

# Hydrate & Thrive

## Super-Hydrating Drinks + Natural Electrolyte Recipes



A nourishing recipe collection to support deep cellular hydration, energy, clarity, and vitality.



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# Welcome to Hydrate & Thrive!

*Hi, I'm Mariela, founder of Fountains of Wellness, hydration advocate, and holistic wellness educator. This booklet was created with so much love to help you experience what I've discovered firsthand: that hydration is the foundation of health — yet it's one of the most overlooked pillars of wellness.*

*For years, I focused on food, supplements, and lifestyle... but it wasn't until I addressed my hydration at a cellular level that everything shifted. More energy. Better mood. Clearer skin. Less brain fog. Balanced hormones.*



*Proper hydration isn't just about drinking more water — it's about the right water, in the right way, combined with minerals and habits that support deep absorption.*

*This recipe guide is designed to help you:*

- *Restore electrolyte balance naturally*
- *Support energy, focus, and digestion*
- *Improve cellular hydration*
- *Ditch sugary or synthetic electrolyte drinks for nature's best solutions*

*These are my go-to drinks that I make for myself and my family. Simple, delicious, and functional.*

*Here's to your health, vitality, and radiant wellness!*

*Mariela | Fountains of Wellness*



# Morning Mineral Boosters

*Wake up your cells with hydration that nourishes.*



## Lemon Mineral Water

- 500 ml (2 cups) hydrogen water or filtered water
- Juice of ½ lemon
- ⅛ tsp sea salt or Celtic salt (for natural electrolytes)
- Optional: Trace mineral drops (as per bottle instructions)

## Instructions

- Add lemon juice, sea salt, and optional mineral drops to water.
- Stir well until the salt dissolves completely.
- Enjoy at room temperature or slightly cool—ideal first thing in the morning or throughout the day for steady hydration

## Health Benefits

A simple yet powerful mineral-boosted water that supports deep cellular hydration, balances electrolytes, and jump-starts digestion and metabolism. Lemon aids gentle detoxification and provides vitamin C, while sea salt replenishes essential minerals. Perfect for morning hydration or anytime you need a clean energy boost.





## Citrus Sea Salt Electrolyte Water

- 500 ml water
- Juice of ½ lemon + ½ orange
- ⅛ tsp sea salt or Himalayan salt
- 1 tsp raw honey or maple syrup (optional)

## Instructions

- Combine lemon juice, orange juice, sea salt, and honey (if using) with the water.
- Stir well until everything dissolves.
- Enjoy immediately, over ice, or at room temperature for a refreshing, mineral-rich hydration boost.

## Health Benefits

A bright, citrus-infused electrolyte drink that supports deep hydration, replenishes minerals, and helps balance fluids. The combination of lemon and orange offers vitamin C and antioxidants to support immune health and digestion, while sea salt restores essential electrolytes lost through stress, heat, or exercise. Naturally energizing and restorative.



# Herbal Hydration Infusions

*Hydrating, cooling, and rich in plant compounds*



## Cucumber Mint Refresher

- 1 liter water
- ½ cucumber, sliced
- Handful of fresh mint leaves
- Optional: a squeeze of lemon or lime
- Infuse for at least 1 hour in the fridge

## Instructions

- Add cucumber slices and mint leaves to a pitcher of water.
- Gently muddle the mint to release its aroma.
- Add a squeeze of lemon or lime if desired.
- Let it infuse in the fridge for at least 1 hour to allow the flavors and minerals to blend.
- Serve chilled and enjoy.

## Health Benefits

A cooling, ultra-hydrating drink that supports lymphatic flow, reduces puffiness, and promotes calm digestion. Cucumber provides silica and trace minerals for skin and cellular hydration, while mint soothes the digestive system and refreshes the mind. Light, alkalizing, and perfect for daily sipping or hot weather.





## Hibiscus Electrolyte Tea

- 2 hibiscus tea bags or 2 tbsp dried hibiscus
- 1 liter hot water
- Steep until deep red (about 10 mins), cool
- Add pinch of sea salt + 1 tbsp honey (optional)
- Serve over ice — rich in antioxidants and minerals.

