

Top 10 Bachelorette Hangover Tips by www.bachelorettepartyfun.com

Pre-Hangover

Tip 1: Food is Your Friend - At the bachelorette party, make sure to have food with you that includes carbohydrates and starches (i.e., bread) as well as protein (i.e., cheese and meat) which will slow down the absorption rate of alcohol. Caffeine and sodas can increase the absorption rate of alcohol so be careful if mixing these beverages! Remember to always eat prior to a night of drinking with the divas.

Tip 2: Water Log – A great way to monitor yourself when knowing you may be drinking a lot is to have a glass of water between every drink you have. This way, you dilute the amount of alcohol you may be drinking in the future since you already feel filled up with liquids. Of course a better way is to just make sure to regulate your intake of alcohol. Water is your friend!

Post-Hangover

During the morning after (or even at the last night out) you may start to feel those signs of “what have I done-sville”. Now is the time to act fast and help yourself make it at least a little better until the effects wear off! Here are some great helpers:

Tip 1: Advil – Make it Extra Strength – Take some pain reliever with water and some food (if you can hold it down) as soon as possible. It is important to follow the directions of how to take the over the counter medication of choice since you don't want to make things worse.

Tip 2: Gatorade – Dehydration is what happens after a night of drinking so you need to re-establish the electrolytes in your body which have gone haywire from the evening of partying. This replenishes the minerals your body needs to regain balance. Choose your favorite flavor of Gatorade and drink away!

Tip 3: Apply Cold To Your Head – A great idea is to go into a quiet room if possible and apply a cold wash cloth or ice pack. Use frozen food peas if you have to, with the cold compress helping the throbbing you most likely have in your head.

Tip 4: Black Mask or Cucumbers Over The Lids – It is great to close out the world for a little bit while you recuperate. Using cold cucumber rounds or a black mask over the eyes to shut out life for a few moments can be helpful in getting back on your feet more quickly.

Tip 5: Bloody Mary/ Tomato Juice – Fighting alcohol with tomato juice and more alcohol is an interesting concept that some say works. The tomatoes have natural sugar that can help break down the alcohol that still may be in your stomach.

Tip 6: Bananas Away – Bananas have great vitamins and nutrients to help soothe and calm the stomach. Some even say a banana milk shake can help with the milk and cold coating the stomach from what is left in there.

Tip 7: Grease Is Your Friend – If you can hold down food, a nice meal of bacon and eggs with cheese and potatoes may help in soaking up what is left in the stomach. Just remember that whatever is in the blood stream at that time is already there and needs to burn off as well as be “bath roomed” out which is why water is so important.

Tip 8: Peppermint– If you are still feeling nausea, pop another peppermint candy to take the edge off of nausea since it is shown to be helpful.

Tip 9: Coffee with Lemon (or any caffeine) – Believe it or not it has been shown for Caffeine to shrink the blood vessels in your head that is causing the pounding headache from a hangover.

Tip 10: Rest – Get some well to do rest as you have visions of “why did I do that” moments of the last night out drinking fest. Rest will help you restore your next adventure, especially if you are going back on the town for round two.

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