



If you're faced with hours of airport time, go to the international terminal for the best shopping.

How to Make the Most of a Layover

An Interview With Wendy Perrin

Perrin is TripAdvisor's travel advocate and blogs about her extensive travel experience at wendyperrin.com.

Consider this when booking your ticket: A long layover might mean more savings *and* more sightseeing.

Get out. I had an overnight layover in Geneva, where the (free!) airport train takes you into town in six minutes—you better believe I spent my 12 hours taking a brisk stroll along the river, then reinvigorating myself at the Four Seasons' pool and spa. In many European hubs, it's easy to get into town. Just make sure you have enough time to wander the city and still clear security.

Hit the lounge. When you can't leave, most airline lounges offer day passes

for around \$50—these are a savior if you need a shower, nap, or quiet corner with Wi-Fi. Start with the airline you're flying, but independent lounges are a growing trend, too. Dallas's American Express Centurion Lounge, open to AmEx cardholders, even has a spa. Apps like LoungeBuddy can point you toward the good ones.

Take a break. Many airports have mini spas for a quick massage or manicure; you can even check out the amenities at airport hotels. San Francisco International Airport's yoga room is a great spot to stretch or meditate before takeoff. Culture

can be another escape: Amsterdam's Schiphol Airport has an annex of the Rijksmuseum and Singapore's Changi Airport has a butterfly garden.

Shop smart. You probably won't find the best deal at the airport, so bypass the Toblerone and Lagavulin. Instead, look for local items—I bought gorgeous Italian leather gloves at Florence's airport. And just because you're flying out of a domestic terminal doesn't mean you can't go over to the international gates, where the shopping is often better. The Munich airport's shopping is so amazing that locals go there, too.

—INTERVIEW BY COURTNEY BALESTIER

Plane Fare

Nutritionist Lisa Young picks the best airport food.

Wolfgang Puck Express

Order: The quinoa-and-white-bean burger with mixed greens

Vino Volo

Order: Half a Tuscan chicken sandwich or roasted chicken with greens

Lemonade (LAX)

Order: Spaghetti squash with farro and pomegranate or vegetarian chili

Legal Sea Foods

Order: Blackened raw tuna with seaweed salad or plain shellfish

Match Maker

Julien Farel, the official hairstylist of the U.S. Open, tells us what makes great tennis hair. —ELIZABETH ANGELL

Why does hair matter?

"If the players look good, they feel good. I try to give them power hair so they can swagger. I think of Björn Borg."

What's the best hair for a match?

"I do a lot of braids. A double braid—one on top and one on bottom—gives more security. For product, I use a balm or gel instead

of hair spray, which can be drying. And I always use something with SPF."

Can good hair help a player win?

"When my senior colorist and I took Bethanie Mattek-Sands from neon green to bright purple, she won her first-round match at last year's Open and tweeted, 'It's all about the hair!'"

Any other big hair victories?

"I cut Rafa Nadal's hair before the 2010 U.S. Open. He had long hair and wanted a change. I decided to create a South American polo player kind of look. He won the tournament, his first U.S. Open. Now he's superstitious about letting anyone else cut his hair."