

Gifts of Vocal Wellness for the Vocal Athlete – Resources***

*** DISCLOSURE: I get no financial gains or compensation for any of the listed products and provide them only as a source of reference.

– Dr. Wendy LeBorgne

Water bottles

Hidrate Spark (Smart Water bottle that pairs with your phone)

<https://hidratespark.com/>

Contigo Water Bottles (both metal & hard plastic options)

<https://www.gocontigo.com/>

Re-usable Straws

Metal Straws:

<https://www.eco-tribe.com/products/stainless-steel-straws>

Silicone Straws:

https://www.amazon.com/Silicone-Straws-Tumbler-Complete-Bundle/dp/B01N45XUAD/ref=sr_1_5?ie=UTF8&qid=1543852155&sr=8-5&keywords=reuseable+straw

Glass Straws:

https://www.amazon.com/Reusable-Drinking-Resistant-Non-Toxic-Eco-Friendly/dp/B06XG72BPH/ref=sr_1_3_a_it?ie=UTF8&qid=1543852452&sr=8-3&keywords=reusable+glass+straws

Honey (Sticks & Spoons)

Honey Spoons:

http://www.melvillecandy.com/Honey-Spoons_c_8.html

Honey Sticks:

https://www.amazon.com/Holiday-Variety-Natural-WILDFLOWER-ADDITIVES/dp/B00EXTSIQ2/ref=sr_1_2_s_it?s=grocery&ie=UTF8&qid=1543852952&sr=1-2-spons&keywords=honey+sticks&psc=1

Humidifier

<https://humidifyer.com/>

Personal Steamers:

<https://www.vickshumidifiers.com/humidifiers/vicks-sinus-inhaler>

<https://www.mypurmist.com/mypurmist/hub>

“Santa-tizer” – “How to” videos

<https://www.youtube.com/watch?v=ZHLNjx58I7A>

<https://www.youtube.com/watch?v=7hW4lkfiZZk>

