**‘Don’t wait for someone to bring you flowers. Plants your own garden and decorate your own soul’**

**AMBIENCE**

**Numerous scientific studies have proven the positives of having more greenery in your workspace. Here are the top seven benefits for employees – and their employers**

**1. They help to reduce stress**

### ****2. They help to increase productivity****

### ****3. They help to reduce sickness and absence rates****

**4. They make workspaces more attractive to job applicants**

**5. They clean the air**

### ****6. They help to reduce noise levels****

### ****7. They can boost creativity****

### BEDROOM

**Which plants are best for a bedroom?**

Like with plants in any other room at home: have a look at the light and temperature conditions of your bedroom before picking a new plant. Is your bedroom fresh and rather dark, don’t pick a plant that requires lots of bright light and warm temperatures. These are some of our favorite plants for a bedroom:

The **Sansevieria** plant, also known as snake plant, is a bedroom star: it tolerates low (bedroom) light and thrives off some (reasonable) neglect. Did you know that snake plants even convert carbon dioxide to oxygen during the night? This is proven by several studies and thus makes this plant the green star in your bedroom!

**Aloe Vera** is a multi-talent in the home. Not only it looks sculptural and is boosted with beneficial effects, it is also a great choice for the bedroom. It removes benzene and formaldehyde from the air and its gel helps to sooth your skin – in case you have no cream or lotion at your bedside. Just sayin’.

Another plant all-rounder is the **Spider Plant** or Chlorophytum comosum. It removes toxins from the air, is very very easy to care for, and it is non-toxic for your pets. So all you pet owners out there, get some Spider Plants for the bedroom asap! Plus they look so cool and almost out-of-space when they grow their own little plant babies hanging from long runners. So funky!

Let a **Philodendron** grow along your bed canopy or a wall for instant style. Also, their leaves are heart-shaped which adds a subtle romantic touch to a bedroom! It also has air-purifying capacities and grows decoratively as a vine above your bed maybe? Why not!

**Areca palms** are yet another great option for the bedroom. Why? Again they purify the air in your bedroom and are non-toxic for your pets. Additionally, they create an instant tropical vibe to your bedroom transporting you to lush jungles while you dream away. Waking up is like greeting a new day in a thriving jungle! You will sleep like a baby!

### WELLBEING

# How Houseplants Improve Health & Wellbeing

6th March 2018

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It will come as no surprise that plenty of fresh air and regular exercise is a great way to boost not only your physical wellbeing, but also your mental wellbeing – and gardening is a fantastic way to do this! But did you know that indoor gardening and houseplants can also provide benefits to your health & wellbeing as well? That means you can stay warm indoors and still reap the physical and mental benefits – win!

With all the benefits that houseplants can bring to your physical and mental health, you really have got nothing to lose with getting some houseplants in your home and office:

### How can Houseplants boost my Mental Wellbeing?

**Releases happy chemicals**

To have fun indoors doesn’t mean you need to be stationary, such as watching the TV or reading a book. Why not roll up your sleeves instead and begin caring for or planting more houseplants? Having an active hobby has been proven to release endorphins (the happy chemicals in your brain), which helps if you are suffering from conditions such as anxiety and depression. A fun hobby can help detract your thoughts and focus your mind elsewhere. Go on – try it!

**A change of scenery**

A lot of houseplants have beautiful coloured flowers which bring life to the home. Scientists have found that this boosts your mood and makes you feel happier. Also, due to the plants needing you to give it care, it makes you feel needed, which is always a great feeling!

**Reduce stress**

Feeling the pressure? Houseplants have been proven to reduce stress levels and keep your blood pressure lower. This as a result seems to make people more productive. Researchers found that houseplants actually increase productivity by up to 15%, so it is definitely worth a try to have some houseplants in your office.

### How can houseplants boost my physical wellbeing?

**Improved respiratory**

Plants do assist with our breathing because they absorb carbon dioxide and release oxygen. With plants increasing the amount of oxygen it creates a healthier environment to be in.

**Purifying the air**

Our own homes have poor indoor air quality due to furniture, carpets and even cleaning products. This poor air quality can cause symptoms such as headaches, dizziness, breathing problems and fatigue. Indoor plants such as the Peace Lily, Boston Fern and Spider Plant can all help improve the air quality by filtering out the nasty chemicals.

Unsure of which plants can purify your home? We have put together a list of our [‘Top-ten air purifying houseplants’](http://www.gardenhealth.com/advice/gardening-blog/blog/top-ten-air-purifying-houseplants) to make your home a healthy environment.

**Decreased pain levels**

It has been reported that patients after an operation have a lot less pain if they have houseplants around them. A study showed that hospital rooms with plants in them have patients that give lower ratings to pain, anxiety and fatigue as compared to patients without plants in their rooms.

**Reduces sickness**

Always catching a sickness bug? Houseplants are said to reduce the chances of you catching a sickness bug too. Researchers have found that sickness rates fall more than 60% in offices with plants compared to those without.

# Top-ten Air Purifying Houseplants

### ****1. Peace Lily****

### ****2. Aloe Vera****

### ****3. Weeping Fig****

### ****4. Boston Fern****

### ****5. Spider Plant****

### ****6. Dracaena****

### ****7. Bamboo Palm****

### ****8. Chrysanthemum****

### ****9. English Ivy****

### ****10. Snake Plant****

### Peace lily

removing harsh chemicals and purifying the air! They work by absorbing the airborne ‘toxins’ through their leaves, down into the roots and break them down in the soil

A vera

However, it also provides air purifying abilities to help some common chemicals founds in household detergents, paint & glue. Aloe Vera works by releasing oxygen and absorbing carbon dioxide during the night – which means the air is being cleaned while you sleep!

### Weeping fig

Some Clean Air Studies have identified that the Weeping Fig is particularly effective when purifying the air from common ‘chemicals’ found in adhesives and nail polishes, glues and stain removers. The plant can actually be grown both outdoors and indoors, but it makes a very attractive houseplant with its long, glossy leaves.

### UNIQUE PLANTS

### KOKEDAMA

### Literally means: ball of moss

## ‘Kokedama’, a Japanese variant of bonsai, has become an internet craze, with creative gardeners transforming houseplants into dangling sculptural objects.

### BonSAI

It is an Asian art form using cultivation techniques to produce small trees in containers that mimic the shape and scale of full size trees.

The Japanese tradition dates back over a thousand years. The purposes of bonsai are primarily contemplation for the viewer, and the pleasant exercise of effort and ingenuity for the grower.

BIOBAIR

The **[BiOrbAir](https://www.biorb.com/terrariums/air-60/" \t "_blank)** has lots of great features that make this terrarium easy and enjoyable to set up and fun to use.