

## Evening Standard

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'What's on in wellness this January'  
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## What's on in wellness this January

It's January, widely considered the bleakest month of the year.

We're broke from Christmas, probably still hungover from New Year's Eve, and, frankly, in need of something to cheer ourselves up with.

Doing **Dry Jan**? Not a problem. While that might make things feel even grimmer, the good news is that there's plenty going on in the capital that doesn't involve alcohol to keep you occupied.

### MEDA CBD cocktails at The Coral Room, Bloomsbury



MEDA CBD cocktails at The Coral Room

Curious about CBD, but not yet had an opportunity to try it for yourself? For the month of January, and in celebration of Dry Jan, The Coral Room in Bloomsbury is introducing four new non-alcoholic cocktails to its menu in partnership with **CBD drinks and lifestyle brand MEDA**.

The cocktails will feature MEDA's Glow, Calm, Recover and Espresso Medatini mix combinations, which contain between 5-15mg of liposomal CBD, and will be blended with refreshing syrups and juices to create chill-inducing spritzs.

To book a table, head to [thecoralroom.co.uk](https://thecoralroom.co.uk).