



Hydration Habits

Taking small steps for big results.

Staying hydrated makes it easier for your vocal folds to vibrate by keeping the mucus on your cords thin. Proper hydration means drinking half your body weight in ounces of water every day, but most people don't do that. Why? Improper habits.

This program aims at forming intentional hydration habits.

TIER 1
\$45

Twist Tubes

Wake up your water with functional flavors



Pick 2 flavors:

- Fruit Punch (Electrolytes)
- Raspberry Lemonade (Electrolytes)
- Strawberry Kiwi (Immunity Health)
- Raspberry (Joint Health)
- Mango Citrus (Antioxidant Health)



Hydration Habit Tracker

A plan to develop healthier habits

- Plan out your water intake for the day on a schedule
- Customize what you're adding to your water to keep it interesting
- Check off when you follow your plan
- Monitor and track your water intake for improvement

TIER 2
\$95

**EVERYTHING FROM
TIER 1 PLUS:**

30 minute Consult Call

Personalized tips and recommendations

DID YOU KNOW?
When your vocal cords are dehydrated, they can more easily become irritated and swollen. This can cause both discomfort and long term damage.

Muscle Multiplier

Essential Amino Acids



Amino acids can significantly enhance the absorption and retention of fluid

- Contains all 9 Essential Amino Acids needed for healthy body function
- Sugar free, dairy free, soy free, GMO free, caffeine free, gluten free
- Informed Choice Certified

Artist Life
Vocal Health Consulting