

7 Essential Healthy Travel Tips

Natural health expert Tyler Tolman on travel wellness

Boosting immunity and staying well while travelling is essential if you want to make the most out of your holiday or honeymoon. Natural health expert Tyler Tolman shares seven essential tips that will help you stay balanced and relaxed, while also giving you energy to burn. 1. Carry Essential Oils

While mini breaks and month-long holidays may be planned relaxation; travel time can also induce stress. Carrying a bottle or two of your favourite essential oils can work wellness wonders and even do double duty. Lemon and lavender oils may ease upset stomachs, help relax tight shoulders and also lessen smells in public restrooms and other confined spaces. Pop a few drops into your bathwater or on your pillow at night for a restful sleep.

2. Use a Spritzer

Flying high can result in dehydration at a cellular level, showing up as dry, sallow skin. A spritzer comes in handy to moisturise your face and even your arms and legs, as what we put onto our skin is absorbed. You can also make your own spray by mixing water with a few drops of high-grade organic essential oil.

3. Wear a Mask

Sometimes at the end of an international flight, flight attendants walk the aisles spraying antibiotics or pesticides to kill airborne bugs. At these times, a small mask comes handy. Use it to cover your nose and mouth so you do not need to breathe in and fill up your lungs these toxins. Wear the mask for approximately 10 to 15 minutes until the particles settle down or until the end of the journey.

4. Stay Hydrated

Avoid dehydration by drinking plenty of water before and during the journey. The security guys may not allow you to carry a bottle, but make sure you do not feel shy about asking the flight attendants for extra glasses of water. Pack some Himalayan salt and add a sprinkle to your water to enable better hydration at a cellular level.

5. Keep Moving

To avoid getting stiff and swollen feet, do stretching exercises, move your ankles and legs, walk up and down the aisle and do some squats. Our bodies are designed to move, so long haul flights sitting in one spot can be a health hazard and result in conditions such as Deep Vein Thrombosis.

6. Carry Healthy Food

During travel it is always good to carry wholefoods to stay nutritionally satiated. I advise carrying fresh fruit with good water content to keep yourself hydrated. Carrying nuts or dry fruits will also help. A good breakfast including some fresh fruits is essential for early morning starts. Pulse (available at www.tylertolman.com) is an excellent, nutritious travel food that will also help you to stay regular.

7. Get an Enema Kit

An enema supports the detoxification process and comes in handy when you would like to avoid all kinds of sickness, as it cleans up the digestive system. Also after every few days, fuel yourself with fresh fruits such as cherries, strawberries, blueberries, mangoes and apples. The antioxidants flush toxins out of your system and create an environment for your body to recover.

Find more healthy living tips, trends and how-tos at www.tylertolman.com

MEDIA NOTES:

- For high and low resolution images, please visit www.tylertolman.com/mediacorner

- Tyler Tolman is available for interview. Please contact Communeco.

Contacts

Shannon Dunn

(03) 9028 2229

mailto: shannon@communeco.com