





# Welcome to our Good Flight Guide

We've been taking people abroad for more than 45 years, so we're the experts when it comes to travel. We know it's the little things that make a big difference, and that's why we employ nearly 16,000 people to take care of every last detail of your holiday, and why we are the first UK airline to fly the revolutionary Boeing 787 Dreamliner.

From more headroom and legroom and a smoother, quieter ride, to cleaner air and special lighting that recreates the sunrise or sunset of your destination, the Dreamliner is set to transform every aspect of your flying experience. Designed to reduce fatigue and jet-lag, this amazing new aircraft will leave you feeling relaxed and ready to enjoy your holiday, from the moment you take off. And in addition to the wellbeing benefits, the Dreamliner is better for the

environment, as it's quieter and uses less fuel. So CO2 emissions are reduced as well, which is good news all round.

At Thomson Airways, your health and wellbeing onboard is always our top priority, so to help you make the most of your journey, we have created this special Good Flight Guide.

This Good Flight Guide includes advice from fitness guru to the stars, James Duigan, along with sleep and relaxation tips from Dr Guy Meadows, and in-flight health and beauty secrets from Sarah Chapman. Together, these leading experts will help make sure you arrive fresh-faced, invigorated and ready to get the most from your well-earned holiday.

I hope you have a really good flight. Welcome on board.

Chris Browne  
Managing Director  
Thomson Airways



## Introducing our experts

### RELAX WITH DR GUY MEADOWS

Dr Guy Meadows is one of the UK's top sleep doctors. He has studied sleep patterns and disorders at leading hospitals and also runs the Sleep School. He shares his top tips on how to unwind on the flight, to help you arrive feeling relaxed and refreshed.



### EXERCISE AND EAT WELL WITH JAMES DUIGAN

James Duigan is a fitness guru to the stars, who counts actor Hugh Grant and top models Elle Macpherson and Rosie Huntington-Whiteley among his clients. He offers advice on how to stay in great shape during the flight by exercising and eating well.

### EXPERIENCE HEALTH AND BEAUTY WITH SARAH CHAPMAN

Renowned beauty expert Sarah Chapman runs a leading skincare clinic where her clients include top stars such as make-up artist Jemma Kidd and actress Naomi Watts. She has also developed her own award-winning skincare product range. She shares her secrets to looking and feeling your best at every stage of your journey, from pre-flight preparation to touch-down tips.





## Pre-flight preparation



Any sort of international travel can be tiring, but long-haul can be even tougher. Passing through different time zones can lead to jet lag. Yet with a little forward planning, it's possible to arrive at your destination feeling fresh and full of energy.

### DR GUY MEADOWS FORWARD THINKING

If you're travelling east to places such as Goa, Turkey, the Maldives or Egypt, you'll effectively be losing time and will need to put your watch forward. If this is the case, start going to bed and getting up an hour earlier for two or three days before your flight – you'll find this helps by subtly shifting your body clock in advance.

If you're flying west for your holidays to resorts such as Cuba, Aruba and Florida on the other hand, you'll need to put your watch back, so try going to bed and getting up an hour later than normal.

Another good tip is to make sure you're nice and comfortable for your flight. Stick to loose fitting clothes and pack a pair of warm socks to help reduce the risk of swelling in your legs.

The Dreamliner offers a significantly quieter ride than most other aircraft. In fact, it has a state-of-the-art aerodynamics system that reduces noise on board by 60%. That said, you should still think about packing an eye mask and earplugs if you like complete peace and quiet on your flight.

### JAMES DUGAN

#### EXERCISE

Before you leave home, try giving your body and circulation a boost with the following 10 minute pre-flight workout – it's simple but effective.

Please note that the following exercise suggestions are for information purposes only. If you're in any doubt whatsoever, we recommend that you seek professional advice before beginning any type of exercise.

