

# How to Cure a Hangover on Vacation

Author: Aly Walansky

Date: July 2nd, 2015



Many of us leave our inhibitions behind when we go on vacation. That can be a whole lot of fun but cause a lot of problems — namely, some pretty bad hangovers! Without the comforts of home, we may not have our usual arsenal of remedies around, and so finding a hangover cure that will provide a quick fix so we can get back to said fun becomes priority mission #1. Here's some hair of the dog remedies (some involving booze, others not) for any weekend away:

## Work it out

We've been told to sweat out a hangover, and that's absolutely true. So a classic hangover cure is to head to the hotel gym or go for a run along the beach. But if even that feels like too much right now, there's a soothing position that may be your answer.

## IVs

These drips aren't just for hospitals anymore. People are using them to help cure their

hangovers all over the world. REVIV is an IV wellness spa with locations in New York, Miami, Las Vegas, the UK and Johannesburg, South Africa. They are one of a host of places you can go to get IVs that instantly restore hydration. Developed by a group of ER docs/athletes, their menu of IV formulas are packed full of vitamins, minerals, antioxidants and electrolytes to make you feel human again.

## **Essential oils**

Looking for a 30 second hangover cure? Look no further. "Get a little bottle of peppermint oil, your finger or something that can provide pressure, and a big glass of water. Apply peppermint essential oil close to the nares and apply acupressure to the P6 point of the human wrist, which is located three finger distance from the 1st wrist crease in between the pointer and middle finger tendon. Be sure to apply constant pressure for 5 minutes and repeat every 15 minutes. The peppermint oil's aromatherapy stops active vomiting, while the oil seeps into the blood stream accumulating into the gut and calming upset stomach. Acupressure on the wrist creates anti-nausea hormones as you apply constant pressure," says Jacqueline Darna, CEO Darna & Company LLC. Don't forget to rehydrate, since the cause of a hangover is dehydration.

No time to keep pressing? If not, try the same idea via acupressure. There's bands on the market like No Mo Nausea Band that applies the three above principles for you. "Neuromodulation, or tricking your brain into not thinking it is hungover or has a headache, is how the No Mo Nausea Band works. Activating pressure, temperature, and touch receptors simultaneously, it makes your brain and body forget how bad it feels," says Darna.

## **Hydrate**

"After a long night of drinking, your skin and body become dehydrated. You can reverse this by drinking plenty of water or coconut water to replenish the body and by applying topical moisturizers to hydrate the skin. I also recommend eating a diet rich in antioxidants and applying topical antioxidants to reverse inflammatory changes. Antioxidants are a great hangover cure! For a quick skin pick-me-up, exfoliate with an alpha or beta hydroxy acid to get rid of that dull top layer of skin and to reclaim your glow," says NYC dermatologist and antioxidant expert, Dr. Debbie Palmer.

## **Get some extra help....**

Don't let a hangover ruin a vacation. Just rehydrate. Natural water hydration can be your best friend, but there's a lot of options out there to quickly restore your lacking nutrients.

Motive Pure is a unique liquid electrolyte concentrate that helps the body absorb water and maintain fluid balance. With four key electrolytes (sodium, potassium, magnesium, and calcium), it mixes easily with water for healthy, clean hydration that won't fill you up or weigh you down like traditional sports drinks.

YOUR TEA Hangover Tea (<http://america.yourtea.com/>) is a unique blend of Chinese herbs specifically formulated to nurse you back to feeling fabulous. The winning ingredient in this formulation is herb Pu Going Yin and Chamomile. Pu Going Yin is known for its ability to go to work on the liver by cleansing and detoxifying — it'll help to flush out toxins via urine, while chamomile soothes and calms your body. Both ingredients also help to cool the body and treat headaches too.

## **Elixir of life**

Obviously, hotels and bars have seen the beginnings of what end up as the worst hangovers, and they often have some pretty crazy cocktail solutions that do the trick to reverse damage.

## **The Coconut Crush is a popular morning request at the Tropicana Bar at the Roosevelt pool in Los Angeles.**

Ingredients:

1 part Coconut Water 1 part Wodka Vodka 1 shot of Aloe

1 shot of Acai

1 shot of Agave

A splash of lemon juice

"With the aloe and Coconut Water, you'll replenish electrolytes you may have lost from the night before, giving extra energy to get you through the day," Michael Romer of Wodka Vodka says.

## **Fight the Fury by James Moyer**

## Ingredients:

1.5 oz. Pineapple (Monin brand) syrup 3 oz. Vita Coco Coconut Water

1.5 oz. New Amsterdam coconut Vodka 1 oz. Egg White

Juice of Half Lime

2 dash Cherry Bitters

Top with Prosecco (1-2oz.)

Combine all ingredients in shaker with ice and garnish with a Pineapple Wedge.

"The balance of sweet, bitter, and tart flavors of Fight the Fury blends well with the egg white which provides much-needed protein, while the coconut water boosts your hydration and the prosecco provides the carbonation to help alleviate nausea," says James Moyer, Beverage Manager at Golden Nugget Casino, Hotel & Marina in Atlantic City.

## **The Mexican Mary by John Federlin**

### Ingredients:

1.5 oz. cilantro infused tequila .5 oz. lime juice

.5 oz. agave

.5 avocado

.5 oz. tomato juice

Add avocado, lime juice and agave to a mixing glass; muddle, then add ice, tequila and tomato juice. Shake and pour into a glass rimmed with black rock salt. Garnish with lime and a cilantro sprig.

"This twist on a Bloody Mary has all the same hair of the dog qualities but is enhanced with the avocado as it is high in protein, easier on the stomach than an egg and is high in antioxidants," says John Federlin, Bartender at The Chester in New York City.