



Hi my friend,

Have I mentioned how much I love herbs and flowers?

Okay, I know I have. About a million times. But I'm mentioning it again.

I've stocked my home apothecary with a ton of gorgeous dried flowers and herbs this fall, so that I can get my garden therapy all winter long. It really helps with the short days and darkness, not to mention the stress of the holiday season.

If you are like me, you would probably rather be in the garden than in a mall or sitting on your computer shopping online. But **since the garden is taking a rest for the season, we have to find more creative ways to get some plant love, amiright?**

Many years ago I decided that I was going to spend the holidays taking care of myself. Don't get me wrong, I LOVE gift-giving, but I was so over the stress of shopping lists and parking and spending a ton of money on stuff. Too. Much. Stuff.

I started using the dried herbs and flowers that I was harvesting from the garden to make gifts and let me tell you, THAT CHANGED EVERYTHING. It was time spend doing something I loved, making things with my hands, and giving them with my whole heart. Goodbye stuff, hello experience.

Some of my best memories are gathering with creative friends and making things together... which has lead me to create a workshop for creative plant lovers to craft gifts for the holidays.

I have been [creating this workshop](#) for over a year (no kidding) and I'll be finally releasing it November 15th. (So exciting!!)

Because you have been here with me along the way, I have

a very special early bird offer for my friends who want to join in on the fun before the doors open.



Take a Peek in the Botanical Beauty Holiday Gifts Workshop

Get access before the course opens and check out the Early Bird Bonus Gifts I have been wrapping up.

[**Click here to check it out!**](#)

On the Blog This Week



Create a Herbal Home Apothecary with this



Rose Skincare Recipes for Brighter, Healthier Skin

Supplies & Resource Guide

[Everything you need](#) to craft up herbal lotions and potions at home.

With these [natural beauty recipes](#), you'll be feeling rosy in no time.

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

- Make a Magnificent [Magnolia Wreath](#)
- Creative [Holiday Gifts](#) that Gardenistas Will Love
- DIY [Pinecone Spheres](#) for Holiday Decorating
- Lovely Lavender Ombre [Melt and Pour Soap](#)
- Want to Know WHEN to Prune? Here is [the Answer!](#)
- [Chai Spice Lip Balm](#) for Fuller Lips
- Simply Stunning [Homemade Gifts](#) Inspired by Nature

I hope you will be joining me to make some beautiful things from flowers, herbs, and all the wonderful plants that give us joy. Garden therapy doesn't need to stop just because the seasons have changed. We are only just beginning!

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



PS: The Early Bird Bonus is only available until the doors open, so be sure to head over [here](#) to save your spot!

Garden Therapy

<https://gardentherapy.ca/>

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