#### 1. HIP EXTENSIONS

Some people find that sitting still for a long time on a flight can lead to back ache. If that happens to you, why not give these hip extension exercises a try? They help balance your body and get your glutes working – those large muscles at the back of your thighs which support your back. Here goes:

- Lay on your back with your knees bent, heels on the ground and your toes pointing up
- Lift your hips off the ground and back again 20 times, but without letting your bottom touch the floor on the way down each time
- With your hips still lifted and your body in a straight line off the floor, bring one knee up and down 10 times, and then swap over and repeat the exercise with the other knee

#### 2. SQUATS

Next, give some squats a go – movements which can help keep your joints in good working order. These exercises are good for circulation as they get the blood flowing to your legs, and so might stop you feeling stiff on the flight:

- Stand comfortably, with your feet shoulder-width apart

- Cross your arms and hold them out straight, parallel to the floor
- Pointing your toes out slightly and keeping your weight on your heels, lower yourself until your thighs are parallel with the floor
- Stick your bottom out and then slowly push up so you're standing straight again
- Repeat the exercise 10 times

#### 3. STANDING Y AND T SHAPES

Lastly, give these exercises a try too before you leave for the airport – they're great for the posture and strengthen the spine, as well as helping prevent back ache:

- Bend your legs and push your bottom out
- Keep your back and head in a straight line, keeping your shoulders down and your tummy tight
- Bring both arms up alongside your ears in a straight line making a Y shape – and repeat the exercise 15 times
- Now do the same again, but bend down a little further and bring your arms to the side like the wings of an aircraft to form the T-shape

### SARAH CHAPMAN HEALTH AND BEAUTY

#### STAY HYDRATED

For about a week before your flight make a point of drinking two litres of water every day, as this will help keep you hydrated during your journey. Another useful tip is to take omega oil supplements twice a day with your breakfast and dinner, as this can also help the skin retain moisture.

On the other hand, try to avoid alcohol, caffeine and salty or processed foods before you fly, as these can all leave you feeling dehydrated. The night before you fly, have lots of vegetables with your evening meal. As well as being good for you, veggies are full of water which is easily absorbed into your system.

#### SMOOTHING YOUR SKIN

In the days ahead of your flight it's also a good idea to give your circulation a boost by brushing your skin with a body brush for between 5 and 10 minutes and then taking a shower. Start with your ankles and brush your skin using long stroking movements, working up your body towards your heart. As well as being good for circulation, body brushing will make your skin feel incredibly soft.

If you're short of time because of all the packing and preparations, perhaps treat yourself to a do-it-yourself spa-like facial. First cleanse and exfoliate your face, then apply a simple moisturising mask onto dry skin. Leave it for 20 minutes or so while you finish the packing and then rinse off to reveal a healthy, hydrated glow.

You may want to take your favourite skincare products with you when you fly, so be sure to decant some into travel-sized bottles that you can take on board in your hand luggage. Consider taking a small facial spray with you too – it's a great way to keep yourself feeling fresh throughout the flight.



## Up in the air

sleep and relaxation



### DR GUY MEADOWS SLEEP AND RELAXATION

Feeling jet lagged after your flight is no way to start your holiday. The new Dreamliner is packed with state-of-the-art wellbeing technology designed to help you overcome this problem and arrive in great shape. You might also find the following advice helpful.

#### A NEW LIGHT ON JET LAG

Your body uses light to tell you when it's time to get up and when it's time to go to bed. It's this natural day-to-day process that can be disrupted by long-haul travel, while the artificial light on most aircraft doesn't help either. This is why the Dreamliner features unique LED lighting that recreates the sunrise and sunset of your destination, making it easier for your body to adjust to the new time when you arrive in your holiday resort.

What's more, the Dreamliner's windows are three times bigger than those on most aircraft, letting more natural light in and giving everyone a view of the horizon—and this all helps keep your body clock on track.



A useful tip is to set your watch to the local time at your destination early on in the flight to give yourself as long as possible to adjust before you arrive.

Also, think ahead to the time you're due to arrive. If you're scheduled to land at night, staying awake during the flight is the best option so that you're ready for bed when you get there. On the other hand, if you're due to land in the morning try to sleep on the flight, so you arrive refreshed and ready to make the most of the day ahead.

