

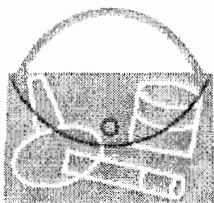


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## Beauty in a Bag

by Debra Borchert



Business travel can be anxiety provoking, and having your familiar products and tools with you will reduce stress and contribute to self-assurance. Having recently shopped for makeup at an all-night convenience store--while attending a conference at a Laguna Nigel resort, I was asked to fly to Washington DC and appear before Congress the next day--I vowed never again to travel without all my beauty essentials.

When replacing my regular beauty supplies, I buy both a full-sized container and a small size, which I automatically place in my travel bag. A good travel bag is clear with separate compartments. I store liquids in the main compartment, a plastic container of cosmetic brushes and cotton swabs in another area, and powdered cosmetics in a third.

Fragrance--on and off the body--contributes to well-being. I bring along my favorite scented body lotion and aromatherapy oil for relaxation. I also buy scented soaps and body gels as special gifts for myself while on the road. In the hotel, small scented candles help relieve the stuffiness of an impersonal room.

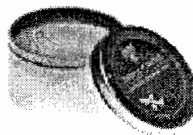
Flying dehydrates, so a superhydrating moisturizer and lipstick are essential. I also bring along pocket-sized foil packets of exfoliant, facemask, and night-time repair lotion and carry foil packets of polish remover, emery boards, polish, and a nail-repair kit.

Since mineral content in the water varies from city to city, I bring along three travel-size containers of different shampoos and two weights of conditioners and styling gel, ensuring great hair days. And because weather is as unpredictable as departure times, a moisturizer containing a sunscreen is a good idea.

My beauty bag goes with me in my carry-on, thus ensuring

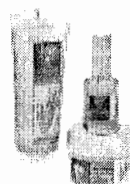
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