

Want to spice up your hydration game ?

Drinking plenty of water is the name of the game when it comes to reaching your goals and feeling your best! Many people struggle to drink water throughout the day, but are easily able to drink coffee, juices, etc. If you don't love the taste of water on it's own or just want to treat yourself to a refreshing "spa water", adding flavorful fruit and herbs to your water can be a huge game-changer.

Swapping a sugary drink a day (or multiple sugary drinks a day) with water can make a huge impact for your overall health. Water aids digestive health, and can help improve mood & energy.

Here's how to prepare each spa water:



Lemon Blueberry

Combine 3-4 thin slices of lemon, a handful of blueberries & ice water. Give the fruit some time to soak in the water & then enjoy!

Strawberry Mint

Slice 4-5 medium sized strawberries and add them into a cup with water and ice along with a few mint leaves. Let soak & hydrate!

Lemon, Cucumber, Mint & Ginger

In a cup of ice water, add 3 thin lemon slices, 5-6 thinly sliced cucumbers, mint leaves & grated ginger to taste. Allow time for it to soak & then enjoy!

Orange Rosemary

Cut 2-3 slices of orange and then cut each slice in half to make semi-circles. Add them into a cup of ice water along with your rosemary.

Cucumber Mint

In a cup of ice water, combine 6-7 thin cucumber slices along with mint leaves to taste. Let it sit and then drink!

Raspberry Kiwi

Combine a handful of raspberries and about 6 thin slices of kiwi in a cup of ice water. Allow time for it to soak & it's good to go!