#### RELAXING ON BOARD

If you're a nervous flyer or suffer from motion sickness, you may find it hard to relax during the flight. If this sounds familiar, you'll be pleased to hear the Dreamliner features unique in-built Smooth Ride technology that senses in advance the differences in air pressure that can cause turbulence. It then makes all the necessary adjustments to iron out the unwelcome bumps, to make your flight as smooth as possible.

Thomson Airways' Dreamliner promises to offer more legroom than any other UK long-haul holiday aircraft. Even so, not everyone finds it easy to relax or sleep during a flight. A useful tip is to focus all your thoughts on the present moment rather than worrying about what you might have left behind. Focus on the rise and fall of your breath, and if your mind wanders to other thoughts, gently let them go and focus on your breathing again. This encourages the brain to relax and prepares the body for sleep – it's extremely effective and may well help you relax on board.

You may find the next technique helpful too. Close your eyes and focus solely on the physical sensations you're experiencing at that precise moment.

For example, you might notice tingling in your toes, the seat touching your legs or back, your hands crossed together or the sensation of your eyes being closed.

Starting with your toes, mentally scan upwards through your whole body until you reach your head, spending a few moments on each feeling.

Observe each feeling for what it is, without trying to change it or get rid of it. If your mind wanders off on to another thought, gently let it go, returning again to your body's sensations.

So how will this help? The idea is to leave behind all those competing thoughts or emotions which can make you feel anxious or prevent you from getting some rest. It allows your mind to come into the present, helping you prepare for a more relaxed and beneficial sleep. Give it a go – it really can work.

There's another breathing exercise you can try from the comfort of your seat, which recreates the way we breathe when we're asleep – and at our most relaxed.

When we feel worried or on edge, our breathing becomes shallow, rapid and irregular, reducing the amount of oxygen flowing to the brain. In turn, this increases our heart rate and blood pressure and can also cause muscles to tense up, making us feel stressed.

On the other hand, when we're asleep our breathing is slow and deep and our lungs are used to their full capacity. This is called diaphragmatic breathing and it increases the supply of oxygen to the brain, reducing our heart rate and blood pressure and making us feel more relaxed.

Using this technique regularly during the day can help reduce the stress of any situation.

Sitting comfortably in your seat, place your right hand between your waistline and rib cage, with your left

hand resting on your chest. Take a few breaths in and out, focusing on the area around your diaphragm, where your right hand is placed. As you breathe in, allow your belly to expand as the air flows into the base of your lungs, while keeping your chest (and left hand) still.

Although it'll feel a bit strange at first, keep practising and you'll soon be doing it without noticing and will start to feel nicely relaxed at the same time.



# Up in the air

## exercise and nutrition



### JAMES DUIGAN

#### EAT AND DRINK SMARTLY

It's important to think carefully about what you're eating and drinking when you're flying. Dehydration is one of the main causes of jet lag, so although it may be tempting, consider swapping that bag of crisps for a handful of unsalted nuts. Almonds, walnuts and brazils are all a good choice, as they're high in protein and also contain magnesium – a mineral that helps regulate sleep patterns.

Try to avoid food that contains a lot of sugar – such as cakes, biscuits and sweets – as they may make you feel thirsty and bloated. A better option is to snack on fruit and drink fresh juices, which are great for delivering nutrients into your system.

What you eat will also help you to stay awake – or get some sleep. If you want to stay awake during the flight, a light meal containing lots of protein such as chicken or fish is a good option, as it's easy

to digest and won't make you feel sluggish. On the other hand, if you want to get some sleep before you land, opt for a meal containing milk, cheese, tuna or turkey, which all contain tryptophan – an amino acid which may make you feel sleepy.

When flying, it's also best not to have any alcoholic drinks, as they're likely to dehydrate you and make you feel hungry. However, if you do want to have an alcoholic drink, follow the 'two for one' rule – for every alcoholic drink you have, follow it up with two glasses of water to counteract the effects of the alcohol.

You probably won't be surprised to learn that the Dreamliner has a number of features that will help! For example, all food on board is cooked in steam ovens which should lock in nutrients and freshness. And the Dreamliner also has a revolutionary new air pressurisation system that allows more oxygen to be absorbed into the blood, reducing the effects of dehydration. It's still a good idea to drink water regularly throughout the flight – and try to pace yourself by taking small sips rather than large gulps. Taking it slowly means the water can be more easily absorbed into your system.

