



Bartenders' Favorite HANGOVER REMEDIES



Whenever there's something to celebrate, rarely do we have the good sense to think about the morning after, when the revelries of last night's festivities rear their ugly heads. And while a hang over may come in many shapes and sizes, never ever is it pretty.

With a future of long evenings filled with all kinds of choices in mind, we're hoping to take at least one regret off your plate: the number of drinks you ordered.

Here, we go straight to the source and ask 10 bartenders for their favorite hangover remedies. From variations on that old hair of the dog trick to the perfect soak-ups, these late-night, spirit-slinging demons know a thing or two about how to recover.

See below for expert tips on how to cure a hang over.

William Ward

Beverage Director, The Beach at Dream Downtown

"For me, curing a hangover is all about hydration, and tempering the 'crash' associated with over-indulging. Along those lines, I like to start my day with a mix of fresh grapefruit juice and soda water 'spiked' with a few dashes of grapefruit bitters. Refreshing and mildly sweet, with enough acidity and bitterness to temper the sweet-saltiness of my all time favorite hangover breakfast: french toast with Bacon. Of course, if I need to get my game back on for another day of revelry, I start with a mix of Johnnie Walker Black, Kahlua, and milk. Served on the rocks, it's like an adult iced coffee, and definitely helps to bring you back on level from the night before."