

Christmas Flowers

Flowers Add Cheer And Flair To Holidays

(NAPSA)—You can make your holiday spirits bloom by decking your home with flowers—especially if you feel a little low in the morning hours.

Participants in a Harvard study confirmed they feel least positive in the early hours but reported being happier and more energetic after looking at flowers first thing in the morning.

“The morning blahs, it turns out, is a real phenomenon,” says lead researcher Nancy Etcoff, Ph.D. “Interestingly, when we placed a small bouquet of flowers into their morning routine, people perked up.”

Festive Flowers

According to Jill Slater, designer for flowerpossibilities.com, adding flowers all around the home this season is simple. She offers the following festive flower recipe and suggests placing flowers in the kitchen and other areas of the home where they can be enjoyed by everyone first thing in the morning and throughout the day.

Ornamental Overture

Ball ornaments fill a bowl of greenery, pinecones and berries. Fill some of the ornaments with flowers, too!

Materials

- 1 shallow bowl, 10 inches in diameter
- 10 to 15 round Christmas balls of varying sizes and color
- 3 to 4 Rubrum lilies, or substitute with white Casa Blanca or pink lilies
- 5 to 7 stems of Christmas greens (if necessary, cut them from the back of the tree)



Ornaments added to festive, seasonal flowers can add holiday cheer to any room in the house.

- 3 to 5 pinecones and/or 3 to 5 sprigs of holly
- Bubble gum, Play-Doh or floral clay
- Flower food/preservative
- Floral clippers

Directions

1. Fill the bowl with ornaments.
2. Slip greens, pines and/or holly between the ornaments.
3. Remove the cap from 3 to 4 of the ornaments that are on top and dispersed throughout the bowl and fill them with water that has been treated with flower food/preservative.
4. Cut the stems of the lilies very short and insert them into the ornaments.
5. Use gum, Play-Doh or floral clay to secure floral ornaments in the arrangement.

For more information and suggestions, visit www.flowerpossibilities.com.