

THE REFINED HIPPIE'S

Guide to Conscious Mocktails

INTRODUCTION: THE ART OF MINDFUL SIPPING

There's something so ritualistic about a beautiful drink, the sound of the pour, the sparkle of the glass, the first refreshing sip. For years, I associated that moment with alcohol. But when I began my healing journey, I realized I could keep the ritual and lose the hangover.

Enter: conscious mocktails.

These aren't your average "juice and soda" combos. They're wellness elixirs, crafted with intention. Each sip nourishes the body, supports the mind, and honors your inner glow. Whether you're hosting friends, winding down after a long day, or celebrating a new season, these mocktails offer beauty, balance, and joy – all without the toxins.



Your Conscious Bar Cart

Base Liquids

coconut water - hydrating and mineral rich
kombucha - for that bubbly pop
herbal teas - tulsi, hibiscus, chamomile
fresh-pressed juices - lemon, grapefruit, pineapple

Functional Boosts

adaptogens, tinctures, or herbal blends
spirulina or chlorophyll drops (alkalizing + energizing)
aloe vera water (for digestion + glow)
rose water (emotional balance + heart opener)

Sweeteners

maple syrup, agave, or local honey
date syrup for deeper caramel tone



Citrus and Acids

fresh lemon or lime juice
apple cider vinegar

Herbs and Garnishes

mint, basil, rosemary, thyme, lavender
edible flowers and citrus wheels



Your Conscious Bar Cart

Zero-Proof Brands I love

Seedlip
Kin Euphorics
Three Spirit
Curious Elixirs
Aplós

Tools

mortal and pestle

Ritual and Presentation

Don't forget the fun glasses! Use vintage
or heirloom dishes to elevate the
experience!

Garnishes (edible flowers, herbs, citrus
slices, fancy ice cubes)

Pairing mocktails with mood: "calming,"
"energizing," "glow-inducing," etc.

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Signature Mocktails

GLOW GODDESS SPRITZ

- 1/2 cucumber, juiced or muddled
- 1 tbsp aloe vera juice
- juice of 1/2 lemon
- original kombucha
- mint leaves, muddled

PINEAPPLE PASSION

- 1/2 cup pineapple juice
- 1/2 cup coconut water
- a few mint leaves muddled
- splash of kombucha
- mint leaves to garnish

ORANGE DELIGHT

- Juice of one blood or regular orange
- 1/4 cup coconut water
- 1/4 cup original kombucha
- 1 tbsp maple syrup (optional)
- 1/2 tsp vanilla



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More Mocktails

GINGER FIZZ

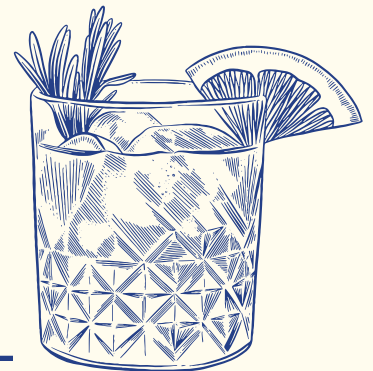
- 1/2 cup original kombucha
- 1/2 cup coconut water
- 10-12 drops of ginger extract
- squeeze of lemon
- 2 tsp honey or maple syrup (optional)

ROSE QUARTZ COOLER

- 1 cup brewed hibiscus tea, chilled
- 1 tsp rose water
- 1 tsp sweetener of choice
- 1/2 lemon, juiced
- garnish with rose petal or dried lemon slice

POMEGRANATE GINGER

- 4 oz pomegranate juice
- 2 oz kombucha
- 10-12 drops of ginger extract



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Extra

MUDSLIDE

- 1 frozen banana
- 1/2 cup canned coconut milk (or any creamy plant milk – oat, almond, cashew)
- 1–2 tsp cacao powder (for chocolate richness)
- 1 tbsp almond butter (or cashew for an even creamier vibe)
- 1–2 tsp instant espresso or Dandy blend (for that “Kahlúa” vibe)
- 1–2 soft medjool dates (for sweetness and caramel notes)
- 1/2 tsp vanilla extract
- Pinch sea salt
- Handful of ice
- Add all ingredients to blender and blend well. Enjoy!

HAPPY SIPPING

Choosing to sip consciously is an act of self-respect. It's a reminder that joy, beauty, and wellness can coexist and that every choice we make is a reflection of how deeply we care for ourselves.

Here's to raising your glass: to health, harmony, and radiant living.

Cheers,
Rebecca

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