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DIY Flower Designs Get Rid of the Morning Blues

(ARA) – Got a case of the morning blues? Maybe you didn't get enough sleep or you just got up on the wrong side of the bed. Whether you're a morning person or not, recent research shows that flowers might be the perfect way to start your day.

A study conducted by researchers at Harvard University and Massachusetts General Hospital found that most people felt the least positive in the early hours, but were happier and more energetic after looking at flowers first thing in the morning.

Dr. Nancy Etcoff, lead researcher in the survey, noted that the best place to put flowers is areas that you spend time in during the morning hours. "A small bouquet of flowers perked people up during their morning routines. We found one of the best places for flowers is in the kitchen where people frequent throughout the day, but particularly in the morning," says Etcoff.

"The benefits of flowers are endless. They not only start your day out right, they add a delicious fragrance and are one of the most affordable ways to beautify your home in an instant. Flowers are an easy way for anyone to create simple designs that reflect their personal tastes," says Jill Slater, floral designer for Flower Promotion Organization.

Here are some tips for creating unique and beautiful bouquets for your home:

* Always cut stems so the flower has a fresh cut to intake water. Also remember to remove all the leaves below the water line to help keep the water clean.

* Because the kitchen is a great place for flowers, continue with the theme by using traditional kitchen containers like tea tins, jelly jars, wine bottles, coffee cans. These will add a unique look to any bouquet.

* Look at your room and pick accent colors to incorporate into your flower design. For example, if there are placemats on the kitchen table, use their color in your bouquet to tie in the color and theme of the room.

* Try being bold with color. Choose just one or two bright colors to create a design that really stands out.

Remember, in flowers, green is neutral and white is a color.

* Flowers can also inspire neatness. Try placing your bouquet where clutter usually accumulates to prevent future messes from settling there.

Try this fun flower recipe by Jill Slater in your home:

"Pitcher This"

Anything that holds water can hold flowers. That includes

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items from the kitchen cabinet. This recipe features a pitcher. Pitchers work just like regular flower vases but in many ways can be: they match your home décor and become a customized flower vessel; plus they are already on hand, adding convenience.

Materials:

1 pitcher
 Floral preservative
 3 stems of the following flowers - yellow lilies, orange/yellow two-tone roses, yellow alstroemeria and yellow solidaster
 5 stems of white freesia
 10 long stems of mint or another complementary foliage.
 Floral clippers

Directions:

Step 1 - Fill the pitcher three-quarters full with water and add floral preservative.

Step 2 - Remove the leaves from the flowers and foliage that will be below the water-line.

Step 3 - Insert the greens first. Do this by criss-crossing the stems as you insert them into the pitcher. This will create a web effect that will help keep the flowers in place.

Step 4 - Cut the flowers to about twice the height of the pitcher, leaving several stems an inch or two longer for the center of the arrangement.

Step 5 - Place the longest and thickest stems in the center the pitcher first.

Step 6 - Now insert more flowers in a criss-cross fashion along the rim and towards the center of the pitcher as well.

Step 7 - To increase the enjoyment life of the flowers, change the water in the pitcher and add more floral preservative every 2 to 3 days.

For more information visit www.FlowerPossibilities.com.

Courtesy of ARAcontent

SIDEBAR:

Additional flower recipe

Gourd-ous White Pumpkin

Materials:

1 brick floral foam
 One 8-inch diameter faux or real white pumpkin
 17 stems orange standard carnations
 Clippers, knife and floral preservative

Directions:

Step 1 - Cut the top off the pumpkin. If a real pumpkin is used scoop out the seeds and pulp.

Step 2 - Soak floral foam in water that has been treated with floral preservative for at least 30 minutes.

Step 3 - Cut the floral foam to fit the interior of the pumpkin. The foam should meet the rim of the pumpkin.

Step 4 - Insert the lemon leaf into the lower right or left side of the pumpkin at the pumpkin's rim.

Step 5 - Cut the carnations to approximately 4-inches in length. Start inserting the flowers around the bottom/rim of the pumpkin. The next flowers are placed directly above this bottom ring of flowers. The blooms are placed right next to each other. Continue this process until the floral foam is entirely filled.

* Always cut stems so the flower has a fresh cut to intake water. Also remember to remove all the leaves below the water line to help keep the water clean.

* Because the kitchen is a great place for flowers, continue with the theme by using traditional kitchen containers like tea tins, jelly jars, wine bottles, coffee cans. These will add a unique look to any bouquet.

* Look at your room and pick accent colors to incorporate into your flower design. For example, if there are placemats on the kitchen table, use their color in your bouquet to tie in the color and theme of the room.

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