- Drinking of alcoholic beverages / Holidays

How to fight off a hangover and keep festive spirit alive

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The festive season often means late nights, celebratory drinks... and the dreaded morning after.



From dehydrated skin, to queasiness and “hangxiety”, hangovers are no fun but there are some ways to reduce the effects.

“Smart nutrition and hydration can make a huge difference in how you feel and look the next day,” says Lola Biggs, registered dietitian at Together Health (togetherhealth.co.uk).

“It’s important to support your body with the right nutrients before and after a night out to help you recover faster and maintain healthy skin, energy, and mood.”

Here, Lola shares nutritionbased tips to help you bounce back from a festive hangover.

HYDRATION IS EVERYTHING

Alcohol has a diuretic effect, meaning it flushes out fluids and essential minerals.

Rehydration should be your number one priority. Start your morning with a large glass of water mixed with a little honey and salt. This replaces both lost fluids and electrolytes. Coconut water is another excellent option, packed with potassium and sodium to restore balance and keep your body hydrated.

BREAKFAST LIKE A CHAMPION

Eggs are one of the most effective foods for hangover recovery.

They’re rich in vitamins A, B, D, E and K, as well as amino acids taurine and cysteine, which support liver detoxification and break down acetaldehyde – the toxin responsible for many hangover symptoms.

Pair scrambled eggs with salmon and avocado on wholegrain toast. This combination provides healthy fats, B vitamins, and slow-release carbohydrates to stabilise blood sugar levels and restore energy.

GO GENTLE ON YOUR GUT

Ginger has been used for centuries to soothe nausea and settle the stomach. A cup of ginger tea or fresh ginger in your smoothie can calm the gastrointestinal tract and ease queasiness. Bananas are another hangover hero. Rich in potassium, blend with coconut water for a quick smoothie.

SUPPLEMENT SMARTLY

Vitamin B complex boosts metabolism, restores lost B vitamins, and reduces fatigue.

Try Together Health B Complex with bioflavonoids (£10.99, togetherhealth.co.uk).

Omega-3 supports brain function, reduces inflammation, and coats the stomach lining.

Try Together Health Omega 3 (£13.49). Probiotics rebalance gut bacteria disrupted by alcohol and rich foods.

DRINK SMARTER

Always have a low GI snack (such as cereal with banana or oatcakes with houmous) before drinking.

Avoid wine top-ups – it's too easy to lose track. Match every alcoholic drink with a glass of water or soft drink and have a large glass of water before bed.

Skip greasy fry-ups and choose easily digestible foods like toast with honey or cereal. For a glucose and vitamin hit, sip apple juice with honey and sparkling water.

WHY HANGOVERS SHOW ON SKIN

Alcohol and sugar can take a toll on your complexion. Sugar breaks down collagen and elastin – the proteins that keep skin firm and plump, and too much can lead to dullness, sagging, and breakouts. Hydration, balanced nutrition, and supplements like omega-3 and probiotics can help restore glow and reduce inflammation.