



# INDOOR PLANT THERAPY

JESSICA FRIEND



# THERAPEUTIC VALUE



Aloe



Jade



Yucca



Echeveria-  
Desert Rose

- *GREEN ATMOSPHERE* - MANY STUDIES HAVE SHOWN THAT NATURAL ATMOSPHERES, INCLUDING PLANTS AND GREENERY ARE GOOD AT COMBATING MENTAL DISTURBANCES AND IMPROVING SENSES
- *SELF-EFFICACY* - THE RESPONSIBILITY OF TAKING CARE OF SOMETHING LIVING HELPS INDIVIDUALS WITH CONFIDENCE AND SELF-EFFICACY, WHICH ALSO LEADS TO IMPROVED MENTAL HEALTH
- *RELAXATION* - PLANTING AND MAINTAINING PLANTS IS MEDITATIVE AND RELAXING
- *HEALTH BENEFITS* - PLANTS CAN PURIFY THE AIR INSIDE OF A HOME, REMOVE MOISTURE AND CERTAIN PLANTS HAVE DIRECT MEDICINAL PROPERTIES
- *EDIBLE TREATS* - HERBS AND OTHER PLANTS CAN BE GREAT ADDITIONS TO ANY RECIPE AND CERTAIN INDOOR PLANTS CAN BE USED JUST BY THEMSELVES FOR A NATURAL AND HEALTHY EDIBLE TREAT

A sunburst icon with a central circle and twelve triangular rays. The text 'AIR PURIFYING' is written in white, uppercase, sans-serif font inside the central circle.

AIR PURIFYING

A sunburst icon with a central circle and twelve triangular rays. The text 'SUCCULENTS' is written in white, uppercase, sans-serif font inside the central circle.

SUCCULENTS

A sunburst icon with a central circle and twelve triangular rays. The text 'EDIBLE' is written in white, uppercase, sans-serif font inside the central circle.

EDIBLE

# PLANTS FOR A PURPOSE

A sunburst icon with a central circle and twelve triangular rays. The text 'MOISTURE ABSORBING' is written in white, uppercase, sans-serif font inside the central circle.

MOISTURE  
ABSORBING

A sunburst icon with a central circle and twelve triangular rays. The text 'LOW MAINTENANCE' is written in white, uppercase, sans-serif font inside the central circle.

LOW  
MAINTENANCE



SPIDER PLANT



BAMBOO PALM



BOSTON FERN



WEeping FIG

# AIR PURIFYING PLANTS



ARECA PALM



SNAKE PLANT



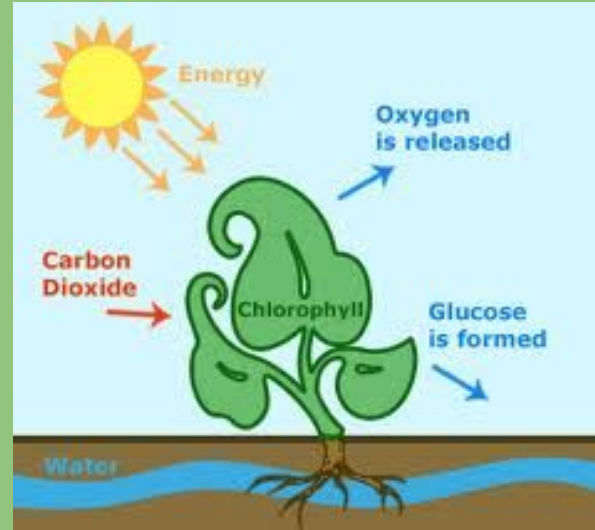
SNAKE PLANT



PEACE LILY

# AIR PURIFYING PLANTS BENEFITS

- THEY WORK TO REMOVE INDOOR AIR POLLUTANTS
- THEY WORK TO CONVERT CARBON DIOXIDE TO OXYGEN
- CAN INCREASE ENERGY EFFICIENCY IN SMART HOMES THAT USE SOLAR ENERGY
- CAN HELP REMOVE AIRBORNE MICROBES
- DECREASE RISK OF RESPIRATORY ILLNESS





