

## SPA Glass Carafe



Even though well knowing how important regular drinking is, you often simply do not manage in the daily stress.

### But that is over now!

In order to drink the daily recommended quantity of 2 litres, just empty the carafe once in the morning and once in the afternoon. It's so easy – the glass carafe with memory function!

### Product Information:

- Liquid capacity: 1 litre
- Maximum beverage temperature 60° C
- Not suitable for microwave
- Before first use wash the carafe

The secret lies in regular drinking all over the day and the carafe reminds you. You simply cannot forget to drink sufficiently.

Fill the carafe in the morning with a beverage of your choice, ideally with fresh water. Now you just have to empty the carafe until the indicated time and you can be sure to drink 2 litres of liquid. You will feel better and maintain your physical and mental performance throughout the day.

The total daily fluid requirement of an adult amounts to more than 2 litres and largely depends on the respective physical constitution, the activities and environmental conditions.

The glass carafe with memory function does not make available the full daily fluid requirement, but just provides the basic supply. The total fluid requirement is completed individually through the liquids present in food and additional beverages at meals.

### What benefit do you get from it?

A sufficient intake of water is important for the whole organism. It helps to maintain concentration, prevents headaches, is excellent for the skin, helps to lose weight etc.



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