DRINKS & SMOOTHIES

Enjoy These 10 Detox Water Recipes All Year Long

By bestfolkmedicine · 29/10/2018 · 2 min read

Nowadays, detox water is one of the most miraculous diets and a lot of people believe it encourages loss of weight. This is why in today's article we decided to find out if this is an innovative and effective weight loss method or another diet in the pool of fad diets.

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Detox Water Explained

Detox water is pure water which is infused with veggies, fruits, or herbs. This is why it is also known as infused water. Water is pivotal for our health and it is crucial for a lot of bodily functions like skin moisture, waste removal, and the bloodstream fluid. However, a lot of people do not enjoy drinking water because it does not have taste and it is dull. This is where infused water can help because it makes plain water taste good.

The Best 10 Detox Water Recipes

Watermelon+ citrus

Needed:

A cup of watermelon cubes

500 ml of water

A lemon wedge

An orange wedge

Juice from half a lemon

Juice from half an orange

5 cucumber slices

Cucumber+ mint

Needed:

15 thin slices of cucumber

500 ml of water

7 fresh mint leaves

A pinch of Himalayan salt

Oregano water

Needed:

500 ml of water

2 fresh stalks of rosemary

2 dried oregano leaves

Half a cucumber, sliced

A cup of watermelon cubes

Strawberry+ grapefruit

Needed:

500 ml of water

One cucumber, sliced

2 grapefruits

2 cups of strawberries

Mint leaves to taste

Citrus+ aloe

Needed:

2 oranges

Juice from half a lemon

¼ cup of aloe vera gel

Mint leaves to taste

Ginger + mint

Needed:

500 ml of water

A cucumber, sliced

2-inch ginger root, peeled

2 lemon wedges

10 mint leaves

A pinch of Himalayan salt

Strawberry + basil

Needed:

500 ml of water

10 strawberries

2 lemon wedges

Juice from half a lemon

Handful of basil leaves

Lemon + ginger

500 ml of water

Juice from 2 lemons

A third of lemon, cut into wedges

An inch ginger root, peeled

A tbsp of red chili powder

Cucumber + orange

Needed:

500 ml of water

A cucumber, sliced

2 orange wedges

2 pinches of rosemary

A dash of Himalayan salt

Cucumber+ lemon

Needed:

500 ml of water

1 ½ cucumbers, sliced

2 wedges of lemon

Juice from half a lemon

A tbsp of chili powder

Dash of Himalayan salt

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