

Vocal Hydration Guide

Key Hydration Strategies for Singers

- **Systemic Hydration (Long-term):** Drink water throughout the day. A simple indicator of hydration is having pale or clear urine.
- **Surface Hydration (Immediate):**

Use a steamer or inhale steam from a hot shower to directly moisten vocal folds, which helps with quick recovery.

- **Optimal Timing:** Start hydrating 24 hours before a performance, as water ingested immediately before singing often doesn't hydrate the folds in time.
- **Hydrating Foods:** Eat water-rich foods such as cucumbers, watermelon, grapes, and citrus fruits to boost hydration levels.
- **Avoid Drying Agents:** Limit caffeine, alcohol, and antihistamines, as they can cause dryness.