

Benefits of indoor plants.



We are spending more and more time indoors these days, working from home, isolating, home schooling etc.

Have you ever stopped and considered the quality of the air in your indoor environment and the impact of a bare sterile environment?

What if i told you the presence of plants indoors can boost your mood, purify the air (improving respiratory issues as well as lowering dust in the house by up to 20 %), lower anxiety (a common symptom we are seeing in clinic), improve hydration in the air (improving dry scaly skin conditions) and help you detox by trapping harmful environmental toxins before they get to your body just to name a few.

Sounds a bit alright doesn't it!

We see many people in our clinic with mood disorders (stress, anxiety and depression to name a few) that stop them from getting out in nature, so why not bring nature in until you are ready to expand your exposure and get out in the real thing. If indoor plants just aren't for you then consider an outside window planter box or pots just outside your door that you can see from your couch/desk.

So how many do you need? Well, once you get going I am sure you will have more than the 2% per room that is recommended.

My recommendation is to start off with the easy plants. Succulents, lady palm, peperomia's, potho's, jade plant, asparagus fern, spider plant, peace lily, aloe's, calathea, rubber plant etc and if all else fails... air plant!!!

Once your confidence grows you can expand your collection. Remember they dont need as much water as you think! always test the soil with your finger prior to watering and do your research in regards to light needs. There is a plant for every spot, you just have to find it!

Lucky for you, indoor plants are all the rage and are easily accessible in your local area. So start off simply and watch your mood improve!