

# That French Girl Philosophy: Why Everyone Should Embrace Flowers in the Home

There are few things as beautifully and quintessentially Parisian as a bouquet of fresh flowers. Every *arrondissement* has its own neighborhood florist and, during the coronavirus lockdown in early 2021, flower shops were considered an [essential business](#) while other retailers were forced to close.

During my year spent living abroad in France I saw the care and reverence given to this soft, delicate art form. In addition to bringing life and colour to the living space, fresh flowers in the home come with a slew of health benefits to both the body and the mind.

Whether you're looking to get a little closer to nature, bring some colour into an otherwise uninspiring room, or simply create a special occasion out of an ordinary day, let's explore why flowers can be a great choice for you.

## Why flowers are great for your health

It's no secret that a bouquet of flowers can brighten up your day, but it seems their effects go a lot deeper than that. [Studies](#) have shown that in addition to significantly improving our mood even days later, flowers can improve our social interaction, our compassion for others, and even our cognitive function and memory.

As well as supporting our mental well-being, flowers can have extraordinary effects on our physical health as well. A [recent study](#) by the American Society for Horticultural Science explored the effects of keeping flowers in hospital rooms. They reported that patients exposed to plants and flowers experienced less pain, anxiety, and fatigue. They also help [purify the air](#) we breathe by absorbing toxins and unpleasant odors.

*(Maybe this is why French women always look so relaxed?)*

## **How to choose the right flowers for your home**

Flowers are as much a home design element as throw pillows and wall art. You want them to compliment your space and bring out the best in it without being overwhelming. Look at what colours are already present in your living space and see how you can bring them to life even more ([here](#) is a quick and easy guide to the basics of colour theory to help you out!). Busy bouquets with a lot of life and contrast are great for more sparse, streamlined spaces while rooms with more clutter are better paired with one elegant bloom standing alone.

You can also think about scent, both for the pleasure it brings you and for its aromatherapeutic properties. For example, roses are proven to reduce stress while lavender aids in a peaceful sleep.

Whichever flowers you choose, make sure to purchase ones that are fresh and well cared for. If possible, try to support florists that source their blooms locally. [Here](#) are some great tips from a floral designer on what to look for when shopping.

## **Should you buy flowers in winter?**

If you're lucky enough to live in an exotic locale with brilliant blooms all year round, there's no reason you shouldn't have fresh bouquets every month of the year. In the more northern climates, however, it can be tricky. During the winter months flower shops have to reach farther and farther to source their flowers, with florists in the US ordering from as far away as South America and Israel.

Shopping local is a big part of French family culture so if you can, try to buy winter flowers that are in season where you live. Snowdrops, violas, and witch hazel are all plants that do well over the colder months. Rich evergreens such as cedar or pine also add a lot of beauty (and a wonderful christmassy smell!) to a living space.

## **Playing the long game**

If finding fresh flowers is difficult where you live — or maybe you have sensitivities, small children, or pets that make keeping fresh flowers impossible — there are other ways you can incorporate flower therapy into your living space. Dried flowers, when expertly arranged, can be an absolutely stunning way to give your home rustic, vintage, or cottagecore vibes.

Paris-based florist [Les Herbes Hautes](#) is a brand that specializes in dried flower bouquets, wreathes, and hair accessories (and they ship internationally!).

You can also consider using [pressed flowers](#), which are especially lovely in hanging glass frames. They take up almost no space at all and can be personalized in any colour or style you wish.

Imitation flowers are another option for people who want to keep the same consistent style all year round. Though once considered about as elegant as a disposable Kodak camera, the rise of the Instagram age has created a market for high-quality, realistic imitation flowers. You can find beautiful pieces made out of silk as well as a latex-like polymer designed to imitate the look and feel of real petals. They're also great in that they cost only one price to have them forever, whereas natural flowers incur a new cost every time you replace them.

The delicate magic of flowers is something that we reach for instinctively, driven by a primordial need for beauty and tranquility in an uncertain, chaotic world. They make us happier, healthier, and more compassionate to one another, and they bring us a little closer to nature in even the most cold and austere places. To bring more joy and well-being to your life, consider letting flowers shine a little light into your home.