even stick a bottle of water in your lap while you are sleeping.”