

# How to look picture ready when you travel on business

## Workshops

You know that your hotel room is never ready at 7 in the morning, but you just got off the plane bloated, dehydrated with bad breath and looking and feeling 10 years older. Yet you need to get to your first meeting straight from the airport. Join Edyta Satchell, American Travel Wellness Expert, to discover how to look and feel your best every business trip you take.

Who is the sessions for:

- Every person who travels on business at least once a year

During this session you will:

- Identify easy to use techniques of how to eliminate bloating, weight gain and overall discomfort during travel
- Define ways to be emotionally well
- Understand that make-up is not just for the ladies
- Find the right answer to the "To Drink Or Not To Drink" questions
- Rediscover techniques to look 10 years younger before, during and after travel