

# I LOVE HANGOVERS?

You will now. Clare Bennett approached her assignment with gusto – a night mainlining rum cocktails followed by a recovery day being drip-fed vitamins, pelted with birch twigs and pinched repeatedly. It worked, apparently...

**W**hen I was at university, I thought hangovers were funny. You sweat all day in your pyjamas and the cure is to smoke as many fags as possible and get back on it that night. Now I find they take me down like a grouse on the Glorious Twelfth. I'm not a massive boozier these days. I prefer watching Mary Beard documentaries and reading the *Honestly Healthy* cookbook recreationally. But then *Tatler* said it would pay me to get pissed if I submitted myself to a hangover-treatment process so rigorous it would send Oliver Reed running for the hills. Well, we've all got a price.

## WEDNESDAY 1PM PREPARE *Pharmaceuticals*

I prep for the impending onslaught with homeopathic hangover tablets, Liver and Kidney Drops and milk-thistle supplements to support my liver, and artichoke pills to help break down the alcohol, which I swallow at a weird angle that makes them feel like *HMS Invincible* is dragging down my throat. At this stage, I fear I am perhaps the person who brings a sword to a gunfight. I am armed with plants and vegetables – take that, alcohol!  
*organicpharmacy.com*



### TOP TIP

Before going out, drink at least a litre of water, and put a large bottle by your bed to drink on your return.  
*Petronella Ravenshear, nutritionist*

## WEDNESDAY 9PM THE NIGHT OUT *Poisons*

Sonny, the genius barman at the Rum Kitchen, freestyles with a succession of exquisite, rum-based masterpieces to initiate phase two of the task. It's safe to say about six rounds are consumed, although it's hard to gauge how much we drink because Sonny keeps topping us up with rum from a teapot, plus a couple of shots.\* (Note to reader: I'm a tremendous lightweight and normally on the floor after half a bottle of wine.) I was meant to intersperse every third cocktail with one of several cans of Mercy (a ready-made, toxin-fighting drink) stashed in my handbag, but it has a flavour I can only describe as 'Sugar Puffs meets wet dog'. Fortunately, more rum takes away the horrible taste, as does gorging on jerk chicken and sweet potato fries, and the evening progresses much as one would expect. Me eventually hugging a bush; my friend Alex shouting, 'Let's go clubbing!'; briefly excited at the thought of going clubbing; springing about to Monie Love in my bedroom; in bed 15 minutes later.  
*therumkitchen.com*



\*Approximate value. If I could keep track, it would suggest I wasn't drunk.

## THURSDAY 7.30AM YAWN *Potions*

I wake up radioactively hot and so dehydrated that my fake tan is actually itchy, but with one notable difference – no headache. Miraculous. Good job, plant and vegetable extracts, whichever one is responsible. Enthused, I knock back a Faust's Awake Potion shouting, 'Begone from my bloodstream, toxic alcohol byproducts!', noting smugly that I had remembered to drink the corresponding Sleep Potion the night before – but only when I skid on the empty bottle getting out of bed. (I'd like to add that having to wake up at 7.30am after a boozy night to prepare for a day of hangover 'cures' is just wrong. And you thought *Tatler* was full of nice girls. You have no idea.) Lurching to the kitchen, I add coconut water (heaven) and wheatgrass (gross) to a smoothie rammed to the rafters with spinach. But not even this touches my extreme thirst. I still feel like an orange that has had its guts sucked out by a wasp.  
*faustspotions.com*



### TOP TIP

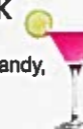
The more you drink, the more zinc you need, so eat six oysters or take 100mg of zinc in advance.  
*Petronella Ravenshear*

## THURSDAY 9AM WAKE UP *Russie Blanche Signature Treatment*

This treatment is designed to increase circulation, which you need if you're me and asleep in the cab on the way there. In the sauna, the therapist belts me with Russian birch twigs dipped in hot water and juniper oil to raise my body heat. Emerging covered in wet leaves and looking as though I've been raised by wolves in a forest, I'm marched into a freezing 'cave' to have handfuls of snow vigorously rubbed all over me. I abandon dignity and scream throughout. But although the radical leaps in temperature make my limbs feel like they're on fire, it is gloriously invigorating. If this doesn't put a rocket under you, nothing will. £200, at *K West Hotel & Spa, Richmond Way, W14 (k-west.co.uk; 020 8008 6610)*.

### DON'T DRINK

- 1 Sugary cocktails.
- 2 Dark spirits like brandy, whisky and rum.
- 3 Artificial colours.



### DO DRINK

- 1 Champagne in a small flute.
- 2 Clear spirits like vodka or gin.
- 3 Healthy mixers such as sparkling water with fresh lime.



