

# The Art of Light Sipping: Wellness Cocktails You Can Create at Home



If mindful drinking is your new mantra, you're not alone. More people are embracing cocktails that not only taste amazing but also feel good — fresh ingredients, natural sweetness, and botanical spirits that bring a touch of wellness into every sip.

With its island-born botanicals and clean, aromatic character, East Indies Gin is the perfect partner for cocktails designed around balance and vitality. Below are three wellness-inspired recipes you can easily make at home:

# BERRY REFRESHER



## INGREDIENTS

50ml East Indies Archipelago Dry Gin

50gr Mixed Berries (Strawberry & Blueberry)

10ml Fresh Lemon Juice

Top up with Sparkling Water

## METHODS

Muddle the mixed berries in a glass.

Add lemon juice and gin, gently stir.

Add ice cubes and top with sparkling water.

Garnish with mint spring and lemon wedges.

## WELLNESS BOOST

Antioxidants, Vitamin C, Low Glycemic Load



# POMELO HONEY COOLER

## INGREDIENTS

50ml East Indies Archipelago Dry Gin  
50gr Mixed Berries (Strawberry & Blueberry)  
10ml Fresh Lemon Juice  
Top up with Sparkling Water

## METHODS

Pour all the ingredients into the shaker  
Put ice into shaker and shake vigorously  
Strain and pour into the glass with ice  
Top up with Sparkling water  
Pomelo sliced as garnish

## WELLNESS BOOST

Digestive, Relaxation, Zero Sugar

# BASIL GINGER TEA TONIC



## INGREDIENTS

50ml East Indies Banda Fine Spiced Negroni Gin

5gr Fresh Basil Leaves

1gr Fresh Ginger

20ml Honey

90ml Green Tea

## METHODS

Softly muddle ginger and basil in a glass.

Add gin, honey, and green tea; stir well.

Serve over ice and garnish with ginger candy.

## WELLNESS BOOST

Anti-Inflammatory, Metabolism Support, Gentle Energy