



10 Healthy Travel Hacks: Choose This, Not That

Simple swaps to feel good on the go

1. Choose refillable water, not overpriced bottled drinks

Bring a reusable water bottle and fill it at water stations instead of buying \$5 bottles at the airport.

2. Choose tea or water, not sugary drinks

Travel with tea bags to stay hydrated and energized without the crash.

3. Choose healthy snacks from home, not the in-flight cart

Pack a few protein bars, almonds, or carrot sticks to avoid ultra-processed snacks. See how I pack in [this reel](#).

4. Choose cozy travel accessories, not stiff necks & cranky vibes

Use a comfy neck pillow with a hoodie, eye mask & earplugs to help you actually rest. This is the [hooded neck pillow](#) I swear by!

5. Choose gentle support, not travel bloat

Homeopathic travel tabs can help support digestion, ease nerves and prevent swelling. I like these [travel tabs](#), they make a big difference when I travel.

6. Choose movement, not stagnation

Stretch, do ankle rolls, or walk the mid-flight to keep circulation flowing. Need ideas? Watch my [in-flight movement reel](#) for simple stretches you can do right in your seat.

7. Choose quiet resets, not screen overload

A short meditation, calming playlist, or eyes-closed pause can shift your whole energy. Need help unplugging? Try my [free 5-minute meditation](#) to reset mid-travel.

8. Choose local markets, not overpriced hotel food

Visit a nearby grocery or convenience store for yogurt, water, veggies and fresh fruit.

9. Choose breath, not panic

Pre-boarding jitters? A simple breath practice can reset your whole system. Try the box breath with me — [watch the steps in this Highlight](#).

10. Choose joyful breaks, not all-or-nothing travel habits

Let go of the “ideal routine.” Do one small thing to feel good, then enjoy the journey.

I hope these hacks help make your next trip smoother, healthier, and more joyful. ❤️

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