ZEN IV SPA

THE ZEN IV SPA GUIDE

The complete guide to IV therapy

What's in the bag, what it actually does, when you don't need one, and what happens when a nurse comes to your door.

A plain-English guide from the Zen IV Spa Medical Team. No sales pitch. All of New York & New Jersey.

Start here

An IV drip puts fluid, vitamins and minerals straight into your bloodstream through a small tube in your arm. It skips the stomach, so it works when you can't keep things down or when you're behind on fluids. This guide tells you what's in a drip, what it does, and, just as important, when water and a good meal will do the job.

Water or a drip? The honest answer

If you're mildly thirsty and your vitamin levels are normal, a glass of water and a meal will do most of what a drip does. A drip earns its place when you're behind on fluids (a stomach bug, a long night, a race, travel), when you can't keep anything down, or when a blood test shows you're low in something. We'd rather tell you that than sell you a drip you don't need.

What's in the classic drip

The Myers' Cocktail is the drip most people start with. Here are its seven parts in plain words.

The base: Lactated Ringer's, 1 L

Sterile fluid with electrolytes like sodium, potassium and calcium. The base of most of our drips.

Vitamin C

Needed for your immune system to work and to make collagen. Much higher amounts than a pill can give.

B complex + B12

B vitamins help your body turn food into energy. B12 keeps blood and nerve cells healthy. Low B12 looks like plain tiredness.

Magnesium

Helps muscles and nerves work. Many people use it for cramps and tension.

Zinc

Helps the immune system fight bacteria and viruses and helps wounds heal.

Glutathione

Your body's main antioxidant. Supports the liver and skin. Research is limited; we say "may help."

Sources: NIH Office of Dietary Supplements fact sheets for vitamin C, B12, magnesium and zinc (ods.od.nih.gov). We only list what has a source.

What a drip does for you, by goal

01 Hangover

A hangover is really three things: dehydration, low electrolytes, and inflammation. Water fixes one of the three. A drip puts fluid and electrolytes back without needing to keep anything down. Not a cure. A refill.

02 Energy

If you're low in B12 or another vitamin, a drip may help you feel better. If your levels are normal, you'll feel mostly the hydration. A simple blood draw at home tells you which one you are.

03 Immunity

Vitamin C and zinc are both needed for your immune system to work. A drip can't stop you getting sick and doesn't replace rest, vaccines or a doctor. Many people use it when a cold is coming on or before travel.

04 Hydration

The simplest use and the clearest effect. Heat, exercise, travel, a stomach bug, a long night: a liter of fluid straight in rehydrates you without going through your stomach.

05 Recovery after sport or a hard week

Fluid, magnesium and amino acids. Good food and sleep do most of the work; a drip helps when you're also dehydrated.

06 Skin and glow

Vitamin C helps make collagen. Many people use glutathione for brighter-looking skin. Any skin effect builds slowly over several visits, and research is limited.

Sources: NIH Office of Dietary Supplements. Claims say "may help" on purpose.

When you should NOT get a drip

- Heart failure or kidney failure, unless your doctor has cleared it (extra fluid can be harmful).
- Pregnant or nursing, unless your OB/GYN has cleared it.
- Chest pain, serious trouble breathing, confusion, or hard to wake: that's 911, not a drip.
- A high fever or vomiting that won't stop needs a prompt medical check, not a wellness drip.

Our intake asks about all of this. If a drip isn't right for you that day, we say so. A company that can say no is the one you want.

Your first visit, step by step

1 Book and fill in the intake

Pick a time (8 AM–11 PM, 7 days). A provider reviews your health history, medications and allergies before anyone comes.

2 The nurse arrives

A licensed registered nurse, everything in one bag. Home, office, hotel: anywhere you can sit for about an hour.

3 Three checks first

Blood pressure, pulse, and your intake answers. If one is off, no drip that day.

4 Mixed in front of you

Every vial drawn up fresh on a clean tray. Nothing pre-mixed, nothing hidden. Overseen by our medical director.

5 The line goes in, then you relax

About ten seconds for the line. Then 30–45 minutes for most drips (NAD+ runs slower). The nurse stays the whole time, then packs up and leaves nothing behind.

Three signs you're more dehydrated than you think

Afternoon headache

Especially after coffee and no water.

Dark urine

Pale is the goal. Dark means you're behind.

Tired for no reason

Mild dehydration drags energy all day without ever feeling thirsty.

Dry mouth, dizziness when standing

If it's severe, or you can't keep fluids down, get checked.

What to ask any mobile IV company

- [ ] Who reviews my medical history, medications and allergies before the visit?
- [ ] Who is the physician behind the treatment, and who orders the drip?
- [ ] Who places the IV, and are they a licensed nurse?
- [ ] How is the infusion monitored, and what happens if I feel unwell?
- [ ] Where do the vials come from? (Ours: licensed U.S. pharmacies.)
- [ ] Will you tell me if I don't need a drip?

Our answers

Physician-led. Every drip is given by a licensed registered nurse working from protocols approved by our medical director. Vials from licensed U.S. pharmacies, mixed in front of you. And yes: if you don't need one, we'll say so.

Before-your-visit checklist

Print this or keep it on your phone.

The day before

- [ ] Drink water through the day (it makes the vein easier to find).
- [ ] Write down every medicine and supplement you take.
- [ ] Tell us about heart, kidney or pregnancy history on the intake.

The day of

- [ ] Eat something first. Don't arrive on an empty stomach.
- [ ] Wear sleeves that roll up.
- [ ] Pick a comfortable seat with a little space next to it.
- [ ] Have your questions ready. The nurse will answer them.

After

- [ ] A small bruise or soreness where the line went in is normal.
- [ ] Keep drinking water. A drip is a refill, not a replacement.
- [ ] Anything unusual? Reply to our text or call (332) 239-2005.

Book a nurse to your door

zenivspa.com · (332) 239-2005 · info@zenivspa.com
All of New York & New Jersey. 8 AM–11 PM, 7 days. Same day.

This guide is for general information only and is not medical advice. Always talk to a licensed provider about what is right for you. Reviewed by the Zen IV Spa Medical Team, October 2026.