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A Healthy-Skin Routine for Skiing, Air Travel, and Other Extremes

Along similar lines, Tammy Fender told us about a cream she created for her Palm Beach clients who regularly shuttle back and forth to Aspen. “I had people who regularly use my Intensive Repair Balm, which is super moisturizing and rich, saying that when they got up to high altitude, their skin needed even more,” she says. Fender went to work, and the result, Spontaneous Recovery Cream, was an instant bestseller. “It’s extreme moisture for extreme conditions,” she says. “But now everyone’s taking Spontaneous Recovery with them on the plane, too.”



Tammy Fender
INTENSIVE REPAIR BALM
goop, \$130
[SHOP NOW](#)



Tammy Fender
**SPONTANEOUS
RECOVERY CRÈME**
goop, \$165
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