



· RECIPES ·
from your favorite resorts

INFUSED WELLNESS WATER

From Now Resorts & Spas

INGREDIENTS: (per glass)

- Lettuce
- Mint
- Ginger Extract (or make your own by mincing ginger and adding it to a blender with a little bit of water)

PREPARATION:

1. Shred lettuce
2. Add lettuce, mint and ginger to boiling water
3. Infuse for 10 minutes
4. Serve warm or let cool and add ice!
5. Remember, you can relax at home!

BENEFITS:

- Anti inflammatory and analgesic
- Better sleep
- Relaxation

THE AMRESORTS® COLLECTION

