THE BOOZE FREE HAPPY HOUR GUIDE

Your invitation to sip differently, feel better & discover what's possible

3 Drinks That Still Feel Like a Moment

Spicy Paloma Mocktail
Grapefruit + lime + sparkling water + Tajín rim + jalapeño. Bold and bright.

Cucumber-Mint Cooler
Muddled cucumber, mint, lime, elderflower, soda. Clean, expensive-looking, and refreshing.

Smoky Maple Old Fashioned (Zero Proof)
Non-alcoholic whiskey or strong black tea + maple + orange bitters + peel. For the Babe who wants depth.

5 Ways to Own the Table

1. Decide what you're drinking before you walk in.
2. Always hold something pretty in your hand.
3. Order first — it sets the energy.
4. Have your one-liner ready.
5. Leave when you are ready.

The Only Response You Need

"I'm just feeling really good lately and I'm protecting that energy."
Or simply: "I'm good with this tonight."
No apology. No long story required.

One Quick Check-In

Before you order, pause and ask: What am I actually craving right now? The drink... or the feeling?
That tiny pause is where the power lives.

You're not missing out.
You're choosing a different kind of fun — the kind that still feels like you the next morning.

Welcome to the sisterhood. We're glad you're here.
— Ellen & the Booze Free Babes