## Instructions

- Steep hibiscus in hot water until the color is a deep, vibrant red (about 10 minutes).
- Remove the tea bags or strain the flowers.
- Let it cool to room temperature.
- Stir in sea salt and honey if using.
- Serve over ice for a refreshing, mineral-rich drink.

## Health Benefits

A vibrant, antioxidant-packed drink that supports hydration, cardiovascular health, and cellular vitality. Hibiscus is rich in vitamin C and polyphenols, helping fight oxidative stress while supporting blood pressure balance. Combined with sea salt for electrolytes, it's a delicious way to nourish and refresh your body.

# Electrolyte Smoothies

## *Hydration meets nourishment*



### Coconut Mango Electrolyte Smoothie

- 1 cup coconut water
- 1 cup frozen mango
- ½ banana
- Juice of ½ lime
- Pinch of sea salt
- Blend until smooth.

## Instructions

- Add coconut water, mango, banana, lime juice, and sea salt to a blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy immediately for a tropical hydration boost.

## Health Benefits

This tropical smoothie delivers natural electrolytes, potassium, and minerals to deeply hydrate and energize. Coconut water replenishes lost fluids, mango provides antioxidants and vitamin C, banana supports muscle function with potassium, and sea salt balances electrolytes—perfect for recovery, energy, or simply a delicious wellness boost.





## Green Mineral-Rich Smoothie

- 1 cup hydrogen water or filtered water
- 1 cup spinach or kale
- ½ cucumber
- ½ green apple
- Juice of ½ lemon
- ¼ avocado
- Pinch of sea salt or mineral drops

## Instructions

- Add water, spinach or kale, cucumber, green apple, lemon juice, avocado, and sea salt or mineral drops to a blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy fresh for a revitalizing, mineral-packed hydration boost.

## Health Benefits

This vibrant green smoothie floods your cells with hydration, minerals, and antioxidants. Leafy greens provide magnesium and chlorophyll for energy and detox, cucumber and apple hydrate and refresh, avocado delivers healthy fats for absorption, and sea salt supports electrolyte balance. A nourishing way to support hydration, digestion, and overall vitality.

## Seasonal Sips

### *Cooling summer drinks + cozy winter hydration*



## Watermelon Hydration Cooler

- 2 cups watermelon chunks
- Juice of 1 lime
- Small pinch of salt

## Instructions

- Add watermelon chunks, lime juice, and salt to a blender.
- Blend until smooth.
- Pour over ice for an ultra-refreshing, naturally hydrating drink.

## Health Benefits

Watermelon is rich in water, potassium, and antioxidants like lycopene, making this cooler perfect for deep hydration and cooling the body. The touch of salt supports electrolyte balance, while lime adds a boost of vitamin C and aids digestion. Light, refreshing, and ideal for hot days or after physical activity.





## Peach Mint Electrolyte Refresher

- 2 ripe peaches, sliced (fresh or frozen)
- 1 liter filtered, spring, or hydrogen water
- Juice of 1 lemon or ½ lime
- A handful of fresh mint leaves
- ⅛ tsp sea salt or Celtic salt (for natural electrolytes)
- Optional: 1 tsp honey or maple syrup (if you like it slightly sweet)
- Ice cubes (optional)

## Instructions

- Muddle the peach slices and mint gently in a pitcher to release juices and flavor.
- Add lemon juice, sea salt, and honey (if using).
- Pour in the water and stir well.
- Let it infuse in the fridge for at least 30 minutes (or up to 2–3 hours for stronger flavor).
- Serve over ice and enjoy refreshing, mineral-boosted hydration!

## Health Benefits

A hydrating summer drink that supports deep cellular hydration, balanced electrolytes, and natural energy. Juicy peaches provide potassium and antioxidants, while mint and lemon aid digestion and refresh the nervous system. Light, cooling, and nourishing—perfect for hot days or post-workout recovery.



## Berry Citrus Splash

- 1 liter water
- ½ cup mixed berries (fresh or frozen)
- Slices of 1 orange
- Optional: mint leaves

## Instructions

- Combine water, mixed berries, and orange slices in a large pitcher or jar.
- Add mint leaves if using.
- Let it infuse in the fridge for at least 1 hour.
- Strain if desired.
- Serve chilled and enjoy.

