Spas have proclaimed the health benefits of adequate hydration and infused waters using herbs, fruits, and flowers to care for their guests. Our bodies need oxygen, water, and adequate nutrition to maintain good health. The infused fluids combine water and nutrition to enhance and replenish the recipient. This creates a refreshing, relaxing, and healthier lifestyle.

- The flavors of infused waters are enhanced by chilling the mixture for minimally one hour prior to serving.
- Wash all herbs, flowers, fruits, or vegetables before preparing to add to the infusion.
- Use organically grown ingredients to limit exposure to harsh chemicals.

### Fruit Infusion
1 orange sliced, 1 lemon sliced, 1 lime sliced
½ grapefruit sliced
1 cup fresh mint leaves

Combine all ingredients and add to pitcher of water, serve chilled or room temperature.

### Lemon Verbena and Mint Infusion
3-4 sprigs of lemon verbena
¼ cup coarsely chopped mint leaves

Combine and add to a pitcher, chill for minimally one hour.

### Blackberry and Mint Infusion
Crush ½ cup blackberries
Coarsely chopped sprig of mint leaves

Combine, chill infusion for 2-4 hours.

### Cucumber, Cilantro, and Dill Infusion
½ cucumber sliced
1 sprig of cilantro coarsely chopped
1 sprig of dill

Combine and chill for one hour.

### Watermelon and Cilantro Infusion
Cube fruit and add a coarsely chopped sprig of cilantro. Chill 1-2 hours.