



Hydration for Everyday Wellness

Simple infused-water ideas and commonly claimed benefits*

Lemon water

Healthy skin, flat stomach, boosts immune system, may help prevent kidney stones.

Rice water

Healthy hair, energy boost, glowing skin, may help reduce premature ageing.

Ginger water

Less bloating, anti-inflammatory, may lower risks associated with certain diseases.

Mint water

Reduces stress, clearer complexion, improves digestion, keeps you hydrated, boosts immunity.

Cucumber water

Hydrates the body, helps flush toxins, may aid weight management, supports skin health, may help reduce blood pressure.

Honey water

Boosts energy, soothes sore throat, aids digestion, supports weight management, may improve sleep quality.

Turmeric water

Powerful anti-inflammatory, supports immunity, helps natural detox processes, promotes glowing skin, supports brain health.

Fennel water

Aids digestion, reduces bloating, may support eyesight, supports hormonal balance.

Scan to learn more



**These are general wellness claims drawn from popular sources. They are not medical advice. Everyone's needs differ; consult a healthcare professional for personal guidance.*

© Cara Water Systems Australia