

garden therapy

better living through plants

Hey there,

Plants make the world more beautiful.

Whether they are growing in your yard, blossoming in a container, or brought indoors for decor or crafting purposes, plants improve the look and feel of any space.

Plants can also make ourselves more beautiful inside and out with their healing benefits. Herbal beauty products have changed my life (and my skin) for the better, and I owe it all to plants!

This week I'm celebrating the many different ways that plants can add beauty to daily life through craft projects, fall garden ideas, and plant-based skincare recipes.

Latest from the Blog



Fall Container Care and Maintenance + DIY Container Ideas

Wondering how to maintain containers now that summer is over? Learn what to do with your [container gardens](#) in the fall, including feeding the soil, switching up plants, and of course a few creative DIYs!



Pampering Peppermint Coconut Foot Scrub

Treat your feet with a refreshing DIY [herbal scrub](#).



Preserve the Beauty of the Garden with Cyanotype Sun Print Cards

Take advantage of the last of the summer sun with this fun [printing technique](#).

Seasonal Goodies

Here are a whole bunch more ideas for getting garden therapy this week based on What's in Season.

- Warm Up to Fall with [Spiced Peach Brandy Preserves](#)
- Make a [Hydrangea Wreath](#) (and Keep it for a Long Time to Come!)
- [Preserving](#) the Ornamental Garden for Crafting
- My Go-To All-Purpose [Herbal Healing Salve](#) Recipe
- The Home Gardener's Guide to [Shovels and Spades](#)
- Five [Fall Bulbs](#) for Long-Lasting Spring Color

Have a beautiful week, and don't forget to say "thank you" to a plant!

See you in the garden,



Stephanie Rose | Garden Therapy



PS: Signed copies of my new book, [*Home Apothecary*](#), are now back in stock for delivery in Canada! Order yours [here](#).

Oh, and a Wee Bit of Housekeeping....

Make sure you never miss an issue by adding me (hello@gardentherapy.ca) to your email contacts.

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