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2:00 PM / APRIL 30, 2013 / POSTED BY Matt Gross

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From how to crash the business class lounge to the best in-flight cocktails, former New York Times Frugal Traveler **Matt Gross** shares his air-travel tips

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4. Recline

Finish your meal properly, with *Finnair's* organic teas--served in adorable pots from *Marimekko*--or with a glass of brandy. (Almost all airlines offer it; just ask.) Doze off, then hope you're flying business on *Turkish Airlines*, whose blended-to-order smoothies (mango-lime, orange-banana) will rouse you for landing.

Coffee, Tea, Or...

Getting the little things right can fix a turbulent trip. Here's what does it for me:

Haagen-Dazs, Air France: Ice cream almost makes me forget I'm leaving Paris. Almost.

Salt-and-Pepper Shakers, Virgin Atlantic: I can't resist these cute miniature planes. And into my carry-on they go.

Cup of Noodles, Cathay Pacific: Slurping them, I don't care that we're still 10 hours from Hong Kong.

Biscoff, Delta: These cookies are addictive. I order them at biscoff.com/delta and get a SkyMile for every dollar I spend.

Matt Gross, the editor of BonAppetit.com, was the Times' "Frugal Traveler" columnist from 2006 to 2010. His new travel book, [The Turk Who Loved Apples: And Other Tales of Losing My Way Around the World](#), is out now from Da Capo Press.

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