

HYDRATION

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It takes approximately **6 to 8 hours** for the water you drink to hydrate your vocal cords at the cellular level. Because water must be absorbed through your digestive system before your body can distribute it as moisture, drinking water right before a performance does not provide instant relief to the vocal fold



Systemic Hydration (Drinking): Instead of gulping, sip 64–120 ounces of fluids consistently every 15–20 minutes throughout the day. For significant voice events, aim to increase your water intake by 20–30% the day prior.

Topical Hydration (Steaming): For immediate, direct surface relief, use a Vocal Steam Inhaler or breathe in steam from a hot shower. Steaming can soothe the cords in as little as 10–20 minutes, though the effects only last a few hours.

Monitoring: A good rule of thumb is to check that your urine is pale yellow (like lemonade) to ensure your whole body is properly hydrated.