

# Stay relaxed and healthy on your flight leaving Frankfurt Airport

We want to give you some recommendations for your flight so that you can better cope with the stress of a long flight.

## 7 Tips for a relaxed and healthy flight

- Drink a sufficient amount of liquids during the flight. The relatively low humidity on board the aircraft effects that your skin and body dry out quicker. Fruit juices (without sugar) and mineral water are best.
- Do not drink alcoholic beverages. Alcohol widens blood vessels and may cause your legs to swell quicker.
- Get out of your seat several times and walk a few steps. This helps your blood circulation to stay in order.
- Wear comfortable clothing that is not too tight.
- Wear glasses instead of contact lenses to prevent inflammation of the conjunctiva.
- Take measures to prevent thrombosis.
- Do not eat fatty foods, drink coffee, black tea, coke and alcohol because these will remove more liquid out of your body than you supply to your body.

## Relaxation exercises

- **against travel fatigue**  
Sit comfortably in your seat, put your hands on your stomach and breathe deeply through your nose. Make sure that you breathe out through your mouth and nose and that your stomach rises at the same time. This helps to supply more oxygen to your body and new energy!
- **for your eyes**  
Sit upright, close your eyes and position your feet flat on the floor. Next rub your hands. After your hands have become warm, place them on your eyes so that no light penetrates the eyes. Breathe slowly and deeply through your nose. Think of something pleasant. This will give you new energy!
- **for your face**  
Put your fingertips on your forehead and exert slight pressure. At the same time hit your skin softly and also work slowly and continuously on other parts of your face.
- **for your feet**  
It is good to take your shoes off once you have settled in your seat. Feet tend to swell quicker at high altitudes and it is often felt that shoes exert more pressure. Put your foot on your seat and move each toe. Next massage the entire foot. Put both thumbs on the back of your foot and use your fingers to massage the sole of your foot.

## Tips for a good nap

→ **for relaxing your neck**

Take a neck pillow with you on board the aircraft to help relax your neck and shoulders.

→ **for relaxing your back**

Take a pillow for your back on board, too. This will help you relax your intervertebral disks and prevent back pain.

→ **for staying warm**

Use a blanket if you take a nap. This will keep you warm even if the air conditioner is operating at colder temperatures.

→ **for relaxing eyes**

Take a sleep mask with you to protect your eyes against too bright light.