Health benefits of water

Whether you prefer plain, sparkling or infused water, be sure to drink plenty every day. Staying hydrated improves your overall health, is good for your skin and joints, helps regulate your body temperature and helps remove toxins.
Infused Water Recipes

- cucumber mint+
- mixed berry pineapple+
- raspberry lime+
- strawberry mint+
- strawberry orange + pineapple mint+
- pineapple
- raspberry
- strawberry
- orange
- mint
- pineapple
- cucumber
- mixed berry