

## Home



### **Welcome Friends!**

*I know you because I know myself; and I love you because I love myself.*

You have landed here to be reminded that you are enough.

You are loved.

You are beautiful.

You are powerful.

We may not always feel that way but that does not change the truth. Our most important mission in this life is to know and fully embody these truths, loving ourselves whole-heartedly.

**I teach women that self-care is not selfish.**

As caregivers by nature and breed, it is essential that we make the time to take care of ourselves. By neglecting our own needs our efforts to help and care for others becomes a burden, a stress, and a drain. We burn out. And we begin to resent those we love the most.

By making a committed **decision** to meet our own needs, and loving ourselves with simple, consistent, and intentional **action** steps, we can create profound **change** in ourselves and the world around us.

## **Dandelion Bouquet**

Life is Practically Perfect

<http://dandelionbouquet.com>

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Dandelion Bouquet offers reflections on [parenting](#); strategies for mindfulness and [stress relief](#); and natural health with [essential oils and aromatherapy](#). I also offer [Lemongrass Spa products](#) for everyday self-care that brings the **Self-love**, **Pampering**, and **Ahhhh** to your daily life.

[Contact me](#) with any questions or to just say hi!

Now go do something to love yourself.