It's also worth remembering that coffee stays in your system for up to six hours. So if you want to take a nap, it's best to give it a miss. Perhaps try taking a herbal tea on board, such as camomile – a much more relaxing alternative and an effective natural nightcap.

#### STRETCHING

Holiday flying no longer has to cramp your style thanks to the Dreamliner, which offers more headroom than any other aircraft. Here are some stretching exercises you might like to try from the comfort of your own seat, to help keep you in great shape during the flight.

**CALF RAISES** – with your knee bent, simply lift your leg and swing it outwards, keeping it parallel to the floor and then move it back again. Repeat this 20 times with one leg and then do the same with the other. Simple stretches like this are good for the circulation.

**THE BOTTOM AND BACK STRETCH** – this exercise is great for releasing tension created by sitting still. It helps get the blood flowing around your body:

- Take your shoes off, rest your left ankle on your right knee and hold it there for a minute so that you feel a stretch through your bottom
- When you're in this position, roll your ankle round in a circle and massage the soles of your feet with your hands. You will find this helps prevent or relieve swelling in the ankles and legs
- Repeat on the other side

**THE FOUR-POINT NECK STRETCH** – this exercise prevents tension headaches and neck ache, and relieves pressure in the shoulders:

- Sit up straight with your shoulders back and gently tip your head towards your right shoulder
- Gently hold your head in this position with your hand and then repeat on the other side

- Next, bring your chin down to your chest and hold it there for a minute
- Finally, place both your hands underneath your chin and slowly look up to the ceiling and back again

**LUNGE STRETCH** – if you're feeling more adventurous, you can take advantage of the Dreamliner's wide aisles and spacious communal areas to do some lunge stretches. These loosen your hips and strengthen your tummy as follows:

- Place one knee on the ground and bend your other leg, parallel to the floor
- Keeping a slight forward lean of the torso, tighten your abs and squeeze your bottom on the side with the knee on the ground. Maintaining this posture, shift your entire body slightly forward
- Exhale and hold the stretch for three seconds
- Repeat five times on each leg



# Up in the air

health and beauty



## SARAH CHAPMAN GET GLOWING

Although everyone likes to look their best, wearing heavy make-up when flying can clog the skin's pores. Ladies, for a lighter alternative to your usual foundation try wearing a tinted moisturiser – this offers some coverage while hydrating the skin and allowing it to breathe.

It's worth remembering that you can freshen up throughout the flight quickly and conveniently by using a facial spray.



Another tip is to look for a face cream containing hyaluronic acid before you fly. A naturally occurring moisturiser, this is used in many skincare products because it's great for smoothing, hydrating and softening the skin. It's also very versatile – and can double as a hand moisturiser too. Rub the remainder into your hands, paying particular attention to your cuticles and nails.

### DON'T DRY OUT

Air in the Dreamliner's cabin is specially pressurised to keep the humidity level higher than in most other aircraft so your skin doesn't dry out.

You may also find the following advice useful, especially if you have dry or sensitive skin:

- To avoid having flaky or chapped lips, give them a gentle rub with a soft toothbrush. This will give your circulation a boost and stop your lips from drying out. Keep up the good work by regularly applying a lip balm as well
- If you're prone to getting a stuffy, sore or dry nose when you fly, put a balm or barrier cream just inside your nostrils. This is incredibly soothing for anyone with delicate skin and also creates a natural defence against any coughs or colds
- Don't neglect your feet. To keep your soles soft, apply a small amount of moisturiser or hand cream, then pull on your socks to give an intensive spa-like treatment
- Carry a small bottle of eye drops with you and use them every so often to stop your eyes from itching, drying out or becoming bloodshot

### A WAKE UP CALL FOR SKIN

To keep your skin looking healthy and to maintain a rosy-looking glow, stimulate the circulation in your face with the following routine:

- Start by making little pinching movements on your cheeks, working your hands gently up from your jaw line to your cheekbones
- Next, drum and tap your fingertips gently around your face from your chin up towards your forehead. This helps to boost oxygen levels in the skin
- If you're feeling tired and want to reinvigorate your face, place your head between your knees for a few seconds, then gently lift it back up for an extra glow
- Next, using your index finger, gently press your temples in small circular motions. This will help alleviate any tension headaches
- With your ring finger, gently press along both eye sockets starting from the corner of your nose, working your way out across your cheekbones. This light pressure helps prevent puffiness and dark circles around the eyes
- For an extra feel-good factor, finish off the routine with a quick scalp massage. Simply work your hands across your scalp as if shampooing your hair two or three times – and remember you may need to brush your hair afterwards!



