

Article from Culligan.com

## How *Water* Plays Into Your Spring Look

As the weather warms up, you'll probably start drinking more water to keep yourself cool and hydrated. But there are more benefits to drinking clean water than you realize. In fact, drinking water is a great way to refresh your hair, nails and skin. Here are a few ways that drinking water can revitalize more than just your spring wardrobe.

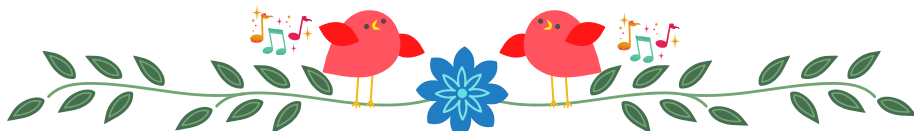
**Revitalize Your Hair:** It turns out that the water you drink is as important as the water you use to clean and condition your hair. Drinking plenty of water feeds follicles at the root level and supports healthy hair growth.

**Strengthen Damaged Nails:** Water can also work its magic on hands by helping you heal cracked nails and strengthen nails. Water helps balance your body's fluids, which helps you absorb and evenly distribute nutrients, and increase circulation.

**Make Your Skin Glow:** If you're wondering how to get healthy skin, keep in mind that the water you put into your body also affects the outside of your body. If you have ever noticed that your skin looks dry or wrinkled, that's probably because you're dehydrated. Drinking a sufficient amount of water will help your body flush out toxins, maintain your skin's natural suppleness and elasticity.

### Choose Water! We're Here To Help!

If you want to enjoy all of these benefits to drinking clean water, **call Culligan today**. Increasing your consumption and usage of clean water can help you revitalize your spring look.



## Recipe Corner Orange Gelatin Salad

Recipe from Culligan.com

- 4 cups water
- 1 can (11 oz.) mandarin oranges
- 1 can (8 oz.) crushed pineapple
- 2 packages (6 oz.) sugar-free orange gelatin mix
- 1 tub (16 oz.) cottage cheese
- 1 tub (8 oz.) whipped topping

Prepare one package of sugar-free orange gelatin with two cups of boiling water until dissolved and then stir in two cups of cold water, then refrigerate for 4 hours and cut into cubes after it's set. Then in a large mixing bowl, combine the mandarin oranges, pineapple and other gelatin pack and let chill for 30 minutes. Add cottage cheese and gelatin cubes to the mix and fold in thawed whipped topping. This fruit salad is tasty, fun and refreshing.



### We are honored to announce...

One of our Roanoke water experts, Ric Yowell, has been awarded top salesman of 2020 in our district. Culligan Water presents these awards for various sales goals to representatives stretching from Virginia to Maine. We are truly elated to receive such accolades and are grateful for such a fantastic Culligan team!

### Don't Miss Out!

Keep up with Culligan Water and sign-up for our quarterly email! Stay current with new equipment, specials, and meeting our crew!

[CLICK HERE!](#)

Alan was awesome!

Steven D.  
Wytheville, VA  
April 2021

I am very satisfied with the work. Your people working were great!  
Thank you!

Mary G.  
Emmitsburg, MD  
April 2021

Everything was great! Josh & Alex were fantastic, efficient, courteous, friendly, and explained everything well.

Catherine C.  
Broadway, VA  
April 2021