

Avoid dehydration when you travel

We all know how important it is to drink water frequently while flying... but what about your nose?

Cabin air is low in humidity which can lead to dehydration. This can result in congestion, respiratory problems and a dry, irritated nose.

That's why we developed FESS® Frequent Flyer®.

A natural saline spray, specially formulated for air travel, FESS® Frequent Flyer® helps moisturise your nose and wash away airborne bacteria, dust and pollutants. And since it's natural it can be used as often as required.



Helps you arrive as healthy as you departed

Available from pharmacies and Airport Newslink stores.

For more information call 1800 788 870, email: info@paedpharm.com.au or click www.fess.info

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

update

SPECIAL REPORT

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reduce jetlag

Make jetlag a thing of the past with this QLink pendant incorporating Sympathetic Resonance Technology. Especially popular with golfers, QLink acts as a tuning fork for the body and strengthens its ability to cope with stress. Enjoy increased mental clarity and sporting performance (\$198; 1800 175 465; www.qlink.com.au).



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juice on the run

All of the major airlines offer AC power for your notebook in business and first class, but you won't be able to use your notebook's regular power cord; you'll need to purchase a special universal power adapter. Targus makes a range of adapters for PC and Apple notebooks, which range in price from about \$180 to \$300. (1800 641 645; www.targus.com/au). However, Qantas has recently upgraded its Skybeds on routes to London departing from Sydney and Melbourne. They feature a regular AC adapter that will accept both Australian and US plugs. If your plug is from the UK, Europe or Japan, you will need an international adapter. +



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notebook pcs

The truly essential item for any business trip is a laptop.

Creative types will appreciate the slimline **Apple PowerBook G4** with a spectacular 17-inch widescreen display, cool aluminium alloy chassis and wireless networking built in (\$4299; 13 36 22; www.apple.com/au).

A black notebook with a red trackpoint in the middle of the keyboard can only mean one thing: a **ThinkPad**. The X41 is a sturdy notebook that features a fingerprint reader for the ultimate in security (from \$3099; 1300 557 073; www.lenovo.com/au).

The **Toshiba Portégé** is an ultra-portable, ultra-sleek notebook that weighs just over a kilo, with the thickness of a finger (\$3520; 13 30 70; www.isd.toshiba.com.au).