**Experiment with Making Spa Water!** Don’t be fooled by the fancy name. [Spa water](http://www.spawaterrecipes.com/) is simply chilled water with natural, sugar-free flavors. Lemon. Cucumber. Rosemary. Blueberries. Whatever is on hand can work. Try one at a time, or double up. One popular mix is [citrus and rosemary](http://www.myrecipes.com/recipe/herb-infused-spa-water-10000000682668/). All you need is a glass pitcher (a see-through one, preferably), or a countertop drink dispenser with a spigot. Allow your add-ins to truly absorb into the water — how long depends on your taste buds. Wait too long and the fruit gets a bit bitter. Move too quickly and you lose taste. Experiment. Some recipes suggest eight hours. Others say a half-hour or less. See what you taste buds say. Store in the fridge while you’re allowing the flavors to absorb — covered, so your water doesn’t absorb any additional flavors floating around in the fridge. Check out the [spa water app](http://www.myspawaterbook.com/index.php/app) or try these tips:

* + Cucumbers, lemons, oranges, and larger items should be sliced at a minimum. For added flavor, slice each slice in half.
	+ Avoid soft fruit like raspberries and strawberries.
	+ Mint goes great with any fruit and vegetable add-in.
	+ For recipe ideas, [surf the Internet](https://www.google.com/%22%20%5Cl%20%22hl%3Den%26sugexp%3Dles%3B%26gs_nf%3D3%26tok%3DG2uROHwATDyCp9z0mTv0Aw%26cp%3D10%26gs_id%3D1b%26xhr%3Dt%26q%3Dspa%2Bwater%2Brecipes%26pf%3Dp%26tbo%3Dd%26sclient%3Dpsy-ab%26oq%3Dspa%2Bwater%2B%26gs_l%3D%26pbx%3D1%26bav%3Don.2%2Cor.r_gc.r_pw.r_cp.r_qf.%26fp%3D4ec484f19f25e4ad%26bpcl%3D38093640%26biw%3D1100%26bih%3D651), or experiment with what’s in your garden, grocery or the local farm stand.