

DIY WELLNESS RECIPE



Super Wellness Drink

CLEANSE • HYDRATE • ENERGIZE

This refreshing, nutrient-packed drink is loaded with antioxidants, vitamins, and natural detoxifiers to support your body, boost your energy, and promote overall wellness—inside and out. Sip it daily and feel the difference!

Small sips
create big changes!



INGREDIENTS

- ♥ 1 cup filtered water (or more)
- ♥ 1/2 lemon, thinly sliced
- ♥ 1/2 cucumber, thinly sliced
- ♥ 1-inch piece fresh ginger, thinly sliced
- ♥ 5–6 fresh mint leaves
- ♥ 1 teaspoon chia seeds (optional)
- ♥ 1 teaspoon raw honey (optional)
- ♥ Ice cubes (optional)



Makes
1 large glass
or 2 servings

HOW TO MAKE IT

- 1 Add lemon, cucumber, ginger, and mint leaves to a large glass or pitcher.
- 2 Pour in the filtered water.
- 3 Stir gently and let it infuse for at least 15–30 minutes (or longer for a stronger flavor).
- 4 Add chia seeds and honey if using and stir again.
- 5 Add ice if desired.
- 6 Sip slowly and enjoy your super wellness boost!

MAKE IT YOURS!

- ➔ Add a few berries for extra antioxidants
- ➔ Use lime instead of lemon
- ➔ Add a splash of aloe vera juice
- ➔ Enjoy warm in the morning for a gentle detox boost

BENEFITS

-  Helps hydrate your body and supports healthy skin
-  Aids digestion and reduces bloating
-  Naturally detoxifies and cleanses the body
-  Boosts immunity with vitamin C and antioxidants
-  Increases energy and mental clarity
-  Supports healthy weight management
-  Promotes overall wellness and well-being



GRANDMA WENDY'S TIP

Drink this first thing in the morning on an empty stomach for the best results. Consistency is the key to feeling your best!



“Your body is your home.
Nourish it with love,
good ingredients,
and positive habits.”

With love,

Grandma Wendy

PERFECT FOR

- ♥ Morning hydration
- ♥ Post-workout refresh
- ♥ Midday energy boost
- ♥ A healthy daily habit



Take care of your body.
It's the only place you have to live. ♥

