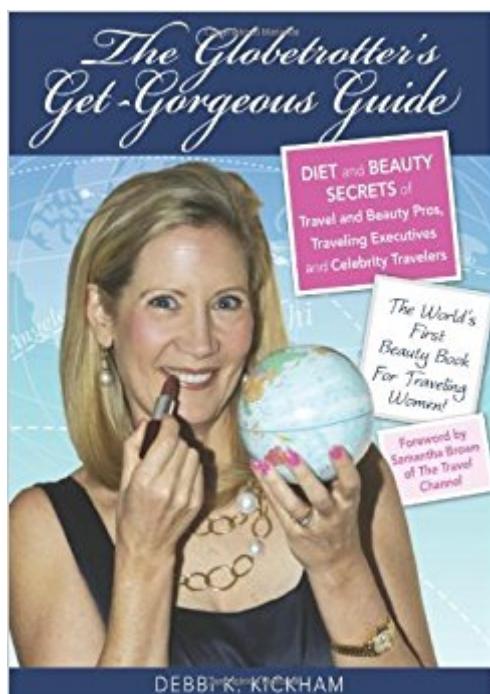


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# The Globetrotter's Get-Gorgeous Guide: Diet And Beauty Secrets Of Travel And Beauty Pros, Traveling Executives And Celebrity Travelers



## Synopsis

Fasten your seatbeltsFor 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 BrownTV 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

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.

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.

This book is a trip -- literally! But it's a mistake to think it's just for travelers. The tips, tricks and tidbits that Debbi's amassed are just the ticket for any woman (or man) who wants to eat, look and feel great -- despite being perpetually pressed for time and led into high-calorie temptation. Buy a copy for yourself and another for someone you love -- you'll get their undying gratitude AND free shipping!

Many tips that I appreciated learning about.

I've got this book highlighted and post ups all over the place. It has all kinds of great information on traveling. Well worth getting!

I purchased this book for my daughter who is currently working as a cruise ship dancer and the tips are very helpful.

The Globetrotter's Get-Gorgeous Guide was a pleasure to read! Very informative, fun and well documented. My favorite chapter is "Celebrity Secrets" where the V.I.P.s like Nancy O'Dell and Ivana Trump share some of their favorite things - beauty and travel related. Overall, I think this book is a great resource for people who travel a lot and makes a great gift for the traveler in your life!

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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