Jade



Yucca



Hens and  
Chicks



Wax Agave



Lety's  
Sedeveria



ZZ Plant



Aloe

# TYPES OF SUCCULENTS



Pencil Cactus



Echeveria-  
Desert Rose



Snake Plant



Portulacaria  
Afra



Donkeys Tails



Candelabra  
Cactus



Mimicry Plant

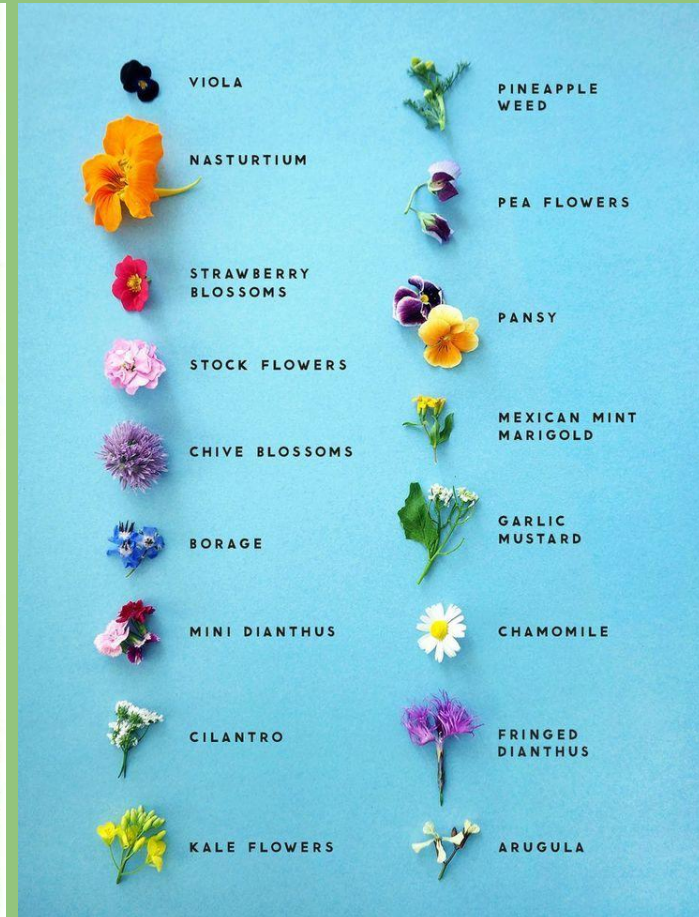


# SUCCULENT BENEFITS

- SUCCULENTS ARE EASY
- YOU CAN CREATE A COST EFFECTIVE GREEN SPACE USING SUCCULENTS
- SUCCULENTS DO NOT REQUIRE MUCH WATER SO THEY ARE GREAT FOR PEOPLE WHO TRAVEL FOR EXTENDED PERIODS OF TIME
- SUCCULENTS ARE GREAT FOR PEOPLE WHO WANT THE THERAPEUTIC ASPECT OF PLANTS BUT DO NOT WANT INCREASED RESPONSIBILITY



# TYPES OF EDIBLE PLANTS





# EDIBLE PLANTS BENEFITS

- THE MOST KNOWN INDOOR EDIBLE PLANTS ARE HERBS, THERE ARE A LARGE VARIETY OF HERBS THAT CAN BE USED IN ORDER TO FLAVOR A VARIETY OF DIFFERENT DISHES
- THERE ARE ALSO PLANTS WITH NATURAL MEDICINAL PROPERTIES THAT CAN BE GROWN INDOOR AND USED THROUGHOUT THEIR GROWTH PERIOD
- CERTAIN HERBS (LAVENDER PARTICULARLY) HAVE RELAXING PROPERTIES WHEN CONVERTED TO OILS AND WHEN THEIR SMELLS ARE RELEASED



#9: Bird's Nest Fern (*Asplenium nidus*)



#7: Zanzibar gem (*Zamioculcas zamiifolia*)



#6: Boston Fern (*Nephrolepis exaltata*)



