

# What Jubilee Hangover?

Get the most out of your extra days off this weekend by celebrating non-stop, minus the morning-after sore head!

## Pre-Party Prep

- "Start the day with a slow-releasing carb brekkie, like porridge. It'll stop your blood-sugar levels crashing, which causes hangover headaches and lethargy," says Fiona Hunter, Simple's nutritionist.
- Avoid salty peanuts and crisps before you start drinking – they're dehydrating so you'll drink more to quench your thirst.
- "Before you go out, take two milk thistle tablets – they'll prep your liver for flushing alcohol out of your body," says nutritionist Sarah Walford.
- Use an extra-hydrating moisturiser, so your skin will look perky the next morning – even if you don't feel it!

## During The Party

- "Dark-coloured drinks contain impurities called congeners that are the main hangover culprits, so swap red wine for vodka to reduce the effect of a hangover," says Tim Hart, a nutrition specialist for Reebok Sports Club.
- Stock up on snacks like pitta and hummus when drinking. They'll help stabilise the alcohol in your stomach, so you're less likely to feel sick the next day.
- For every alcoholic drink you have, make sure you drink a glass of water as a chaser. It'll keep you hydrated during the party and will also limit how much alcohol you drink.
- "If you're really serious about avoiding a hangover, pop an Oralyte rehydration drink, £3.99, in your clutch and drink it halfway through the party. It'll stop your body losing water and electrolytes so you'll avoid hangover headaches and nausea," says Sarah.

## Post-Party Rehab

- "Before you take off your make-up, drink a pint of water. Your brain will need to be rehydrated to stop your head from thumping," says Tim.
- Eat a banana before you go to bed. It'll replenish the potassium lost from drinking alcohol while you sleep.
- When you wake up, stick the kettle on and drink Pukka Cleanse Tea. "The antioxidants will flush the toxins out," says medical herbalist Lucy Stephens of The Reva Clinic in London.
- If tea isn't, well, your cup of tea, try apple juice. "It'll restore your blood sugar and it's gentle on the stomach," says Fiona.
- Take Holland & Barrett Vitamin B Complex. "Vitamin B breaks down alcohol to bring your body back to normal," recommends Sarah.
- If you feel the first signs of a headache, rub camphor-rich Tiger Balm White, £4.67, onto your temples to soothe it.



Pukka Cleanse Tea  
£2.25 for 20

Holland & Barrett Vitamin B Complex  
£13.99



Tiger Balm White  
£4.67



Clinique Moisture Surge Intense  
£30  
CLINIQUE moisture surge intense skin fortifying hydrator



Milk Thistle Complex  
£9.99