



INSPIRED

WELCOME

Autumn is upon us, the rains have come and the plant life surrounding us is thriving. Welcome to *Inspired* for April 2010.

Since our last issue, break-through research has been achieved by Australia's indoor plant research expert Dr Margaret Burchett. In our article, **'Do Indoor Plants Improve Your Mood?'**, you will discover how easy it is to improve the state-of-mind of your work team indoors.

We feature the Bismarck Palm in **'What's New in Plants Indoors'**.

This palm is popular for its modern architectural form and colour.

This issue of **"Before and After"** visits Double Shot Caffe, where Green Inspiration designed, installed and now services some modern and inspiring interior plants.

In future issues of *Inspired* we will review the latest in modern planters and look at recent trends in plant foliage and colour.

We hope you enjoy reading this issue and look forward to providing you with more *Inspired* articles in the future.



Green Inspiration at the Double Shot Caffe

DO INDOOR PLANTS IMPROVE YOUR MOOD?

In the first study of its kind anywhere in the world, Dr. Burchett et al from UTS in Sydney has demonstrated that significant improvements in the psychological state of a person can be gained from the presence of plants indoors.

Under the guidance of Professor Ashley Craig from University of Sydney, standard psychological survey instruments were used to assess the effects of office plants on occupants' mood states and wellbeing. Measurements of participants were taken before and after the introduction of indoor plants.

The presence of plants resulted in 30% to 65% reductions in negative mood states, which are considered to reduce worker satisfaction and productivity. The control groups which had no indoor plants present, recorded increases in negative mood states.

The study illustrated that significant benefits can be gained by placing plants in a work place. In fact just one plant in an office made a big difference!



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* Source: "Greening the great indoors for human health & wellbeing", Burchett M, Torpy F, Brennan J & A Craig. 15 February 2010

WHAT'S NEW IN PLANTS INDOORS?



Bismarck palm up close

The **Bismarck palm** , *Bismarckia nobilis*, is the latest plant to hit the indoor plant scene. Its strappy foliage is very modern and provides a variation to the Yucca varieties. Although the Bismarck appears to be spiky, it is quite soft to the touch at the tips.

This palm prefers a very light position and loves direct sunlight if possible. Plenty of water is necessary to keep it happy and it will also benefit from a regular spraying of water.

If you like the look of this design please contact Green Inspiration on (02) 6296 3029 .



Bismarck palm in silhouette

BEFORE & AFTER

Double Shot Caffe contacted Green Inspiration to explore the use of interior plants at their location in Deakin.

Incorporating the client's preferences for simplicity and modern foliage, Green Inspiration designed an Interiorscape to enhance the existing décor.

The design incorporated a common theme of crisp white planters in the latest modern designs. Plants chosen to suit the customer's preferences and the indoor environment included *Howeia forsteriana* (Kentia Palm) and *Rhapis excelsa* (Lady Palm).

The restaurant now has an inviting appeal with interior plants that soften the surrounds without dominating the space.

