

The Feel-Better-at-Home Guide

Which drip fits which problem, what to do before a nurse arrives, and the five numbers to know before starting weight loss. Written with our medical team. Free to read or download.

Part 1: Which drip fits which problem

Hungover, nauseous, headache after a night out: Hangover IV (\$299). Fluids, anti-nausea and anti-inflammatory medication, B-vitamins. Most people feel the turn within 30 to 45 minutes.

Just drained, dehydrated, run down: Hydration IV (\$229). A liter of fluids with electrolytes and B-vitamins. The simplest drip and the one we book most.

Getting sick, or about to travel or present: Immunity Boost IV (\$229). High-dose vitamin C, zinc and B-complex. Best started at the first scratchy-throat sign, not on day four.

Migraine that will not quit: Migraine IV (\$349). Fluids plus prescription anti-nausea and anti-inflammatory medication, in a dark room, at home.

Flight tomorrow or landed yesterday: Jet Lag IV (\$229). Hydration, B12 and magnesium to reset faster.

Sore after a race, a long lift or a tournament: Athletic Recovery IV (\$229). Amino acids, magnesium and fluids.

Dull skin, big event this week: Glow Up IV (\$229). Glutathione, vitamin C and biotin.

Brain fog, low energy that sleep does not fix: NAD+ IV (from \$399). The longest drip (2 to 3 hours) and the one clients describe as a reset.

Not sure: book the Hydration IV and tell the nurse what is going on. Every drip can be adjusted on the spot, and a vitamin add-in is \$35.

Part 2: What to do before the nurse arrives

Drink a glass of water. Hydrated veins are easier to find, and the IV goes in faster.

Eat something small if you can, even toast. Fluids on an empty stomach can feel cold or make you lightheaded.

Wear a top with sleeves that push up easily. Short sleeves or a loose sweater beat a tight long-sleeve shirt.

Pick a spot with a chair or couch, a side table and an outlet nearby. A bedroom or living room is perfect. The nurse brings the pole and everything else.

Have your ID ready and know any medications or allergies. The nurse runs a two-minute screening and checks blood pressure before starting.

Keep your phone handy. We text when the nurse is 15 minutes out, and you can text us any time at (332) 239-2005.

Plan for 45 to 60 minutes for most drips, longer for NAD+. You can work, watch TV or nap; you do not have to lie still.

Afterward, drink water, eat normally, and keep the small bandage on for an hour. A faint bruise at the site is normal and fades in a few days.

Part 3: The five numbers to know before starting weight loss

1. Your weight today, on the same scale you will use every week. Weigh in the morning, after the bathroom, before breakfast. Weekly, not daily.

2. Your BMI. Weight in pounds times 703, divided by height in inches squared. Medication such as semaglutide or tirzepatide is generally considered from a BMI of 30, or 27 with a weight-related condition. Our free BMI calculator does the math at zenivspa.com/tools/.

3. Your waist, measured at the belly button. Over 35 inches for women or 40 for men is the number doctors watch most, because belly fat is the kind tied to blood sugar and heart risk. It usually drops before the scale does.

4. Your A1c or fasting blood sugar. A1c of 5.7 to 6.4 is prediabetes; 6.5 and up is diabetes. This one decides how closely we monitor you and is part of the baseline labs we draw at home.

5. Your blood pressure. Know your usual number before you start, because it often improves with weight loss and the dose of any pressure medication may need adjusting. Anything over 130/80 is worth a conversation.

Bring these five numbers to your first visit (or let us draw the labs at home) and the medical team can tell you in one conversation whether medication, peptides, or a nurse-led program fits, and what it will cost. Semaglutide starts at \$199 a month and tirzepatide at \$299, shipped, with medical oversight included.

call 911.