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Essential Travel Tips



How To Beat Jet Lag

You've preened, waxed, manicured, facialed, exfoliated, blow-dried and prepared for the business meeting or the rendezvous with your loved one and now you are embarking on the journey having spent a fortune on the flight and the pre-long haul pampering packages. You seem prepared to take-on the world or are you really?

The truth is that at the end of this beautifully planned journey... your hair will look as though you've just been dragged through a hedge backwards, you have bitten your nails to the quick if you are a nervous flyer and you'll resemble "black-eyed Susie" with deep black rings under your eyes and puffy lids. My...how first impressions count!

Jet Lag

Basically, you don't feel good, you feel that every inch of your body is falling apart and a little bit under the weather.

What It Really Is

Disrupted eating pattern, bowel pattern and conversational pattern. Everything is little chaotic for a while. You do not know what day it is or what it is back at home. All your normal regular clockwork are rather topsy-turvy at the moment.

Why Do We Get Jet Lag?

Our internal little tiny 24-hour clock just loses its grip of place and pace if we alter it by more than a few hours by passing through different time zones.

Solution

Don't drink the free bar dry just to pass time - there is a price to pay for your greediness. Too much of everything is never good for you. Drinking too much of alcoholic drink tends to dehydrate your body so much that you are most likely to disembark the plane smelling like a brewery.

The Planet Traveller advice: Stick to plain water and drink lots and lots of it.

What If My Body Says It Is Daytime?

Set your watch to your destination time as you take off. Then start programming your body to it. On a night flight, take your shoes off, decline the meal and the movie and switch off.

Economy Class: Will It Be Worse?

Invest in a cheap pillow. Wedge it against a window and notice the difference. However, on really long flights it is often better to secure an aisle seat which is less problematic and easier to manoeuvre from if you need to visit the toilet, especially if you are drinking lots of water.

Recovery Time

Allow a day for each time zone

What About My Hair & My Looks?

An hour before you land, freshen yourself up in the toilet. Wash up and pop some curlers into your hair. Don't be embarrassed. The likelihood of you seeing your neighbour again is millions to one and they are probably wishing they have the same courage to do the same.

Medical Option

Melatonin is the answer to all jet lag problems. It is a hormone produced by the pineal gland in the brain. It helps to control the body's sleep/wake cycle. By resetting the body's internal clock, melatonin can treat the underlying cause of all jet lag problems which is the disruption of the natural sleep/wake cycle.

DIRECTION:

For jet lag :- 1 tablet / capsule every 6 hours for the first 48 hours after departure.

For insomnia :- 1 tablet / capsule 45 minutes before retiring.

NOTE: For children and pregnant women, please consult your physician before consuming.