

Spa Water

Spa Water is a fancy name for water served with fruit. Spa water can be a great choice instead of soda, juice, sports drinks or other sugar sweetened beverages. When making spa water, be as creative as you want. Mix and match different combinations. You can also add vegetables, herbs and spices.



Spa Water Safety Tips

- Wash hands and wear gloves when preparing the spa water ingredients.
- Wash all fruits and vegetables before use.
- Keep the water cold (41 degrees F or below) by keeping ice in the container at all times and refrigerating after your event or meeting. This is especially important if using melon in the spa water.
- Drink the prepared spa water within 24 hours and clean the container each day.
- Do not handle the water or fruit if you are ill.

Spa Water Ingredients to try:

- **Ginger**
- **Basil**
- **Jalapeno**
- **Cantaloupe**
- **Honeydew**
- **Blueberries**
- **Rosemary**
- **Cranberries**



Recipes below can be used in a large 2-3 gallon water dispenser. For a smaller pitcher, cut the amount of fruit or vegetables used in half.

For best flavor prepare a half an hour to an hour before serving.

Watermelon Waterfall

- 2 cups watermelon cut into cubes
- Ice
- Water



Mango Mint Splash

- 2 cups sliced mango
- A few springs of mint
- Ice
- Water



Cucumber Cascade

- 1-2 cucumbers cut into wheels
- Ice
- Water



Raspberry Lime Rush

- 1 package raspberries
- 2-3 limes sliced
- Ice
- Water



Tropical Tidal Wave

- 1 cup diced pineapples, 1 orange sliced and 15-20 strawberries cut in half
- Ice
- Water



Citrus Springs

- 2 lemons, 2 limes, and 2 oranges cut into wheels
- Ice
- Water

