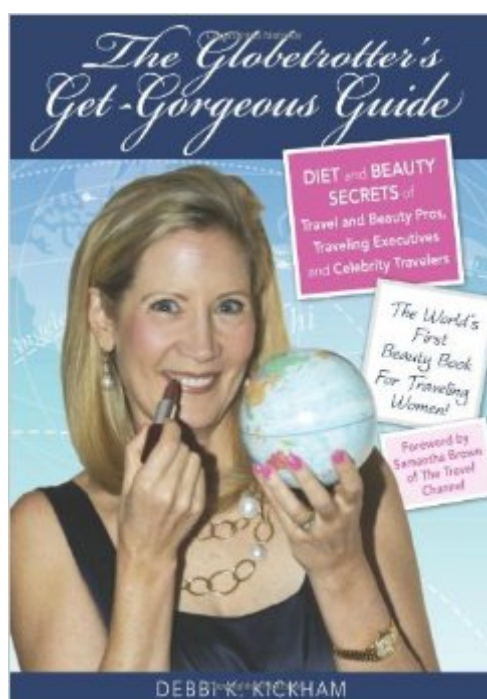


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# The Globetrotter's Get-Gorgeous Guide: Diet And Beauty Secrets Of Travel And Beauty Pros, Traveling Executives And Celebrity Travelers



## Synopsis

Fasten your seatbelts For the Globetrotter's Get-Gorgeous Guide, The World's First Beauty Book For Traveling Women! Today's travel is brutal, and takes a toll on your beauty and well-being. Here's the book traveling women have been waiting for - whether you're a chief Executive Officer at work, the Chief Domestic Officer at home, a honeymooning bride, or a woman in the military. The Globetrotter's Get-Gorgeous Guide: Diet and Beauty Secrets of Travel and Beauty Pros, Traveling Executives and Celebrity Travelers is the world's first diet and beauty book for traveling women, on the job and off. Fasten your seatbelts, because you're about to embark on a journey of beauty tips, diet and exercise advice, cosmetics info, and shopping secrets. Debbi, a professional travel journalist for more than 25 years, and former Editor of Robb Report Magazine - "The Millionaire's Magazine" -- offers you the insider scoop on Travel and Beauty - the best of both worlds. "This book is your boarding pass to domestic and international beauty, to take the "travail" and trauma out of travel. It can help you travel so that your diet, exercise and beauty routines don't take their own vacation (or get lost with your luggage)." -Samantha Brown TV Host, The Travel Channel "This book is a lifesaver for globetrotters who want to look fabulous and be carefree." -Carmindy, Celebrity Make-Up Artist on What Not to Wear on TLC, and author of three beauty books, The 5-Minute Face; Get Positively Beautiful; and Crazy Busy Beautiful The Globetrotter's Get-Gorgeous Guide is Allure Magazine meets Travel + Leisure Magazine meets Born To Shop! You'll discover a boatload (and carload) of irresistible information and a gold mine of get-gorgeous tips that Debbi uncovered all over the world: -How to stay thin on a cruise (when average weight gain is one pound per day)-"Passport To Pretty" recommendations so you can be your best-First Class travel secrets from celebrities such as Cheryl Tiegs, Vanna White, Ivana Trump, Joan Lunden and Leeza Gibbons-The Top 10 best-ever snack foods to travel with-Cosmetics you'll crave, in regular and travel sizes

## Book Information

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## Customer Reviews

The concept of this book is a good one but it does not deliver organized, easy to find information that hasn't been published elsewhere. Moreover, the gals whose travel advice was quoted in the book seemed to have a lot more financial resources than the average traveler. If the book had more down to earth moderately priced travel tips for diet and beauty routines on the go it would have been worth what I paid for it.

A friend of mine recommended that I get The Globetrotter's Get-Gorgeous Guide, because I travel so much. It's a fantastic, helpful, unique book! I had no idea that Ms. Kickham had so many insider secrets about looking good and feeling good when you travel. From now on, I'm not going anywhere without packing a silk or satin pillowcase, Oscilloccinum, a filled prescription for antibiotics, powdered peanut butter and - believe it or not - a pool thermometer so I can check the temperature of the hotel pool where I stay. Just the chapter on buying bargains in Paris is well-worth the book's \$24.95 price.

