

Mint Water: Simple, Refreshing & Packed with Benefits

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Infused water is increasingly popular as a wellness drink—especially when herbs like Mint are added. Mint water essentially combines the hydration of plain water with the botanical benefits of mint leaves. Because mint adds flavour without many calories or sugars, it can make drinking water more appealing—which is a useful first step for overall hydration.

Key Benefits of Mint Water

Here are some of the major benefits that are backed by research or credible wellness sources:

- **Improved digestion:** Mint contains compounds (like menthol) that may help relax the digestive tract, reduce bloating and ease indigestion.
- **Hydration support:** By adding flavour and refreshment, mint water may encourage more consistent water intake, helping with hydration.
- **Skin health & detoxification:** Mint has antioxidant and anti-inflammatory properties which may benefit skin appearance and support the body's natural detox systems.
- **Weight management aid:** Because it's low in calories and can replace sugary drinks, mint water may help reduce overall calorie intake and support weight-related goals.
- **Oral health & fresh breath:** The antibacterial qualities in mint can help freshen breath and support oral hygiene.
- **Cooling & refreshing effect:** Especially in warm weather, mint's natural cooling sensation makes it a great drink to calm the body and give a refreshing boost.

How to Make Mint Water at Home

Here's a simple way to prepare mint-infused water:

1. Rinse a handful of fresh mint leaves (about 4-6 sprigs).
2. Gently crush or bruise the leaves to release flavour.
3. Place the leaves in a pitcher of cold water (about 1 litre).
4. Let it infuse in the fridge for 1-2 hours (or overnight for stronger flavour).

5. Optionally add slices of lemon, cucumber or a few berries for variation

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