

PALM BEACH

ILLUSTRATED®

IN THE SWIM

LAUREN LAYNE MERCK GOES GREEN

TURNING THE TABLES

ECO-FRIENDLY ENTERTAINING

WALK THE TALK

SAVING THE PLANET, ONE MYCELIUM HANDBAG AT A TIME

EARTH ANGELS

GOOD NATURE

FLOWER POWER

EVEN IN THE HEAT, SEASONAL FLORALS ARE ONE OF NATURE'S MOST GLORIOUS CONCOCTIONS

BY TAMMY FENDER

We are lucky enough here in South Florida to be able to appreciate flowers at almost any moment and in any season. While I work with flower essences and leverage their healing potentials every day, it feels so good to put my professional gratitude aside and take in the etheric lushness of the floral world. Sitting in contemplation with a single bloom is one of my favorite forms of meditation, wondering at the buoyant beauty of the petals and inhaling each one's unique aromatic qualities.

That human-to-flower connection is ancient and deep. With their delicacy, flowers bring us into full awareness and compel us to savor every moment. Maybe that's why we include flowers in life's most important milestones and celebrations, from Mother's Day to Valentine's Day, births to graduations, weddings to funerals. Flowers are our ceremonial offerings of love.



My favorite summertime blooms include not only the medicinal flowers I work with, but those that grow so abundantly in our garden. There are gardenias, which I love to set out in ice bowls throughout our home, and also jasmine, which boasts a dizzyingly delicious perfume and makes a great wedding gift. Another favorite



is passionflower, which grows along my fence. You can lose yourself looking into the hypnotic depths of a passionflower. For me, each bloom is full of fascinating poetry.

Scientific studies have shown that just looking at an image of a flower can help to regulate negative emotions, decreasing the signs and symptoms of stress by lowering blood pressure and cortisol levels. Researchers have also found that having flowers around the home increases positive energy and supports feelings of optimism and compassion.

When we take a moment to recognize their subtlety and grace, flowers provide a spectacular connection with nature. Even in one of the most heavenly places on earth, their special potency is a reminder of all that is beautiful in the world. <<

SUMMERTIME BLOOMS SUCH AS PASSIONFLOWERS (ABOVE) AND GARDENIAS (LEFT) OFFER MYRIAD POSITIVE EFFECTS FOR PHYSICAL AND MENTAL HEALTH.

