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## green spa | spa H<sub>2</sub>O

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### a drink to good health

**SPAS HAVE KNOWN ABOUT THE** amazing health benefits of spa water for quite awhile. The word “spa” means “health through water.” Water is, after all, the basic element for life. For years, top spas around the world have touted the benefits of hydration and strived to create healthier, more delicious and more esthetically appealing spa waters for their guests. These waters are visually pleasing, healthy and wonderfully refreshing.

#### Got water?

Did you know that about 70 percent of our body is water? Through daily activities and normal body functions, this water evaporates, is depleted and needs to be replenished in order to maintain good health and balance. Recent studies show that up to 75 percent of Americans are dehydrated, many chronically. We are drinking everything *but* water. Coffee, soft drinks and other caffeinated and alcoholic beverages contain ingredients that actually rob us of precious hydration, while also introducing unhealthy ingredients and excess calories into our bodies.

Every system in our body relies on water to bring nutrients to cells, flush out toxins, and help keep our tissues healthy and hydrated. Many health professionals believe that if we made water our main beverage, we would see a decrease in many of the health challenges presently plaguing our nation.

#### Health benefits of drinking water

For years, we have heard doctors and other experts tell us that we should drink up to eight glasses of water per day. While this is a good benchmark, research has shown that our daily water intake should be half of our body weight in ounces. (Someone who weighs 150 lbs. should drink 75 oz. of water per day.) If we increase our intake of this essential drink, we can expect to see a real improvement in our overall health and well-being.

It is essential that we consume the right amount of water on a daily basis in order for our bodies to function properly. A “dry mouth” is not the best indicator of thirst, as it is the very last sign of dehydration. To make sure you are drinking enough water, you may want to break your day into “hydration” segments. Begin by enjoying a glass of water when you first wake up and then have a glass or two before each meal and snack. If you start to feel tired or sluggish, have a drink of water instead of coffee or tea. If you do not enjoy the taste of plain water, there is an alternative: you can always infuse it with some natural healthy additives to make it tastier.

#### Spa water

When we add certain fruits, vegetables and herbs to food they definitely enhance flavor and taste. Now imagine what happens when you add them to water. Not only do they add a unique essence, but the addition of vibrant hues and different textures will surely provide

a memorable multi-sensorial experience. Furthermore, these amazing garnishes give water a powerful boost of vitamins and nutrients. For example, lemons enrich water with vitamin C and minerals like calcium, phosphorus and magnesium. Studies have shown that drinking lemon water aids digestion, eliminates waste more efficiently, purifies the blood and even improves the overall appearance of the skin. Infusing a variety of nutrient-dense ingredients into water will make it more palatable, visually appealing and beneficial.

“There are three essential elements necessary for our bodies to sustain life. In order of necessity, they are air or oxygen, water and nutrition from food. You can only live for a few minutes without air. You can only live a few days without water. You may only last weeks without proper nutrition. Spa water brings two of the three elements together in healthy and tasty ways that all of us can enjoy,” says Robert Parker, D.C. of Parker Health Solutions.

#### The world of spa and H<sub>2</sub>O

What an amazing opportunity the spa industry has to change the face of health and wellness by simply educating guests on the health benefits of spa water. Displaying a beautiful beverage server filled with water and seasonal produce is definitely eye-catching and will encourage guests to have a drink or two during their visit. Many spas throughout the world now offer signature spa waters, and some even *continues*

create new recipes that tie into their marketing plan. This wonderful amenity is definitely a nice touch and will inspire guests to satisfy their desire for spa water at home. They will stay well-hydrated after their spa visit and with each sip recall their wonderful experience and look forward to their return.

"Hydration is crucial for anyone receiving a spa treatment, as it helps to nourish the body and flush toxins, allowing spa-goers to receive the best results from their treatment," says Stephanie Martinez, spa director at the Hyatt Regency Tamaya Resort & Spa in Albuquerque, NM. "Our Raspberry Mist is one of our most popular spa water selections, and is an immune-boosting combination filled with minerals and antioxidants. Each of our spa water blends is infused with fruit and minerals to create a mélange of unique and delicious flavors that everyone can enjoy—even those who do not typically drink water. We are dedicated to promoting and encouraging our guests to drink water by providing complimentary spa water not only at the Tamaya Mist Spa & Salon but throughout the Hyatt Regency Tamaya property," says Martinez.

Use your imagination when creating spa water for your guests. For instance, if you offer lavender treatments on your spa menu, you can develop a recipe or two that incorporates lavender. If you are creating monthly specials, try to match up a spa water recipe with your featured treatments. Let's say a client is receiving a citrus-themed pedicure or body scrub; you can take their treatment to the next level by presenting them with lemon, lime and orange-infused water.

Need inspiration for creating extraordinary spa waters? Visit your local farmers' markets and discover what ingredients are indigenous to your area. You can even partner with a chef and have them help you develop some outstanding recipes that will truly impress your guests. Do not forget that presentation is everything. If you are going to invest



### BESIDES QUENCHING OUR THIRST, DRINKING WATER CAN:

- Ease back and joint pain
- Prevent urinary tract infections
- Maintain a healthy digestive system
- Reduce the development of migraines
- Boost physical and mental endurance
- Help one maintain a pleasant demeanor
- Reduce allergies
- Decrease the risk of kidney stones
- Lower blood pressure
- Keep eyes and skin moist and healthy
- Reduce stress and anxiety

time, energy and money into this amenity, go all the way. Purchase a beautiful beverage server and some oversized wine or water glasses for guests to sip from and savor these mouth-watering tonics.

Consistently offering delicious infused waters to your spa guests will definitely entertain their taste buds while encouraging them to drink to their good health. It can also inspire their return.

### Spa Water Recipes

#### Raspberry Mist Spa Water

By: Tamaya Mist Salon & Spa

This water is absolutely beautiful and perfect for serving at your next get-together. In addition to their excellent flavor, raspberries are full of strong antioxidants and possess anti-cancer

properties. Limes, known as an immune system boosting fruit, add some vitamin-packed zest. Frozen raspberries make a better drink, as the flavor is intense. When serving, add fresh raspberries for garnish or consumption.

3 cartons of raspberries

4 limes, thinly sliced

4 cups ice

Water

Layer your beverage pitcher with lime slices and raspberries. Add ice. Repeat until the server is full. Pour water over the ice and fruit. Note: If you are using a beverage server, do not use frozen berries—they tend to break up and clog the spigot of the server.

#### Pitta Balancing Spa Water

By: The Raj Spa

The third of the wise waters served at the Raj Spa, Pitta helps with metabolism, digestion and energy production. When the water boils, it is charged with heat and becomes sharper in quality. This sharpness allows it to cleanse the channels and penetrate into deeper levels of the physiology. Spices have different effects on the body through aroma and taste.

1/4 tsp. fennel seeds

1/4 tsp. coriander seeds

2 rose buds

1 clove

2 quarts Water

Boil water for two minutes. Remove from heat to cool. Add remaining ingredients and store inside a hot thermos. In summer months, let cool to room temperature before serving. ■



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