

THE CHALKBOARD

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HOW TO THROW A HIGH-VIBE PARTY: ON TONIC COCKTAILS + SACRED SPACE

Here's how to take your upcoming dinner party plans to the next level. Be intentional, serve tonic cocktails and get all the other details and ideas from Sun Potions' Nitsa Citrine...



THERE ARE DINNER PARTIES and there are dinner parties. To wrap up summer right, we joined Sun Potions' Nitsa Citrine and Sima Morrison of House of Citrine late last month for what they called a "high vibrational" gathering with forty of our favorite wellness friends here in L.A.

There were so many Chalkboardy elements to the evening we knew we had to share all the positive intention and dinner party details with readers. Below, Nitsa explains a few of the key factors that will help you to throw a more healthful, intentional dinner party or your own. (It's all about the tonic cocktails!)

TONIC COCKTAILS:

Prepare to have something mind elevating, heart opening and brain activating for everyone to drink. We offered a selection of alcohol-free pine pollen tonic-herb-infused kombucha, jun elixirs, sparkling mineral water and biodynamic wines (a cabernet sauvignon, Malbec and sparkling rosé from **Boisset Collection**). Guests were able to add adaptogenic tinctures to their sparkling rosé for the most vibing cocktail of the night!