## Health Benefits

This drink is mineral rich, refreshing, and loaded with antioxidants that support cellular health and hydration. Berries provide powerful phytonutrients and vitamin C to combat oxidative stress, while orange slices offer additional vitamin C and natural sweetness. Mint adds a cooling, digestion-supporting touch. Together, this vibrant infusion boosts hydration while nourishing the body with essential nutrients.





## Cherry Lime Hydration Refresher

- 1 liter water (hydrogen water or filtered)
- ½ cup fresh or frozen cherries (pitted)
- Juice of 1 lime
- Optional: a few basil or mint leaves for a herbal twist

## Instructions

- Combine water, cherries, and lime juice in a pitcher or jar.
- Add basil or mint leaves if desired.
- Lightly muddle the cherries with a spoon to release more flavor and nutrients.
- Infuse in the fridge for at least 1-2 hours.
- Strain if preferred.
- Serve chilled over ice.

## Health Benefits

This drink is mineral rich, deeply hydrating, and packed with antioxidants that combat oxidative stress. Cherries are rich in anthocyanins, known for their anti-inflammatory properties and support for muscle recovery and sleep quality. Lime adds vitamin C and supports detoxification, while optional herbs like basil or mint contribute additional calming and digestive benefits. Together, this refreshing infusion supports hydration, recovery, and overall wellness.

# Mineral Mocktails

## *Hydration with a Twist*



### Electrolyte Mojito (No Alcohol)

- 1 liter sparkling mineral water
- Juice of 1 lime
- Handful of fresh mint leaves
- ⅛ tsp sea salt or mineral salt
- 1 tsp honey or maple syrup (optional)

### Instructions

- Muddle the mint leaves with lime juice in a pitcher to release their natural oils.
- Add sea salt and honey if using, stirring until dissolved.
- Pour in the sparkling mineral water and gently stir to combine.
- Serve over ice for a crisp, mineral-rich, and deeply refreshing drink.

### Health Benefits

A deliciously fizzy way to hydrate while supporting electrolyte balance and cellular energy. Mint cools the body and aids digestion, lime provides vitamin C and alkalizing minerals, and the natural sea salt replenishes essential electrolytes. Perfect for hot days or as a clean, alcohol-free mocktail.



## Orange Ginger Fizz



- 1 cup sparkling mineral water
- ½ cup fresh-squeezed orange juice
- 1-inch fresh ginger, grated or juiced
- ⅛ tsp sea salt

## Instructions

- Combine orange juice, grated or juiced ginger, and sea salt in a glass.
- Stir well until the salt dissolves and the flavors blend.
- Pour in sparkling mineral water and give it a gentle stir.
- Serve over ice for a bright, refreshing, and invigorating drink.

## Health Benefits

This zesty, mineral-rich drink supports hydration, immunity, and digestion. Orange delivers vitamin C and natural sugars for energy, ginger boosts circulation and reduces inflammation, and sea salt replenishes essential electrolytes. The sparkling water makes it crisp, energizing, and perfect for a midday pick-me-up.

# Radiant Hydration

## *Mineral-Rich & Gut-Loving Refreshers*

### Coconut Chia Hydration



- 1 cup coconut water
- 1 tbsp chia seeds
- Juice of ½ lime

### Instructions

- Stir coconut water, chia seeds, and lime juice together in a glass or jar.
- Let it sit for about 10 minutes until the chia seeds form a gel-like texture.
- Stir again before drinking to evenly distribute the seeds.
- Sip and enjoy deeply mineral-rich, gut-loving hydration.

### Health Benefits

This refreshing drink is loaded with natural electrolytes from coconut water and fiber-rich chia seeds that support digestion and gut health. The combination helps promote deep cellular hydration, steady energy, and satiety while providing essential minerals like potassium and sodium. Light, nourishing, and perfect for sustained hydration throughout the day.



## Aloe Mint Cooler

- 1 cup pure aloe vera juice (inner leaf, no additives)
- 1 cup filtered or hydrogen water
- Juice of ½ lemon
- Handful of fresh mint leaves
- Optional: 1 tsp honey

## Instructions

- Pour the aloe vera juice and the water into a blender or shaker.
- Add the lemon juice and fresh mint leaves.
- Add honey if using.
- Blend or shake until well combined.
- Serve chilled or over ice.

