

Biggest hits when searching
"refreshment+hydration"
revolved around the words
tea, honey and body/skin.

"Move over coffee – **honey** and
warm water are the new dream
team for boosting energy."

"**Honey** is also an antioxidant,
which helps fight those bad free
radicals that wreak havoc in our
body and on our skin."

THE BUZZ ON HONEY:

Honey offers more than
sweetness--it's also beneficial
to the skin. For those with
allergies, raw, local honey
helps combat symptoms.

"By using raw, local honey you
help to acclimate your **body** to
the pollens of your area."

Noteable items mentioned:

- Water
- Teas such as iced peppermint tea (cooling)
- Coconut water
- Aloe vera (good for skin, hair, body)
- Honey (antioxidant)
- Drinks containing electrolytes (replenishes minerals)

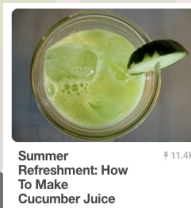
"The menthol found in mint can trick
our brains into thinking we're cold, so
a cup of iced peppermint **tea** can be
the perfect refreshment on a hot day."

Pinterest provided a good deal of inspiration
for homemade beverages:

Recipes: (Health) Refreshing
drinks to keep you hydrated,
Flavor your water



How To Make Lavender
Lemonade # 7.2k



Summer
Refreshment: How
To Make
Cucumber Juice # 11.4k



Rosewater
Limeade # 1.9k



20 Infused Water
"Recipes" # 111.1k



Sparkling
Rosemary Limeade # 497



Herbal Ice Cubes # 9.9k

Recommendations suggested:

- Drink water; add fruit or cucumbers to encourage higher intake
- Drink isotonic beverages--those that have electrolytes to replenish minerals and hydrate the body (especially after physical activity)
- Avoid beverages with sugar

Refreshing Hydration

Words such as "**infused**,"
"**sparkling**," "**refreshing**" and
"**herbal**" were prominently used
in Pinterest recipes.

TAKEAWAY:

The main theme of chatter centered
around added benefits of hydrating the
body, i.e. honey for good skin, electrolytes
to replenish minerals, etc.

REFRESHMENT NEW DISCOVERIES

"Maybe you only know the benefits of
a warm glass of water in the morning
or maybe you have only heard about
how honey is great for your skin, but
have you heard what wonders
combining warm water and honey
can do for you overall?"