

Changing Climates? This In-Flight Beauty Routine Will Keep Your Skin From Freaking Out

 by DEVEN HOPP

Getting off a plane looking fresh faced is nearly impossible. But you can't blame us for trying. Who better to give us the tools to do so than celebrity esthetician [Susan Ciminelli](#)? She's the woman responsible for the glowing visages of [Eva Longoria](#), [Salma Hayek](#), and [Jennifer Lopez](#).

Scroll through for Ciminelli's in-flight beauty routine!

[...]

Massage

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“Your metabolism also slows down on a flight (due to lack of movement and sitting for prolonged periods of time), and many suffer from constipation,” Ciminelli says. “When in your seat, perform an abdominal massage on yourself by massaging your tummy in large circular motions, clockwise. This will help get things moving. Releasing waste from your colon will ensure a build up of toxins is not released via the skin, which can cause breakouts and a lackluster complexion.” Ciminelli also takes [Blue Green Algae Pills](#) (\$65) when she travels to supply her blood with superfoods.