

Is Airplane Air That Bad for Your Skin? We Asked Derms the Truth

Once upon a time, I had an eight-step pre-flight skincare routine. I'd read how bad airplane air is for the skin and seen countless celebs share their in-flight regimens. So, I thought, I must need one too.

However, after many years as a beauty editor and traveler, I have to wonder—is airplane air *really* that bad for our skin? So bad that we have to care for it pre-, during, -and post-flight? To get the answers, I reached out to a couple of experts: board-certified dermatologists Elyse Love, MD, FAAD, and Sarina Elmariah, MD, Ph.D. Keep reading to find out if a flight-specific routine is actually necessary.

MEET THE EXPERT

- [Elyse Love](#), MD, FAAD, is a board-certified dermatologist at [GlamDerm](#) in New York City. She also works with skincare brand [Ustawi](#).

Do You Need a Pre-Flight Skincare Routine?

"This is not necessary for most people," Love says of those full-bodied GRWM flight routines. "But the skin can be hydrated with facial mists, sheet masks, and/or a full routine if desired."

How to Build Your Own Air Travel Skincare Routine

Pre-Flight

Let's start by discussing what ingredients will help the skin thrive even with recycled air. "Hydrating ingredients such as glycerin and [hyaluronic acid](#) are key pre-flight," says Love. Why? Because these two ingredients are humectants that draw moisture into the skin.

And using these ingredients pre-flight doesn't just apply to the skin on your face: Airplane air can cause dryness and irritation on the body and hands, too. "Applying a thin layer of an occlusive balm (i.e., [slugging](#)) can also be beneficial for holding onto moisture," Love shares. I've already put this one into practice: I apply body oil—Oui the People's [Hydrating Body Gloss](#) (\$65) is my current fave—and layer over it with [Aquaphor](#) (\$6), especially on my hands, elbows, and feet.

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Dr. Elyse Love Quotes, USTAWI Brand Mention

UVM: 18,180,405

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