

# What does your favorite bouquet reveal about you?

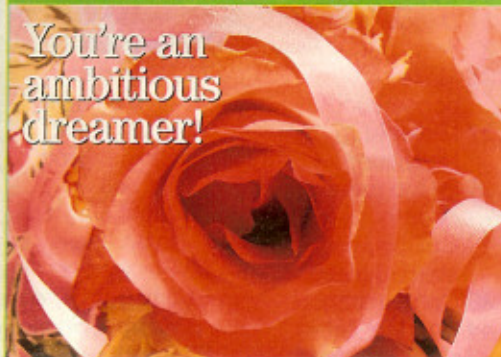


Your favorite bouquet isn't just a pleasure to look at—it also reveals *your* most beautiful traits. "Flowers offer a synergy between fragrance and beauty—they appeal to multiple senses, relaxing you instantly and bringing out your true self," says therapist

Debbie Mandel, author of *Addicted to Stress*. "And since we each have personal associations with certain bouquets, the one you prefer can reflect your emotional makeup." To learn more about yourself, just pick the arrangement that makes *you* smile the most!

If you prefer a bouquet of . . .

## ✓ Classic roses:



**You're an ambitious dreamer!**

The scent of roses literally inspires sweeter dreams, according to German researchers. Is it any wonder, then, that you can easily visualize your deepest desires and turn almost any fantasy into reality? As Mandel explains, your attraction to this gorgeous classic reflects your own complex nature, because the intricately layered petals are (almost!) as deep as you are!

## ✓ Orchids:

**You're a mystery woman!**

Strong and a bit mysterious, you exemplify the best of this tropical beauty: "Orchids are very powerful, and a whole bouquet only amplifies their often-intense aroma," says Mandel. "In order to thrive, they need to be left alone a little bit, and that appeals to your individualistic nature." And just as relatively rare orchid arrangements pique people's interests, so, too, everyone wants to know more about you.



## ✓ Wildflowers:

**You're a creative idealist!**

Whether peeking through the cracks of a sidewalk or springing up in your garden, wildflowers encapsulate the unexpected. And if you love them, it's because "you see possibilities everywhere," says Mandel. No wonder you tend to reject the obvious (read: showy, blue-ribbon blooms) and look for life's subtler treasures. That unique eye is what makes you an idea generator, nursing kernels of thought until they blossom into full-fledged philosophies.



## ✓ Big blooms:

**You're an adventurous risktaker!**

From lush peonies to striking stargazer lilies, dramatic bouquets reveal you're not afraid to make a splash in life. An arrangement with a variety of big-bloomed stunners also shows your interests are wide-ranging, often leading you to the exotic. Even better? You're nearly stress-proof: Studies show those lucky to have many passions in life are less prone to sweat the small stuff!



## ✓ Tightly clustered posies:

**You're a perceptive trendsetter!**

These rounded bouquets are highly stylized and the result of meticulous arranging. And if you're drawn to them, it's because you have an eye for beautiful and trendy things. The often-diminutive displays also reveal it doesn't take a lot to stir your emotions—for you, small pleasures are the spice of life.



## ✓ Tulips:

**You're a patient sophisticate!**

Representing preparation and forethought, "tulips spend a lot of time percolating underground over the winter, so they appeal to your patience and ability to delay gratification," says Mandel. And their closed, elegant blooms reflect your sophisticated style. Tulips seemingly choose the perfect time to push through the soil, and you have similar timing—ever tactful and gracious.