#5: Reed Palm (*Chamaedorea* spp)



#10: Pothos (*Epipremnum aureum*)



# TYPES OF MOISTURE ABSORBING PLANTS

#4: Spider Plant (*Chlorophytum comosum*)



#8: Cast Iron Plant (*Aspidistra elatior*)



#3: Mother In-Laws Tongue (*Sansevieria trifasciata*)



#2: English Ivy (*Hedera helix*)

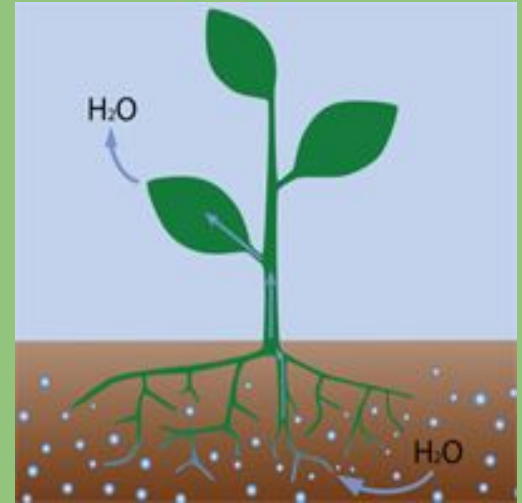


#1: Peace Lily (*Spathiphyllum wallisii*)



# MOISTURE ABSORBING PLANTS BENEFITS

- DECREASING MOISTURE LEVELS IN ROOMS LIKE BATHROOMS AND BASEMENTS
- DECREASE OCCURRENCE OF MOLD IN LIVING SPACES
- DECREASE INDOOR HUMIDITY
- REDUCE CONDENSATION ON WINDOWS, MIRRORS AND OTHER GLASS SURFACES





Zebra Plant



Jade Plant



Maidenhair Fern



Zanzibar Gem



Pachira Aquatica



Mother-in-law's tongue

# EASIEST-TO-CARE-FOR

# PLANTS



Cactus



Fiddle Leaf Fig



Birds nest fern



Rubber Plant



Yucca



# LOW MAINTENANCE PLANT BENEFITS

- LOW MAINTENANCE IMPOSSIBLE-TO-KILL PLANTS ARE GREAT FOR BEGINNER PLANT OWNERS WHO DON'T HAVE EXPERIENCE WITH INDOOR PLANTS
- THEY TYPICALLY CAN SURVIVE IN A VARIETY OF CLIMATES AND STILL FLOURISH
- THEY ARE ALSO GREAT FOR INDIVIDUALS WHO CAN OFTEN FORGET TO WATER THEIR PLANTS
- THERE ARE A VARIETY OF SIZES OF LOW MAINTENANCE PLANTS SO THEY CAN FIT A VARIETY OF SPACES

# THE PLANT PICKING QUESTIONS

HOW MUCH SPACE DO YOU HAVE FOR YOUR PLANT TO GROW?

WHAT IS THE AVERAGE HUMIDITY AND TEMPERATURE IN YOUR HOME?

HOW OFTEN WILL YOUR PLANT BE LEFT FOR AN EXTENDED PERIOD OF TIME?

HOW MUCH SUNLIGHT DO YOU GET IN THE ROOM YOUR PLANT WILL BE HOUSED?



# INDOOR PLANT SUMMARY

- INDOOR PLANTS HAVE MANY BENEFITS AND THEY CAN BE CUSTOMIZED TO EACH INDIVIDUAL
- SNAKE PLANTS AND SPIDER PLANTS ARE TWO OF MY FAVORITES, THEY ARE BOTH EASY TO GROW AND CAN SURVIVE IN A VARIETY OF ENVIRONMENTS
- BEGINNER SUPPLIES CAN BE PURCHASED OFF AMAZON AND I GET MANY OF MY PLANTS FROM HOME DEPOT, THEY ARE DOING CURBSIDE PICK-UP
- DON'T FORGET TO HAVE FUN AND BE PROUD OF YOUR WORK!



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