

## Reader's digest

### The Definitive Guide to Preventing Breakouts While You Travel

Alexis Farah | September 26, 2017

Whether you're headed out of town for work or pleasure, there's only one thing that ruin a trip faster than flight delays: Zits. Here's how to guarantee a flawless complexion through your return flight.

#### Pack your own snacks



Save your skin—and some major dough—with BYO veggies and fruits like oranges, carrots, and other antioxidant-rich foods. "You avoid the over-processed airplane food and increase your oral antioxidant level, thereby reducing inflammation from the UV exposure that occurs on the plane," says **Ava Shamban**, MD, dermatologist and founder of SKINxFIVE.

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