## Health Benefits

This drink is mineral rich, providing essential nutrients that support overall wellness, and is gut loving, as aloe vera soothes and supports digestive health. Fresh mint adds a cooling effect and aids digestion, while lemon juice supplies vitamin C and antioxidants. Together, this cooler promotes hydration and supports your body's natural balance.



# Immune & Antioxidant Hydration

## *Mineral-Rich & Gut-Loving Refreshers*



### Pineapple-Turmeric Anti-Inflammatory Water

- 1 cup pineapple juice (fresh or no sugar added)
- 1 cup hydrogen water or filtered water
- ⅓ tsp turmeric powder or 1-inch fresh turmeric grated
- Pinch of black pepper (to activate turmeric)
- Squeeze of lime

### Instructions

- Combine pineapple juice and water in a shaker or bottle.
- Add turmeric powder or freshly grated turmeric, along with a pinch of black pepper.
- Squeeze in fresh lime juice.
- Shake well to mix all ingredients.
- Serve over ice for a refreshing drink.

### Health Benefits

This drink is mineral rich and supports the body's natural anti-inflammatory processes, with turmeric providing powerful antioxidant and inflammation-reducing properties enhanced by black pepper for better absorption. Pineapple supplies vitamin C and digestive enzymes that promote gut health, while lime adds antioxidants and supports immune function. Together, this water hydrates effectively while helping to balance inflammation and boost overall wellness.



## Blueberry-Lavender Antioxidant Water

- 1 liter water
- ½ cup fresh or frozen blueberries
- 1 tsp dried lavender flowers (food grade)
- Juice of ½ lemon
- Infuse for at least 2 hours in the fridge. Strain if desired. Beautifully calming and rich in antioxidants.

## Instructions

- Combine water, blueberries, and dried lavender flowers in a large jar or pitcher.
- Add the lemon juice.
- Stir gently and place in the fridge to infuse for at least 2 hours.
- Strain if desired.
- Serve chilled and enjoy.

## Health Benefits

This drink is mineral rich and packed with antioxidants that support cellular health and combat oxidative stress. Blueberries are a potent source of vitamins and phytonutrients that protect against free radicals, while lavender offers calming properties that help soothe the nervous system. Lemon adds a boost of vitamin C and further supports detoxification and immune health. Together, this beautifully calming infusion hydrates deeply while nourishing the body and mind.

## Quick Mineral Boosters



### Simple Salt Water Shot (Great for those who forget to drink)

- 250 ml water
- Pinch of quality sea salt or Celtic salt
- Optional: squeeze of lemon
- Sip quickly, especially upon waking or before coffee.



### Apple Cider Vinegar Electrolyte Shot

- 250 ml water
- 1 tbsp apple cider vinegar (with the mother)
- Pinch of sea salt
- Optional: 1 tsp raw honey
- Balances pH, supports digestion, and boosts minerals.



### Coconut-Lime Mineral Shot

- 250 ml water
- 1 tbsp coconut water (concentrated or fresh)
- Pinch of sea salt
- Squeeze of lime
- Sip quickly for a refreshing mineral boost, especially before or after exercise.



# Stay Connected!

## Your Hydration Journey Starts Here

Thank you for exploring ***Hydrate & Thrive: Super-Hydrating Drinks + Natural Electrolyte Recipes***. I hope these recipes nourish your body, elevate your energy, and support your wellness from the inside out.

If you're ready to take hydration to the next level—beyond what's in your glass—I invite you to explore Fountains of Wellness's services and resources designed to help you achieve deep cellular hydration and vibrant health.

### Work with Me

- Personal Hydration Consulting — Tailored strategies to transform your energy, focus, and well-being.
- Corporate Wellness & Hydration Programs — Support your team with science-backed hydration solutions.

### Learn More

- Explore the power of hydrogen water, molecular hydrogen, and functional hydration at: [www.fountainsofwellness.ca](http://www.fountainsofwellness.ca)

### Connect With Me

- Questions? Curious about hydrogen water systems or my wellness services?
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