



After any memorable New Year's Eve celebration, the inevitable New Year's Day hangover will surely follow.

Here are some tried and true remedies from experts in the industry.

Wilmer Nolasco, Head Bartender at Ivy Lane

“For hangover cures, I’m a big advocate of taking preventative measures the night you are out. Keeping up with hydration and eating are two ways to avoid a hangover to begin with. In the event you do wake up and aren’t feeling as well as you’d like, my move is to go ahead and start up with drinking as much of an electrolyte-enriched liquid as I can; I don’t care for sugary drinks, so I stick to drinking Essentia water for the most part. I then absolutely make sure to get something to eat. I usually crave something salty, so I lean toward hitting my favorite sushi bar in NoMad.”

