

SWAY

7 Executive (Anonymous) Women Share Stories

Of The Times They Were Hungover At Work

December 31, 2017 by [Aly Walansky](#)



As for a cure: You may have a hangover, but the world doesn't need to know you do! "Prepare in advance your remedy inspired by OleHenriksen Face/Body rituals and no one will know about that hangover... unless you tell them!" says Vance Soto, Owner of the OleHenriksen Face/Body Spa.

Sit back for ten minutes while you replay over and over again your stellar dance moves that the entire office had the pleasure of enjoying... next, enlist some essentials oils such as eucalyptus to energize and you'll feel right as rain again. "I like hot towel compresses infused with lavender to calm the mind, we all know a hangover can mean anxiety too," says Soto.