

# EASY RECIPE FOR SOLÉ WATER

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Fill a mason jar almost to the top (leave about an inch) with clean, filtered water.



Add 1 cup of Crucial Four's Salt.



Cover with a plastic lid and give a gentle shake. Leave and let sit until the next day.



Every morning, before drinking anything else, drink a glass of water with 1 tsp of SOLE water stirred in. This is super refreshing and hydrating for your body's organs, including skin!

Check your SOLE water jar the next morning. If there is still salt remnants on the bottom, your SOLE water is complete! If no salt remains, add another  $\frac{1}{4}$  cup of salt, gently shake and leave. The next day check again. Repeat until salt remains. Once you have a jar with salt remnants, your SOLE water is complete!

Solé water is a tonic made with high quality salt. It is a super-hydrating remedy that's so easy to make! Add a teaspoon of SOLE water to your morning glass of water to rehydrate after a night's rest, or try it after a workout to help replenish lost electrolytes.

Some benefits of drinking water with SOLE in it include:

- Supports hydration.
- Supports PH balance.
- Supports digestion.
- Supports metabolic health.
- Replenishes your body's minerals!

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