THE WATER APOTHECARY

A QUIET GUIDE TO FILTERING, IONIZING
AND LIVING WITH WATER MORE INTENTIONALLY

The water moving through a home becomes part of everything.

LAURZEN.COM

Water, closer.

The Water Apothecary begins with the water already moving through the home. Learn its local story. Filter it thoughtfully. Transform it when desired. Use every level with care.

ON THE COUNTER

A thick-rimmed glass vessel of filtered alkalized water at room temperature.

The water lives in a MultiPure filter next to the sink and finishes through a Kangen tap. Two different things doing two different jobs — filtration first, then transformation.

THE SETUP I USE

01	**SOURCE** Begin with the water available where you live. Read the local water report.
02	**FILTER** MultiPure filtration comes first and is selected around the local water profile.
03	**TRANSFORM** The Kangen K8 produces several water levels for drinking and household use.
04	**USE** Drink, cook, rinse, clean, bathe, care for plants, and reduce single-use plastic.

My sequence: tap water → MultiPure → Kangen K8.

THE WATER LEVELS

LEVEL	NAME	COMMON LANE
11.5 pH	**Strong alkaline**	External and household cleaning only. Never drink.
9.5 pH	**Drinking + cooking**	Daily drinking after gradual adjustment; tea, coffee, soups, grains.
9.0 pH	**Daily drinking**	A common everyday level after beginning at 8.5.
8.5 pH	**Beginning level**	The usual starting point for new alkaline-water drinkers.
7.0 pH	**Neutral clean**	Medication and times neutral water is specifically preferred.
6.0 pH	**Beauty water**	Skin, hair, plants, and gentle external use.
2.5 pH	**Strong acidic**	External sanitation and household use only. Never drink.

DRINK + KITCHEN

USES 01–10

Choose the water level carefully. Keep every bottle clearly labeled.

01	Begin at 8.5 pH when first introducing alkaline drinking water.
02	Move to 9.0 pH gradually.
03	Use 9.5 pH for daily drinking once adjusted.
04	Fill a reusable bottle before leaving home.
05	Use 9.5 pH for tea.
06	Use 9.5 pH for coffee.
07	Use 9.5 pH for soups.
08	Use 9.5 pH for rice and grains.
09	Use 9.5 pH for pasta water.
10	Use 9.5 pH when soaking dried beans.

DRINK + KITCHEN

USES 11–20

Choose the water level carefully. Keep every bottle clearly labeled.

11	Use 9.5 pH in smoothies.
12	Use 9.5 pH for homemade ice.
13	Use 9.5 pH for fresh juice.
14	Use 9.5 pH while baking.
15	Use 9.5 pH for marinades.
16	Use 11.5 pH to loosen waxy residue from firm produce, then rinse thoroughly.
17	Use 11.5 pH to help lift stubborn residue from cookware.
18	Use 7.0 pH when neutral water is specifically preferred.
19	Keep a glass carafe chilled in the refrigerator.
20	Carry water in stainless steel or glass.

BEAUTY + BATH

USES 21–30

Choose the water level carefully. Keep every bottle clearly labeled.

21	Use 6.0 pH as a final facial rinse.
22	Use 6.0 pH as a gentle hair rinse.
23	Use 6.0 pH after shampooing.
24	Use 6.0 pH in a fine facial mist bottle.
25	Use 6.0 pH to refresh skin after travel.
26	Use 6.0 pH on a reusable cotton round.
27	Use 6.0 pH to rinse makeup tools.
28	Use 6.0 pH as a hand rinse after gardening.
29	Use 6.0 pH to freshen tired feet.
30	Use 6.0 pH in a cool compress.

BEAUTY + BATH / HOME + CLEANING

USES 31–40

Choose the water level carefully. Keep every bottle clearly labeled.

31	Use Anespa mineral water for showers.
32	Use Anespa mineral water for baths.
33	Rinse chlorine-exposed hair after swimming.
34	Fill a small travel mister with beauty water.
35	Use beauty water before applying a simple moisturizer.
36	Use 11.5 pH to degrease stovetops.
37	Use 11.5 pH on greasy range hoods.
38	Use 11.5 pH to pre-soak oily pans.
39	Use 11.5 pH to loosen food residue on baking sheets.
40	Use 11.5 pH on reusable food containers.

HOME + CLEANING

USES 41–50

Choose the water level carefully. Keep every bottle clearly labeled.

