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# 80 Spa Inspired Vitamin Water Recipes: Refreshing Fruit Infused Water Recipes For Healthy Hydration And Natural Detox

*Gina Cooley*

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**80 Spa Inspired Vitamin Water Recipes: Refreshing Fruit Infused Water Recipes For Healthy Hydration And Natural Detox** Gina Cooley
Fruit infused water should not just be a drink that you take at parties. Refreshing, delicious and healthy vitamin water recipes are super easy to make in the comfort of your home. Taking a sufficient quantity of water is crucial if you want to ensure that your bodily processes are working at their best. 80 Spa Inspired Vitamin Water Recipes: Refreshing Fruit Infused Water Recipes For Healthy Hydration And Natural Detox is a collection of colorful recipes that will help you to stay hydrated every single day of the year. It contains a wide variety along with some amazingly yummy blend of flavors.

The recipes in this book will not only help you to stay hydrated, they will also help you to lose weight and detoxify your body naturally. Drinking water is the best way to cleanse your body of toxins and other harmful elements. Infused water is great if you are trying to live a healthier life. It is a simple way to get the natural benefits of fruits and herbs into your system every day.

Just by taking a glimpse at the e-book, you can learn how easy and approachable the recipes are. They are kids friendly and their preparation can be turned into a family bonding activity. Making these recipes with your kids is an opportunity to have some quality time together.
In this e-book you would find recipes like:
• Watermelon Minty Water
• Saffron Sage Orange Water
• Orange Lemon Water
• Raspberry Blackberry Water
• Pineapple Thyme Citrus Water
• Banana Lavender Citrus Water
• Fruitilicious Water
The recipes here do not contain any extraordinary or hard to find ingredients. The ingredients are fairly simple and many of them can be found in your kitchen.

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