

garden therapy

better living through plants

Hey there,

Awhile ago I sent out a survey and asked if you had ever made your own soaps and lotions. The overwhelming response was "no." Mostly because there is just no time in the day, but also because it's hard to know where to start.

When my health forced me to change how I went about my life—by starting a garden, eating fresh whole foods, and removing toxins from my system—I **was blown away at how making the switch to natural skincare products made such a huge difference for me.**

This week, I put some of the simplest ideas that yielded the biggest benefit into a **short email mini course** so you can give it a try too.



[Sign up for my Free Natural Skincare Mini Course here.](#)

I also shared a more advanced recipe for **my favorite plant-based lotion**. If you are more experienced at making natural beauty products, this is a great one to try.

And I rolled up my sleeves to **answer questions about washing fruit and vegetables** like "do you need to wash garden harvests, organic produce, or even pre-cut vegetables?" Oh, and "what's better: tap water or a vegetable wash?" You might be surprised at what the studies say!



Ultra Moisturizing Natural Lotion Recipe

Make a go-to everyday [lotion](#) for your face and hands.



Do I Really Need to Wash That? When, Why, and How to Wash Fruit and Vegetables

Be sure your produce is clean and safe with [these tips](#).

Something special just for my fellow Canadians: Want a new [faucet](#) for washing your fall harvest? If you're not in Canada, I have a ton of other goodies for you on the [Freebies Page](#).



Seasonal Goodies

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

- What You Need to Know to Winterize Your [Water Feature](#)
- [Modern Mums](#): Re-Imagining Color for Fall Outdoor Decor
- Naturally Freshen Laundry with Homemade [Lavender Dryer Bags](#)
- Build a [Bug Hotel](#)
- [These](#) Aren't Your Grandma's Houseplants!
- The Top Plants for [Winter Garden](#) Interest
- Creative [Wood Slice Projects](#)
- Fall Leaves and Burlap [DIY Candles](#)

Is there one change you can make this week that's healthier for yourself and the environment? Then do it! Small things go a long way.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



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

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