

Holiday Travel Checklist



easy-to-pack wellness essentials for the road

Packing wellness travel essentials can be a real lifesaver when you're on the road for the holidays. Bring along these easy-to-pack items to make your day better and your trip easier:

Immunity booster: Taking a daily supplement high in vitamin C like Emergen-C or an herbal blend with echinacea will help ward off travel bugs.

Bao He Wan: A Chinese herbal supplement for assisting digestion and moving food stagnation.

Jade facial roller: A facial massage tool used to increase glow, decrease puffiness + relax tension.

Electrolyte tablets: A sugar-free option like NUUN replenishes the body's nutrients and minerals which can become depleted on travel days.

White flower oil: An analgesic blend of Chinese herbs used topically to treat aches and pains. Great for headaches and sore muscles.

Rescue Remedy by Bach Flower Remedies: A homeopathic blend taken in times of stressful situations to help you relax and get focused.

Cocculus Indicus by Boiron: Homeopathic tablets that treat nausea and motion sickness.

TIP: Think preventatively! Ramp up your immune system and overall wellbeing BEFORE your trip with acupuncture, probiotics, multivitamins, and vitamin D.

Aromatherapy

Essential oils are great travel companions. They treat the mind, body + spirit quickly and effectively.

- Tea tree: A natural germ-fighter with antiseptic and antimicrobial properties.
- Lavender: A calming oil for stress reduction.
- Peppermint: A clarifying oil for focus + energy.
- Patchouli: A centering oil for tummy troubles.
- Clary sage: A tranquil oil to ease anxiety.

BONUS: A travel essential oil diffuser is a great way to enjoy your oils while on the road!

If you have room...

A mini foam roller to stretch tight muscles

Your favorite water bottle to stay hydrated

A light travel scarf to protect from drafts and colds

