



I DON'T LEAVE HOME WITHOUT:

- 1.** My **Arlo Skye** Aluminum luggage set. The carry-on nests inside the checked bag to maximize storage space at home. It comes with a leather name tag, two shoe bags, and a laundry bag. I love that the carry-on has a portable charger.
- 2.** **John Masters Organics** Honey & Hibiscus Hair Reconstructing Shampoo and Lavender & Avocado Intensive Conditioner.
- 3.** **Intelligent Nutrients'** travel-size toiletry set is vegan, cruelty-free, and made with plants.
- 4.** **Sachajuan** Shine Serum is a lifesaver for my Mediterranean/African hair.
- 5.** **Smith & Cult** nail polish in Kundalini Hustle and
- Subnormal, so if I need a quick polish change, I can pop into a place and know I have a color I love.
- 6.** **Totême** Espera T-shirts. Tees are a must for traveling, and these are more elevated and made from organic cotton.
- 7.** The **evil-eye** necklace I purchased in Beirut.
- 8.** **Vitruvi** essential oils: Lavender helps me relax and sleep after a long flight, and peppermint puts pep in my step when I need to be on the move the next day.
- 9.** A silk **Ferragamo** Gancini floral print scarf adds elegance to any simple black top and black pant. I bought mine in 2002 at a private dinner party at the Ferragamos' house in Florence. **VI**

My Travel Essentials

Sarah A. Abdallah makes friends as she goes.

PORTRAIT BY BALL & ALBANESE

THE OWNER OF FUNCTIONAL Creative Design (pictured here at one of her favorite hometown hotels, The New York Edition) has worked with brands such as InterContinental, Shangri-La, and Park Hyatt in her career as an interior designer. "I like to look at how other places around the globe approach design, food and beverage, and hospitality," she says of her travels. Among her most

cherished destinations: Beirut ("You have beaches, mountains, and amazing food, plus nightlife and ancient ruins only an hour apart from each other"), Tokyo for its architecture and way of life, and Tulum, where she lets go of routine to focus on good food, the beach, and yoga. This frequent solo traveler forms friendships abroad – in fact, her next trip is a Paris jaunt to reunite with friends she made in Tulum.

