

# LIQUID HEALTH



## DURATION

60 – 90 minutes



## REQUIREMENTS

Area per team plus space for a cocktail bar



## GUEST NOS.

10 - 100 guests



Liquid health is our health & wellbeing programme that revolves around 3 core principals:

- Rehydrate
- Recharge
- Replenish

Interactive mocktail challenges involve the whole crowd who learn new skills taught by some of the world's leading bartenders, and above all, bond whilst having fun in a calm & relaxed environment.

Upon arrival guests are served a bespoke citrus and herb infused spring water mocktail to rehydrate after their daytime activity. Once your guests are seated, one of our world class bartenders will run through an overview of the programme, preparing them for the fun learning ahead.

They will be taught the importance of soft drinks as part of a balanced diet, how best to consume their daily intake of fluids and the products we will be using along with the health benefits they provide – everything from water to fruit juices, fresh fruit to vegetables, seeds to berries and herbs & spices.

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## DETAILS

### Mixing Methods

Now the event becomes interactive. Guests are split into teams and asked to observe carefully. After watching cocktail methods demonstrated clearly through our bespoke recipes – each team will then have to recreate what they have been shown at their table. They will be shown:

### Rehydration

A spring water infused mocktail using fresh fruit and herbs, muddled and churned.

### Recharge

A blend of fresh fruit juices and natural energy shots, shaken & strained.

### Replenish

Smoothie blended with fresh fruit, vegetables, herbs & spices. We will judge the efforts and mark each out of ten. There are several rounds, using different methods to create the drinks – including muddling & churning, shaking & straining and blending.

### Mixology Challenge

Remaining in teams guests are presented with two mystery ingredients – one fresh fruit, one fresh fruit juice.

There will be plethora of extra ingredients for guests to choose from – fruit juices, fruits, vegetables, herbs, spices, natural energy shots, seeds & berries.

Using their newly acquired knowledge of mixing methods and the properties of the ingredients shown, they will be invited to create their own bespoke team super smoothie.

Teams will work together to make their smoothie ...points will be awarded for style, taste, name, originality etc. – your bartenders will mingle to add encouragement. Groups present their smoothie alongside creating an advert for their new concoction.

Prizes will be awarded for the best smoothie!!

