

garden therapy

better living through plants

Hey there,

December is here, which means the holiday season is in full swing!

The hustle and bustle of the holidays can rapidly go from cheery to chaotic. I avoid this by keeping things as simple as possible and turning to nature to inject a little garden therapy into my December.

Whether it's by decking the house with greens, making up homemade gifts from the garden, or tending to my indoor plants, **interacting with things that grow helps me to feel the joy of the season that much more.**

Here are some ideas for bringing more green to your home this holiday season.



What Kind of Tillandsia do I Have? Identify and Care for Common Air Plant Varieties

Read about *Shirley Temple*, *Snowball*, and many more [different air plant varieties](#) along with their special care needs and quirky characteristics.



How to Grow Tropical Plants in Geometric Terrariums

See how I plant, care for, and decorate indoor terrariums [here](#).



Experience Nature: Make a Fresh Foraged Wreath

How and why to [forage](#) materials for your holiday wreath.

Seasonal Goodies

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

- How to Make Gorgeous [Bleached Pinecones](#)
- It's Beginning to Smell a lot like [Christmas Simmering Spices](#)
- How to Make [Bath Bombs](#) the Easy Way
- How to Choose the Right [Fresh Christmas Tree](#) for Your Family
- Exquisite [Botanical Soap](#) that Cleanly Preserves the Garden
- Handmade Beeswax [Poinsettia Candles](#)
- Fresh and Woodsy [Winter Forest Soap](#) Recipe

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

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

Check out our [Members Only Library](#). Use the password "LOVEGARDENTHERAPY" to gain access to over 30 freebies and check back often to see what's new.

I hope your December is peaceful and merry with a good dose of green.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



PS: Want some easy holiday gift ideas? Pick up my eBook, [*Sugar & Spice: 40+ Handmade Gifts from the Kitchen*](#), to make something for everyone on your list! [Get it here.](#)

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