41	Use 11.5 pH for kitchen sink cleaning.
42	Use 11.5 pH for oven spot cleaning.
43	Use 11.5 pH to clean tile grout.
44	Use 11.5 pH on washable outdoor furniture.
45	Use 11.5 pH for floor spot cleaning.
46	Use 11.5 pH to clean washable pet bowls.
47	Use 11.5 pH to clean glass jars before reuse.
48	Use 11.5 pH to clean recycling bins.
49	Use 11.5 pH to rinse sticky labels from glass.
50	Use 2.5 pH for suitable non-porous surface sanitation.

HOME + CLEANING

USES 51–60

Choose the water level carefully. Keep every bottle clearly labeled.

51	Use 2.5 pH on cutting boards after washing.
52	Use 2.5 pH on washable high-touch surfaces.
53	Use 2.5 pH in a labeled spray bottle.
54	Use 2.5 pH for odor-prone waste bins.
55	Use 2.5 pH on washable bathroom surfaces.
56	Use 2.5 pH to freshen shoe interiors.
57	Use 2.5 pH on washable gym equipment.
58	Use 2.5 pH on reusable cleaning cloths before laundering.
59	Use 2.5 pH on washable garden tools.
60	Use 6.0 pH for mirrors and windows.

HOME + CLEANING / GARDEN + PETS + TRAVEL

USES 61–70

Choose the water level carefully. Keep every bottle clearly labeled.

61	Use 6.0 pH for gentle dusting on suitable surfaces.
62	Use 6.0 pH to polish sealed hard flooring.
63	Use 6.0 pH to wipe plant leaves.
64	Use 6.0 pH to freshen a room mist without fragrance.
65	Label every bottle clearly with its pH and purpose.
66	Use 6.0 pH for many houseplants.
67	Use 6.0 pH for cut flowers.
68	Use 6.0 pH for seedling care when appropriate.
69	Use 6.0 pH to mist tropical plants.
70	Use 6.0 pH to rinse garden harvests before a final clean-water rinse.

GARDEN + PETS + TRAVEL / LESS PLASTIC + DAILY RITUAL

USES 71–80

Choose the water level carefully. Keep every bottle clearly labeled.

71	Use neutral water for pets unless a veterinarian advises otherwise.
72	Keep a dedicated pet-water bowl clean and freshly filled.
73	Use the AquaMini while traveling.
74	Filter hotel water where the device and local conditions allow.
75	Carry a collapsible bottle through airports and fill after security.
76	Bring a labeled beauty-water mister on long flights.
77	Use filtered water for brushing teeth while traveling.
78	Use filtered water for tea in hotel rooms.
79	Replace cases of bottled water with a home filtration system.
80	Refill glass bottles for the refrigerator.

LESS PLASTIC + DAILY RITUAL

USES 81–90

Choose the water level carefully. Keep every bottle clearly labeled.

81	Fill water before coffee.
82	Track filter-change dates.
83	Clean reusable bottles daily.
84	Deep-clean reusable bottles weekly.
85	Store strong alkaline water in a clearly marked container.
86	Store acidic water separately from drinking water.
87	Keep children away from strong alkaline and acidic water.
88	Use separate spray bottles for each level.
89	Write the pH directly on each bottle.
90	Replace worn tubing and fittings.

LESS PLASTIC + DAILY RITUAL

USES 91–100

Choose the water level carefully. Keep every bottle clearly labeled.

91	Schedule machine cleaning as recommended.
92	Test water levels as directed by the manufacturer.
93	Learn the local tap-water report.
94	Check the EWG Tap Water Database for U.S. locations.
95	Choose filtration based on the actual local water profile.
96	Use MultiPure before the ionizer.
97	Use the Kangen K8 for water-level selection.
98	Use the Anespa DX for bath and shower water.
99	Use the AquaMini for travel and temporary spaces.
100	Let water become a daily act of attention.

What kind of water brought you here?

Begin with what you're looking for. Each path can stay simple or grow into a fuller home system.

WATER APOTHECARY

THE ESSENTIAL FILTER	**MultiPure** A grounded starting point for reducing contaminants and moving away from bottled water.
THE FULL APOTHECARY	**MultiPure + Kangen K8** Filtration first, followed by ionization and several water levels.
THE BATH RITUAL	**Anespa DX** Mineral shower and bath water for the daily bathing ritual.
THE TRAVEL ROUTE	**AquaMini** Portable filtration for hotels, temporary homes, and travel.

Begin with the water already in your home.

Explore the LaurZen Water page

Scan or visit laurzen.com/water

A NOTE ON CARE

This guide is educational. Follow manufacturer instructions. Never drink 11.5 pH strong alkaline water or 2.5 pH strong acidic water. Label all non-drinking water clearly and keep it away from children and pets. Speak with a qualified medical professional about medications, pregnancy, infant feeding, or health conditions.