

# WHO NEEDS A REASON TO BUY FLOWERS? Not me!



I've made having fresh flowers in my home part of my weekly routine. I came to realize that there didn't have to be a special occasion in order to pick up a bouquet of flowers for myself! My loving them so much is reason enough to treat myself to something that makes me so happy. It only took me 30 years to figure this out, lol.



Here are 4 amazing health benefits of flowers:

- \* Flowers can help heal or shorten the common cold. They add moisture to the air shortening benefiting your nasal passages and breathing!
- \* Flowers can help improve mood.
- \* Flowers aid relaxation and increases energy.
- \* Flowers can also improve memory. It's true! Science says that plants and flowers oxygenate the air, boosting brain cells - which improves memory, clarity and concentration. |

Make buying flowers at the super market part of your weekly grocery shopping routine.

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