Okay fellow globetrotter, get ready for the ride of your life. Start turning the pages from one chapter to another and discover everything you want to know about travel as it pertains to healthy snacking, quickie exercising, looking beautiful, and bargain basement shopping. The book is every woman's bible to looking good and feeling good on the road. Whether you're fastening your seat belts, lacing up your sneakers or lying in the Jacuzzi soothing your soul, you'll uncover all the secrets of looking and feeling "Supercalifragilisticexpialidocious!" Yep. That's right. So get off your seat and pick up a copy of this book ... not one of these days, but NOW! Get it. I mean it. Her advice works!

I'm from Venezuela, live in the USA and, in my previous job, traveled constantly, especially to Paris. I discovered The Globetrotter's Get-Gorgeous Guide and I don't know how I ever lived without it. The tips and advice, from Ms. Kickham and the women she interviewed, are invaluable. For example, she says to always pack your own snacks such as Sunsweet 20-calorie prunes and Laughing Cow cheese; shop secondhand stores at your destination (Samantha Brown of The Travel Channel offered that tip); and visit supermarkets and pharmacies for great, affordable souvenirs. My

mom and I both bought the book, and in the process, fell in love with G.M. Collin skincare products that are profiled. I also especially enjoyed the chapter about beauty products from around the world, which lets you shop for all kinds of cosmetics - without the jet lag! I also have bought several copies of this book for my friends who travel, because it filled with valuable advice I never knew about. Just reading this book is a great adventure, no matter if you have small - or deep - pockets.

This entertaining book is more than a traveler's guide. It is a treasure trove of informative gems and advice that ensure a healthy, fun, vibrant way of life. In fact, no matter where life takes you, it's a great gift, even for a non traveler who wants to "up their savvy " on all things related to an exuberant, first-class lifestyle. It's upbeat, breezy style makes for a great read whether waiting at an airport lounge or lounging in a hot tub. Enjoy the trip.

This book has become a packing tips bible to check before a trip. Its especially helpful to review the "Essential Lists for Carry-ons". The author is a beauty guru, and this book is a treasure chest of tips for tried & true products to make you look and feel GORGEOUS!! I loved reading tips from women who travel for a living. There are high end products (I can only dream about a "fragrant rose petal soak and 2 hour stone massage at a healing spa in Bali"), and Louis Vuitton may be out of my budget; but Ms. Kickham shares just as many tips that are very affordable (Target, Rite Aid) and some even free. There are ideas I never even thought of before that are brilliant! Such as taking a scented room spray or a "Tasselaire" filled with scent to hang on a hotel doorknob, or saving the little paper slippers from a pedicure to use at airport security when you have to take off your shoes. I always take a satin pillowcase when I travel now, and have become addicted to Elnett hair spray! The book is filled with websites and resources. Its impossible to pick up The Globetrotter's Get Gorgeous Guide and NOT discover something that will work wonders for you!

Debbi Kickham's book is a travel lifesaver. I've read a lot of travel books and travel guides over the years, but this book offers so many "on the go" practical tips that I've made my own list so I don't forget any. Female executives who travel, flight attendants, cruise-ship singers, and people who work in the beauty and travel industries all weighed in on their travel stress-savers, and they are all GREAT. A few that I thought were good were: taking orange HerbanEssentials towelettes to wipe down your computer or airplane tray table (you can also use as an after-shave on your legs), bringing scented candles and room spray to your hotel room or cruise-ship cabin, packing a travel-sized Clarisonic to exfoliate your face to fight the look of jet lag, even packing your own high

thread-count sheets when you stay at a budget hotel, bringing your own packets of fat-free salad dressing, and buying travel-size items from [...] and [...]. Ms. Kickham also explains how she frequently jumps rope in her hotel room - without the jump rope - to go through the motions and show her body who's boss. These are invaluable tips for every traveler who wants to look and feel good, no matter where she is. And with the "gorgeous globetrotter" entire chapter on cruising, if I ever go on a cruise I will know how to sail without gaining the average "one pound per day" of weight.

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