Be happier, smarter and healthier with Flower Power!

The latest research shows different kinds of flowers help trigger positive emotions that make us feel great!

African violets

Fight pain!

Women who look at flowers are twice as able to tolerate pain as those who don't, a recent study suggests. And purple flowers double the effect. "Seeing the color stimulates the brain's pituitary gland, which releases pain-fighting endorphins," says Leatrice Eiseman, author of *Colors For Your Every Mood*.

Feeling sick?
Flowers can help! Hospital patients with blooms in their rooms recover faster than those without.

Roses

Have a closer marriage!

In one experiment, when women gave men a flower, they made more eye contact with her and stood closer to her. "Red roses are best because they stimulate blood flow, increase pulse rate and trigger the release of adrenaline—the same way your body reacts during attraction," says Eiseman.

Hydrangeas

Be happier and less anxious!

Researchers found that 81% of depressed people felt happier and more at peace after being given a flower! And a blue flower will boost the effect. Looking at blue releases melatonin, a brain chemical that encourages relaxation and well-being.

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Tulips

Enjoy more energy!

Kansas State University researchers found that women who work near flowers are more productive and make fewer mistakes than those who don't—and color researchers say yellow hues boost alertness, decisiveness and optimism.

Gardenias

Boost your memory!

The scent of fresh gardenias alone was recently proven to significantly improve women's ability to remember things.

Want to look slimmer?
Pick a floral-scented perfume. In one study, women who smelled like flowers appeared 12 pounds thinner to men!

Lavender

Improve your love life!

The sweet, spicy scent of lavender increases passion and desire in men, according to scientists at the Smell and Taste Treatment and Research Foundation in Chicago.

Blue irises

Feel more connected!

A Rutgers study found that simply being around flowers makes people feel closer and more connected to others, especially loved ones—even if they're not in the same room! And looking at the bluish purple color of an iris stimulates the brain's pineal gland, making us feel less anxious. "Seeing it promotes more open, heartfelt interactions," says Eiseman.

Woman's World