



Spa / Herbal Infused Waters

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.

<p>Fruit Infusion 1 orange sliced, 1 lemon sliced, 1 lime sliced $\frac{1}{2}$ grapefruit sliced 1 cup fresh mint leaves</p> <p>Combine all ingredients and add to pitcher of water, serve chilled or room temperature.</p>	<p>Lemon Verbena and Mint Infusion 3-4 sprigs of lemon verbena $\frac{1}{4}$ cup coarsely chopped mint leaves</p> <p>Combine and add to a pitcher, chill for minimally one hour.</p>
<p>Blackberry and Mint Infusion</p> <p>Crush $\frac{1}{2}$ cup blackberries Coarsely chopped sprig of mint leaves</p> <p>Combine, chill infusion for 2-4 hours.</p>	<p>Cucumber, Cilantro, and Dill Infusion $\frac{1}{2}$ cucumber sliced 1 sprig of cilantro coarsely chopped 1 sprig of dill</p> <p>Combine and chill for one hour.</p>
<p>Watermelon and Cilantro Infusion Cube fruit and add a coarsely chopped sprig of cilantro. Chill 1-2 hours.</p>	