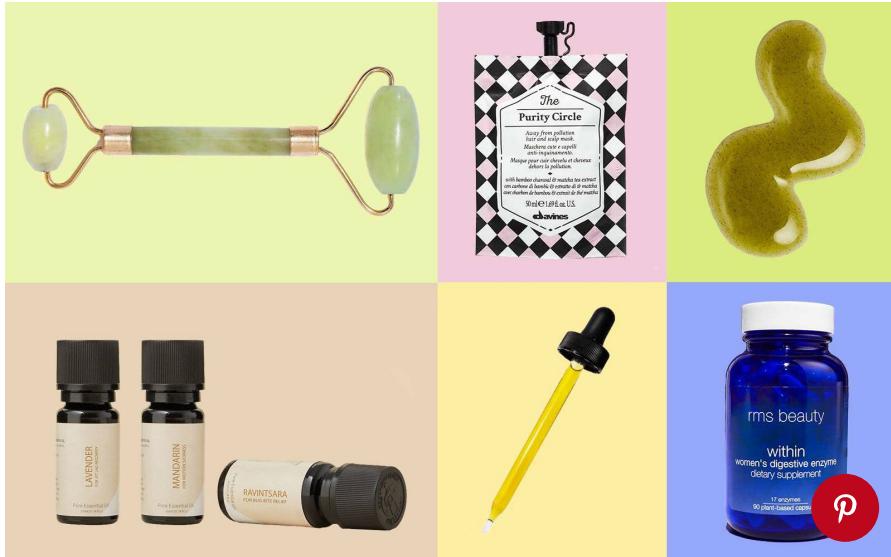


# The Wellness Products We Don't Leave Home Without

TRAVEL+  
LEISURE



Essential oils: Courtesy of Pilgrim. All other products: Philip Friedman

## From anti-pollution drops to organic sheet masks.

SIOBHAN REID MAY 17, 2018

Unless you're headed to a destination spa or spiritual retreat, it's hard to stay healthy on the road. There are the changing time zones; the buffet breakfasts and boozy nights; the lack of exercise; and the stress of TSA lines and missed flights.

The good news is that there *are* ways to make your next holiday a healthier one — and they don't require deep pockets or extreme fitness regimens.

**Related:** 53 Travel Health Essentials the Pros Swear By

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To that end, we've rounded up 27 products that harness the power of natural ingredients to address everything from immune health and jet lag to stress management. We've got digestive enzymes, anti-pollution drops, organic face masks, and much more. Read on for the full list.



Courtesy of Shankara

## **Shankara Microcrystal Exfoliation Treatment**

Harsh exfoliants can do more harm than good; in rare cases, they can even cause irreversible pore and capillary damage. Gently slough away dead skin cells using this ultra-fine treatment from Shankara, an all natural, Ayurvedic beauty brand.

To buy: [shankara.com](http://shankara.com), \$44