

10 Refreshing Detox Drinks to Keep You Cool and Healthy This Summer

1. Cucumber Mint Cooler

Why it works: Cucumber is super hydrating and flushes out toxins, while mint soothes the digestive tract.

How to make it:

- 1 cucumber, thinly sliced
- A handful of fresh mint leaves
- Juice of 1/2 lemon
- 4 cups of cold water
- Ice cubes

Mix everything in a pitcher and let it sit in the fridge for an hour before drinking. So crisp, so clean.

2. Lemon Ginger Detox Water

Why it works: Lemon boosts digestion and alkalizes the body, while ginger fights inflammation and supports the immune system.

How to make it:

- 1 lemon, sliced
- 1-inch piece of ginger, peeled and sliced
- 4 cups of warm water (not boiling!)

Let it steep for 15 minutes, then chill. Sip throughout the day.

3. Watermelon Basil Refresher

Why it works: Watermelon is rich in antioxidants and hydrating electrolytes, while basil helps combat bloating.

How to make it:

- 2 cups of seedless watermelon chunks
- A few fresh basil leaves
- Juice of 1/2 lime
- 1 cup of cold water

Blend and strain if desired. Serve over ice with a basil garnish.

4. Apple Cider Vinegar Morning Boost

Why it works: ACV helps balance blood sugar, reduce cravings, and promote gut health.

How to make it:

- 1 tbsp raw apple cider vinegar
- Juice of 1/2 lemon
- 1 tsp honey (optional)
- 1 cup warm water

Drink first thing in the morning. It may take some getting used to, but your gut will thank you.

5. Strawberry Lime Infused Water

Why it works: Strawberries are full of vitamin C and antioxidants; lime adds zest and aids digestion.

How to make it:

- 5-6 strawberries, sliced
- 1 lime, sliced
- 4 cups water

Let it sit in the fridge for a few hours. The longer it infuses, the better it tastes!

6. Aloe Vera Citrus Juice

Why it works: Aloe is known for its soothing, anti-inflammatory properties and digestive benefits.

How to make it:

- 1/2 cup aloe vera juice (pure, food-grade)
- Juice of 1 orange
- Juice of 1/2 lemon
- 1 tsp honey (optional)

- 1/2 cup water

Mix well and serve chilled. Refreshing and healing!

7. Pineapple Mint Detox Water

Why it works: Pineapple contains bromelain, an enzyme that supports digestion. Mint is cooling and calming.

How to make it:

- 1 cup pineapple chunks
- A handful of fresh mint
- 4 cups of water

Chill in the fridge before serving. Bonus: it smells amazing!

8. Coconut Water & Chia Hydrator

Why it works: Coconut water is full of electrolytes, and chia seeds help regulate digestion and keep you feeling full.

How to make it:

- 1 cup coconut water
- 1 tbsp chia seeds
- Juice of 1/2 lime

Let it sit for 10 minutes until the chia seeds swell. Shake or stir before sipping.

9. Green Tea & Lemon Detox Iced Tea

Why it works: Green tea is packed with antioxidants and metabolism-boosting catechins.

How to make it:

- 2 green tea bags
- 4 cups water
- Juice of 1 lemon
- Honey to taste

Brew the tea, let it cool, and serve it over ice with lemon slices.

10. Berry Citrus Splash

Why it works: Berries are antioxidant powerhouses, and citrus fruits help flush out toxins and boost your immune system.

How to make it:

- A handful of mixed berries (blueberries, raspberries, or blackberries)
- Juice of 1/2 orange
- Juice of 1/2 lemon
- 4 cups of cold water

Combine all ingredients, let it chill, and enjoy the burst of flavors. Perfect for a sunny day!