

A Few of My Favorite Things

When someone shares their favorite product, or book, movie, food, or restaurant, I look forward to trying their recommendation.

Here are five of my favorite items~~you know, the ones that make you feel good inside.

My Happy Cups: Three years ago my Dad passed away here at our home. It took several weeks for me to overcome missing his presence in our house. Each room was a reminder that he wasn't with us anymore. I didn't want our home consumed with sorrow as his death coincided with many happy occasions for our family (i.e. my daughter's graduation). One day I decided it was time to "re-love" our home. As a result, I went and bought new cups for my morning (and afternoon) coffee. I call these my happy cups because, every time I use one, I feel happy. The cups are from [Anthropologie](#).



Candles and Diffusers: My absolute FAVORITE candle is **Capri Blue Volcano**. They also make a diffuser. Typically the candle is in their signature blue jar, but the silver container (in the photo) was one of their holiday designs. This candle smells SO good and it seems to be the only one that can combat strong kitchen smells like fish and broccoli. It has a crisp and clean scent and though I have tried other candles, this one wins out each and every time. You can purchase this candle online through [Amazon](#) or [Anthropology](#).

My favorite decorative candle is anything from [Rosy Rings](#). Their candles are works of art....the more they burn down the better you see all the botanicals imbedded in the wax. This one is Apricot Rose. I featured their Autumn candle in a [previous post](#). You can purchase these online through the manufacturer or Amazon.



[Wooden Spoon Products](#): Wooden Spoon Herbs is a boutique herbal medicine line base in the Appalachian foothills. The Wildwood Flower moisturizer is kept by the kitchen sink to use on my hands. Made from natural ingredients, it is perfect on my dry skin and smells like a field of wildflowers. I cannot wear it around the dogs and cats because they try to lick it off....it must taste good too!

I just recently started using their Super Green Protein Powder made from moringa, nettle and oatstraw. This superfood is filled with nutrients and claims to nourish, alkalize, tones and calms the nervous system. All it takes is 1-2 teaspoons

per daily.



Small bowls: I can't say enough about these small bowls. The glass ones were a gift from my friend, Connie (who is the master gift giver). I use them EVERY SINGLE DAY. Made in France by [Duralux](#), they are perfect for recipe preparation, sauces, dips, olives, and more. The two sizes I have (3 1/4" and 4 3/4") stack for easy storage. They can be used in the microwave and freezer.

The small white bowls are from [West Elm](#) and these get used equally as much. Not only do we use them for food, but also they were an integral part of my Valentine's Day dinner party centerpiece, where I filled them with flowers to create a high/low centerpiece.





Vital Proteins: I have been using this product for 2 years and the benefits for me are: improved nails, hair and joint health. As we age, we stop producing collagen. This dietary supplement has 18 grams of protein in two scoops, which I add to warm lemon water or coffee in the morning. I believe it dissolves better in hot vs. cold liquid. Made from grass fed and pasture raised bovine, it has 20 grams of collagen per serving. The 20 oz. container has 28 servings. My joints have literally stopped popping and clicking. You can order it through [Vital Proteins](#) or [Amazon](#).



Do you have a favorite product? Wouldn't it be fun to put together a list of Favorite Things? Please send me your Fav 5 and hopefully I can generate a list to share~~especially before the holidays.

Mary