*Dalton Wong, Twenty Two Training*



## THURSDAY 12PM CLEANSE *Colonic Hydrotherapy*

Sometimes you need to go the whole nine yards to feel properly 'clean'. So I shriek past the mostly silent clients in the smart Chelsea waiting room to my colonic, which, it is claimed, will reduce the load on your flagging liver and kidneys by flushing out the colon. I tell my therapist that in my drunken state, I dreamt about having this treatment where the water was left on, filling my colon until I blew up like Violet Beauregarde, while all I could do was politely whisper, 'Sorry, is this right?' I am pleased to report that at the Balance Clinic, they DON'T leave the tap on and you emerge feeling spring-cleaned and less bloated from the booze. Then it's straight back in the car, scribbling down notes and raving insanely into my phone. Now I know how they feel on *The Apprentice*. £88, at *Balance, 250 King's Road, SW3 (balancetheclinic.com; 020 7565 0333)*.



### TRY THESE

*Treats to make it all better...*  
Origins No Puffery Cooling Roll-On, £24  
+ Chanel CC Cream, £41  
+ Soap & Glory Glow Job Moisture Lotion, £11



### TOP TIP

After drinking, you need something salty and hot. A good vegetable broth with chillies, rice noodles and a protein source should do it.  
*Amanda Griggs, director of health, Balance clinic*

## THURSDAY 2PM REHYDRATE *Power Boost Drip & Chill*

They're wild about this treatment in LA, plus it's a famous favourite with partying doctors, as it hits your system up with a massive and powerful dose of vitamin B12 – said to boost energy levels and combat fatigue. Esther, the lovely maternal spa owner who I quite want to stroke my head and read me a story, takes one look at me and says to the nurse, 'We're going to need a bigger bag.' I am then hooked up to a bright yellow IV drip, which fast-tracks the B12 infusion straight into my bloodstream. My desperate thirst starts to subside noticeably, but the most astonishing (and not uncommon) side effect is on my eyesight – I suddenly see everything in crystal-clear HD, as if I am a supreme being like Beyoncé or Prince George. £225, at *EF Medispa, 29 Kensington Church Street, W8 (efmedispa.com; 020 7937 5554)*.

## THURSDAY 4PM REVIVE

### *Bowen Technique*

By now I'm so sleepy that I long for home and *The Borgias* on Sky+, but instead go for a session with the brilliant Caroline Kremer. She practises Bowen Technique, which is based on the principle that stimulating your central nervous system through a specific 'rolling' motion kickstarts the body's ability to heal itself. I know I'm in good hands when Caroline spots that I am (unsurprisingly) getting a headache before I've even said anything. She checks my balance as I stand swaying on a foam block, then has me lie down before beginning a series of gentle twists on my skin. This prompts the muscle receptors to send signals to the brain, which in turn tells the body to work through, rather than around, any problems. My reaction is insane – I ROAR with laughter, see bright colours, go into a state of intense relaxation and when I stand up, I feel like I've grown from five foot six to six foot five. My balance is rock solid and my headache is gone. I cannot stress how extraordinary this treatment is. In a word, WOW. £150, at *58 South Molton Street, W1 (carolinekremer.com; 020 7706 1997)*.



### TOP TIP

Cold-pressed juice is one of the best remedies. Something made from: kale + broccoli + apple + spirulina + cucumber.  
*Eve Kalinik, nutritionist*

## THURSDAY 6PM RECOVER *The aftermath...*

I feel very unusual by the time I get home – like a rabbit that's been busted out of a lab by some fellow in a balaclava. Another side effect of all this 'toxin flushing' is that you pee SO MUCH. Literally all day non-stop. I shall never laugh at small children or men over 80 again. 'But which one worked?' you're shouting. Well, they all helped different symptoms, but it was the Bowen effects that I felt lasted long after the post-booze trauma had shuffled away. What we can be sure of is that something is better than nothing – so go and get whacked with some wet branches or injected with a neon-yellow fluid, if only to distract yourself from envisaging your own death as you lie on the sofa watching *Neighbours* for the first time in 20 years. The hangover is still a capricious mistress, but not an unconquerable one – so don't try and fob her off with 10 fags and a fry-up.

### TOP TIPPLE

If all else fails... a Bloody Mary.



LIVER & KIDNEY DETOX TINCTURE, £11.50, BY THE ORGANIC PHARMACY. MERCY HANGOVER PREVENTION DRINK, £9.24 FOR A PACK OF FOUR, AT DRINKMERCY.COM. AWAKE & ASLEEP HANGOVER CURE, £5.50, BY FAUST'S POTIONS, AT CULT BEAUTY. PHOTOGRAPH: REX FEATURES