

# Innovative ways...

to reach your daily hydration goals

Featuring  
delicious  
water recipes

to get you enthused about infused water

9



THE WATER & COFFEE COMPANY



More inspiration inside





# MAKING YOUR WATER EVEN MORE REFRESHING

---

## *Fruit or vegetable infused water*

Water can be infused with a vibrant variety of fresh fruits, delicious vegetables, and zingy herbs and spices. The process is easy, follow these four steps to make staying hydrated more interesting:

1

Choose and collect your favourite ingredients

2

Add to your bottle or glass with fresh water

3

Be patient and let the flavours blend

4

Hydrate, refill and repeat

### *Some ideas to get you started....*

**Fruit:** Berries (fresh or frozen), melon, citrus (lemon or orange), apples, pears and coconut.

**Vegetables:** Cucumber, celery, fennel and carrot.

**Herbs:** Rosemary, thyme, mint, basil and parsley.

**Spices:** Cinnamon sticks, fresh ginger and vanilla bean.

**Edible flowers:** Rose, lavender, citrus blossoms and violets (any flower that is 100% free from pesticides).



# Honey infused water

**Makes for a sweet and warming drink throughout the day.**

Simply add a teaspoon of honey into hot freshly boiled water, it's that simple! A slice of zingy lemon also complements this mix well. Honey is a detoxifying ingredient that will boost your immune system and help regulate your blood sugar levels. **That's an upgrade on H2O alone.**





# *Energising*

Try the following blends to ease headaches, and regulate blood sugar.



*Cucumber, kiwi  
and strawberry*

This fruity flavour is a sure way to give your day a tasty vitamin boost

*Orange, pomegranate seeds  
and cinnamon sticks*

A warming blend that inspires a calm and peaceful mind

*Mint, green tea  
and lime*

A fresh mix that is as refreshing as it is green

# Detoxing

The best combinations for detoxing, while also protecting brain cells.



## *Cucumber, blueberries and lemon*

A zingy and refreshing blend that is sure to awaken the senses



## *Lime, cucumber and lemon*

A lean green blend that will refresh and invigorate the mind



## *Apple, lemon, cranberries, orange zest and pomegranate seeds*

This fruity mix is the perfect health kick to keep you alert throughout the day



# Immunity Boosting

Mix the ingredients below to improve digestion, support your immune system and ease heartburn.



## *Lemon, ginger, apple and orange*

A zingy blend that's sure to awaken the senses and spark your brain power

## *Raspberry, rosemary and pear*

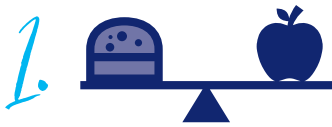
A fragrant combination that is calming to the mind and a perfect aid to stressful moments

## *Lemon, lime and orange*

A citrus combo that's perfect for bright eyes on those early mornings

# Hydration plays a key part across our health.

## FROM COGNITIVE PERFORMANCE TO ENERGY LEVELS



A balanced diet



8 hours sleep per night



Optimum hydration



Maximum productivity

## WHAT HAPPENS WHEN YOU BECOME DEHYDRATED?

$1-2\% = 12\%$

Decrease in hydration

Decrease in productivity

$3-4\% = 50\%$

Decrease in hydration

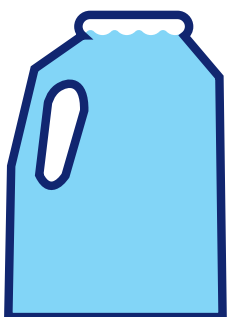
Decrease in productivity

## HOW MUCH WATER SHOULD I DRINK?

*How much water do we need to consume on a daily basis to meet the recommended allowance and reap the benefits?*

According to health authorities we should be consuming eight 8-ounce glasses, which equals about 1/2 a gallon or 2 litres.

1/2 Gallon



2 Litres



x 8 Glasses





## Why not try?

As well as keeping you hydrated, improving your health, and brightening up your work desk, infused waters can make an aesthetic centrepiece displayed in a glass pitcher or large jug to a homely lunch, picnic, or BBQ in the summer.

Here's a check-list of everything you'll need...

- ✓ A large pitcher
- ✓ Mason jars for individual drinks
- ✓ Colourful stripey straws
- ✓ A selection of fresh cut fruit, vegetables and herbs
- ✓ Ice-cubes



Why not share your thoughts and recipe ideas with us at...

**@eden\_springs**  
**#makewaterinteresting**

For more information

Call **FREE** now on **0808 163 1704** or visit [www.edensprings.co.uk](http://www.edensprings.co.uk)  
[www.kafevendingmachines.co.uk](http://www.kafevendingmachines.co.uk)

Enjoy your water, keep hydrated and don't forget to visit us online...



/EdenSpringsUK



EdenSpringsUK



@eden\_springs