# Once you've arrived



## DR GUY MEADOWS SLEEP AND RELAXATION RECOMMENDATIONS

The Dreamliner's unique wellbeing technology, along with the expert advice, tips and recommendations within this guide, are all designed to help you arrive in great shape. Here are some additional suggestions to help you settle into your holiday following your flight.

Try to get into a routine as soon as possible by sleeping and eating in sync with the local time at your destination. If you arrive during the day, stay awake for as long as you can and try to spend some time outside as it's important to get as much natural light as possible. This is because sensitive cells in your eyes detect daylight, triggering a chemical reaction that encourages your body to stay alert.

At night time, try not to worry if you can't sleep at first. Instead, use this time to relax – your body and mind still get tremendous benefits simply from resting.



## JAMES DUIGAN EXERCISE

Consider going for a stroll or having a swim. If you are near the coast, take a dip in the sea, as the salty water will give you a tremendous sense of wellbeing. Alternatively, a few lengths of the hotel swimming pool will also do the trick.

Also consider treating yourself to a massage – it will help relieve muscle tension and increase blood flow around your body.

## SARAH CHAPMAN HEALTH AND BEAUTY TIPS

Before going to bed, you may want to have a bath, adding some bath salts. Then use an aromatherapy body oil containing lavender to help you sleep and perhaps try a few simple stretches to help you unwind, before turning out the light.

If you've arrived during the day time, having a shower is a great way to re-energise and rehydrate yourself, as the surrounding air will be full of moisture.

Then exfoliate your body to remove any dry skin and use a nourishing body cream. Next, focus on your face. For a deep, thorough cleanse, massage your cleanser into the skin with your knuckles and fingertips with firm upward movements for at least two to three minutes. Use a face cloth or flannel to remove the cleanser thoroughly, as this also helps remove dry skin and will bring a glow to your face.

And, of course, whenever you're out in the sun, remember to use a sun cream with a high protection factor (at least factor 30) and make sure to re-apply it regularly throughout the day, both on exposed parts of your body and on your face.

## Top tips for a really good flight

We hope you've enjoyed our Good Flight Guide and that it's helped you get the most from all the health and wellbeing features that are packed into the Thomson Airways Dreamliner.

To re-cap, here are five top tips from the guide to help make your flight the perfect start to your holiday:

1. Plan ahead: set your watch to the time at your holiday resort as soon as you're on board and either try to stay awake or get some sleep on the flight, so you're in tune with the local time when you land. The Dreamliner's unique LED lighting will help, as it recreates the sunrise and sunset at your destination
2. Keep moisturised: drink plenty of water each day for a few days before you fly and take some of your favourite skin care products on board with you in travel-sized containers. The high humidity level in the Dreamliner's cabin will also help keep your skin naturally moisturised
3. Eat and drink smartly: avoid alcohol, caffeine and salty, sugary or processed food ahead of your flight and when you're on board, as they can all leave you feeling dehydrated. Try fresh fruit, unsalted nuts and drink fruit juices instead. The steam ovens used to prepare all the food on the Dreamliner should help too, locking in the foods' nutritional content

4. Stay in shape: a short pre-flight work-out will give your circulation a boost. You can make the most of the space on board the Dreamliner with a series of back, leg and neck exercises too

5. Chill out: be comfortable on your flight by wearing loose fitting clothes and remember to pack a pair of warm socks. Then sit back and relax, to benefit from the Dreamliner's smoother, quieter flight

From all of us at Thomson Airways, we hope you enjoy your flight and wish you a fantastic holiday.



