

Business Travel Like a Boss

Tips from Zanna Roberts Rassi

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Zanna is the co-founder of Milk Makeup, a senior fashion editor at Marie Claire and noted stylist. She travels most frequently between New York City, Los Angeles and London. Zanna is also a mom of twin girls.

1. The Core 10 for No-Fail Packing

1. Classic t-shirt (basic or white)
2. Oversized knit hoodie (shields sleeping faces on planes)
3. Soft jeans (look for 2% lycra)
4. Loafers (instant chic + hassle-free airport security)
5. Jacket or 3/4 length overcoat (instantly dresses up your outfit)
6. Blanket scarf (avoid polyester, it causes static)
7. Backpack (for hands-free maneuverability)
8. Big sunglasses (hides dark circles)
9. Four-wheel rolling suitcase (I'll never go back to two wheels)
10. Socks (for comfort and compression)

2. **Follow the 1,2,3,4,5,6 Rule for a Week of Travel:** Bring one hat, two pairs of shoes, three pairs of pants/skirts, four shirts, five pairs of socks and six pairs of underwear. Packing based on a color palette can be helpful to ensure all items can easily be mixed and matched.

3. **Give Yourself an In-Flight Makeover:** Create your own first-class kit with samples from beauty counters. Use an overnight moisturizer to help keep airport dust and germs out of pores, and to get rid of puffiness, order a cup of ice and give yourself an 'ice facial' to wake up the skin. As a finishing touch, apply a cream-based foundation that will hydrate your skin, giving you a great post-flight glow!

4. In-Flight Beauty Do's

- DO use oils instead of water while in-flight – water sprays actually dehydrate the skin
- DO wear SPF if you are in a window seat – studies have found that the amount of UV exposure on a one-hour daytime flight can be equivalent to 20 minutes in a tanning bed
- DO pass on the wine and pretzels – alcohol and salty foods can cause bloating and swelling
- DO pack the petroleum jelly – Lining some around your nostrils (and a touch inside with a cotton swab) not only keeps your nose moist, but helps keep out those pesky germs

5. **Bringing the Kids:** Extend the boardroom trip to the boardwalk, and bring the family along for some fun. Pro parent tip when this isn't an option? Tell your kids well in advance about your trip and how many nights you will be gone. My girls love to 'count the sleeps' until we are together again.