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# Condé Nast Traveler

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IN THE  
MALDIVES

THE LAST WORD IN TRAVEL

## THE BUSINESS OF TRAVEL

Advice from  
the pros

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for work



How to  
pack a suit

MIDDLE EAST

DARREN  
CLARKE'S  
top golf courses

A 007  
hideaway  
IN JAMAICA

LAID-BACK  
LANTA

Thailand's  
idyllic isle

*The cobblestoned  
streets of Brera  
in Milan*



APRIL 2015 | AED 25 | BHD 2.5  
KWD 2 | OMR 25 | QAR 25

# Milan

*Where to eat, drink and shop*

# Man on the move

Product designer and Kiehl's local brand partner **Khalid Shafar** on his favourite spas and grooming tips for the busy traveller

## How do you protect your skin when travelling between different climates?

Daily cleansing is a must – at least twice a day, in the morning and before bed – as well as hydrating with moisturising cream and a refreshing toner. These are the basics for managing any climate while travelling. Depending on the sun and heat intensity, I use a good sunscreen with a strong SPF. Murad Face Defense SPF 15 is a great daily moisturiser with added skin protection, while Kiehl's Facial Fuel No-Shine Moisturizing Lip Balm works well to keep lips from drying or cracking.

## What are the best cures for jet-lagged skin?

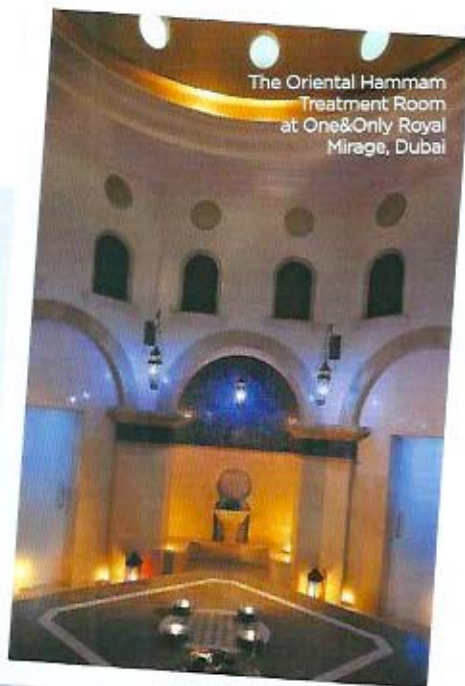
The best remedy for jet-lagged skin is a good night's sleep and plenty of water to rehydrate and revitalise. Moisturising will also keep you looking fresh.

## What grooming rituals are essential after water sports?

Use a scrub like Lush Ocean Salt Face and Body Scrub to remove extracts of sea water, followed by deep moisturising for the whole body. If the sun was strong, an after-sun gel or body lotion that is rich in aloe vera is recommended to soothe the sunburn and treat damaged skin.

## How do you keep your nails in top condition while on the road?

Along with good regular executive manicure sessions, a hand treatment or cream is essential to protect nails and strengthen them. Kiehl's Ultimate Strength Hand



The Oriental Hammam Treatment Room at One&Only Royal Mirage, Dubai

**'An oil massage or hot stone massage that works your head, shoulders and feet is great to de-stress and soothe those travel aches'**



Kiehl's Ultimate Strength Hand Salve, AED 120

Salve is my favourite such treatment, especially having such active hands in my line of work.

## What do you recommend to prevent puffy eyes on a red-eye flight?

Again, keeping yourself hydrated by drinking lots of water is key. Using chilled cucumbers on your eyes is also a good natural remedy for puffy eyes. My favourite product is DMK Eye Tone. It's very effective and gives the best results in a short period of time.

## Do you recommend any multi-purpose products to save space?

A cleanser with exfoliation works double duty, while a soap-free

foaming cleanser like Dermalogica Special Cleansing Gel can also be used as a shaving foam. A good refreshing toner can replace after-shave balm to soothe skin after shaving.

## What spa treatments are ideal for travellers?

It depends on the destination and the time available, but a full-body treatment like an oil massage or hot stone massage that works your head, shoulders and feet is great to de-stress and soothe those travel aches. If you're in Turkey or Morocco, a traditional hammam is a great treat. In Dubai, 1847 grooming lounge and the spa at One&Only Royal Mirage are my favourite spots. **ENT**



Lush Ocean Salt Face and Body Scrub, AED 145