



Healthy Drinks, Green Elixirs and Jamu Making Class

Blend refreshing creations of leafy green elixirs and traditional Jamu tonics that energize the body and support everyday wellness. This class invites you to explore the art of liquid nourishment, where plants, herbs, and roots come together to restore vitality, clarity, and balance from within.

Price

Rp 485,000 per person (minimum 2 participants)

Duration

3 hours of revitalizing culinary discovery

Program Highlights

This class teaches how the body benefits from liquid food (non-solid nourishment), giving the digestive system a chance to rest, rejuvenate, and release accumulated, unnecessary chemicals. Through mindful preparation and intentional ingredient pairing, you will learn how healthy drinks can support detoxification, hydration, and daily energy. You will explore how greens, herbs, roots, and spices work together to create drinks that are both delicious and functional.

Learning Outcomes

By the end of this program, you will:

- Understand the principles of liquid nourishment and how it supports digestion, detoxification, and daily energy.
- Learn how to balance greens, herbs, roots, and citrus to create drinks that are both flavorful and functional.
- Gain confidence in preparing traditional Jamu, understanding its philosophy, ingredients, and mindful techniques.
- Explore the benefits of Indonesian herbs such as moringa, gotu kola, sembung, noni leaf, turmeric, and ginger.
- Develop mindful drinking habits, including pacing and intentional ingredient pairing.
- Bring home practical recipes that support everyday wellness, hydration, and gentle cleansing.

Experience

This class is more than drink making; it is a wellness journey. You will chop herbs, blend greens, simmer roots, and taste your way through Indonesia's healing traditions. Along the way, you will learn how each ingredient supports the body, how flavors interact, and how mindful preparation transforms simple plants into powerful nourishment.

By the end, you will carry home not only recipes but also a deeper connection to intentional, plant-based wellness and the joy of creating drinks that truly support your everyday vitality.



Basic Knowledge

The Concept of Fasting and Non-Solid Food

Understand how periods of lighter, liquid-based nourishment can help the body reset, reduce digestive load, and support natural detoxification.

The Idea of Non-Stop Digestion

Learn how constant eating can wear down the body's performance, and how mindful pauses allow the system to restore balance.

"Chew Your Liquids" Concept

Discover why slowing down, sipping mindfully, and allowing enzymes to mix with liquid food enhances absorption and digestion.

The Role of Herbs and Spices in Liquid Nutrition

Explore how adding herbs and spices such as turmeric, ginger, lemongrass, fennel, moringa, and gotu kola elevates the benefits of your drinks.

Introduction to Jamu

Learn the philosophy behind Jamu, Indonesia's traditional herbal tonics, crafted to maintain body balance, support immunity, and promote long-term wellness.

Healthy Drinks Program

You will prepare a curated selection of seven nourishing drinks, each supporting a different aspect of wellness.

Energizing Green Juice

A refreshing, cleansing blend of celery, parsley, cucumber, lemon, turmeric, and cayenne pepper that awakens the system and supports circulation. The combination of hydrating vegetables, bright citrus, and warming spices helps boost morning energy, reduce bloating, and gently stimulate the metabolism. This is a perfect daily reset.

Green Moringa and Gotu Kola Elixir

A mineral-rich, nutrient-dense herbal elixir of moringa, gotu kola, lemon, orange, Himalayan salt, and cucumber that supports clarity and daily vitality. This blend is naturally friendly for balanced blood sugar, supports heart wellness, and may help maintain healthy blood pressure and cholesterol levels. Light, refreshing, and deeply nourishing, it is a beautiful way to energize the body without overstimulation.



Turmeric Tamarind Jamu

A warming, tangy tonic that supports digestion, immunity, and natural detoxification. Turmeric brings gentle heat and anti-inflammatory qualities, while tamarind adds cleansing acidity that helps refresh the digestive system and brighten the palate.

Rice and Aromatic Ginger Jamu

A soothing, grounding drink made from rice essence and aromatic ginger. Perfect for calming the stomach and restoring warmth, this gentle tonic supports digestive comfort, provides soft hydration, and brings a sense of inner balance on days when the body needs something light and nurturing.

Cinnamon and Sembung Herb Tea

A comforting infusion that supports circulation, respiratory ease, and gentle relaxation. Cinnamon adds warmth and sweetness, while sembung (sambong) leaf offers soothing herbal qualities traditionally used to support people experiencing rheumatism or arthritis-related discomfort. This is a cozy, restorative tea for body and mind.

Noni Leaf, Gotu Kola, and Fennel Tea

A balanced herbal tea combining earthy noni leaf, calming gotu kola, and aromatic fennel. This blend supports digestion, metabolic balance, and overall vitality. It is often enjoyed to help maintain healthy blood sugar, support those with hypertension, promote mental clarity and focus, and encourage general wellness through gentle, plant-based nourishment.

Aloe, Ginger, and Honey Tonic

A soothing blend ideal for sore throats, cooling inflammation, and supporting respiratory comfort. Aloe hydrates and calms, ginger warms and stimulates, and honey coats the throat with natural sweetness. This is a comforting tonic for days when the body needs extra care.