

BAZAAR

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CITY?

PLUS:
KELLY HOPPEN
MARCIA KILGORE
GAIL REBUCK



In association with  **Aquascutum**
LONDON

How to beat JET-LAG

Business flights can take their toll, but a few tricks can help you leave the plane feeling fabulous and looking great. *Bazaar* asked a panel of glamorous, seasoned international travellers how they cope. BY KATY YOUNG

Despite our best intentions, when it comes to long-haul journeys, most of us fail to maintain a sense of wellbeing beyond the check-in desk. But there are experienced travellers who can stroll masterfully off an eight-hour flight, with stamina and focus, into a day packed full of meetings. They do this through a combination of energising snacks, beauty routines and restorative tactics to cope with switching time zones. *Bazaar* asked businesswomen from the worlds of fashion, media and beauty, as well as a selection of health and beauty experts, how to survive a frequent-flying routine.

BODY CLOCK

NEVER SKIP A MEAL

'I adjust my body clock and eat breakfast, lunch and dinner at the right time, wherever I am. It really helps my jet-lag.'

*Tamara Mellon, founder and president,
Jimmy Choo*

GO FOR A WALK

'As soon as you've checked into your hotel, go outside without your sunglasses. The light will help you adjust, and it's incredibly grounding – emotionally and physically.'

Bobbi Brown, founder, Bobbi Brown cosmetics

LOSE THE WATCH

'I don't wear a watch when I travel. This makes it easier to get into the new time zone straight away, as you forget about what you would be doing if you were at home.'

*Catherine Fairweather, travel editor,
Harper's Bazaar*

MEDITATE TO RELAX

'Meditation helps me stay calm when I fly. Simply close your eyes and get "into the zone"; stay sitting with arms on legs or hands on knees, then focus, breathe and meditate. Ten minutes after take-off and before landing is perfect. Also, ask for seating away from the galley – the lights and noise can disturb your sleep.'

Sue Devitt, founder, Sue Devitt cosmetics

KNOW YOUR LIMITS

'Reset your expectations, not your body clock. If you're travelling to the Far East, you don't get onto local time on a three-day trip. I work out the minimum amount of sleep I need and then work back from the time I need to get up. Use the time to experience the city.'

*Sarah Watson, head of international planning,
BBH advertising agency*

TAKE MELATONIN SUPPLEMENTS

'When I'm in the States, I stock up on melatonin tablets from the vitamin section at Duane Reade pharmacies. They are a failsafe good night's sleep in a bottle.'

*Tess Macleod Smith, publishing director,
Harper's Bazaar and Esquire*

IN-FLIGHT NUTRITION

EAT BEFORE YOU BOARD

'Have some food beforehand, but avoid dairy- or carb-heavy meals – the body swells when we fly, and these can exacerbate it.'

Robert Ogilvie, acupuncturist and herbalist

BRING YOUR OWN MUNCHIES

'Planes just don't do healthy snacks, so I pack my own – Luna Bars, rice cakes and almonds are my favourites.'

Bobbi Brown

PLAN AHEAD

'Preparation is key, so keep well hydrated days before you fly. Avoid overeating and caffeine; those temporary energy highs will be followed with a dip that can affect concentration during post-flight meetings.'

In-flight meals are low in protein, so buy seeds or nuts to compensate.'

*Ian Marber, nutritionist and co-founder,
the Food Doctor*

BOOST YOUR IMMUNE SYSTEM

'Start taking 10 Day Get-Well Stay-Well by 10 Day Results (£22.95 for 60 capsules) 10 days before you travel. This supplement contains astragalus, elderberry, olive leaf, vitamin C and zinc, which can help to protect the body against colds and flu.'

*Shabir Daya, pharmacist and co-founder,
Victoria Health*

