

Did you know...?

Newsletter No. 7

Indoor plants can help health, wellbeing and productivity in the workplace

The relationship between a person's psychological wellbeing and the presence of plants has always been suspected. However, scientific studies from researchers around the world, shed new light on the effect plants can have on the stress levels and productivity of office workers.

Improving wellbeing

Healthy, enthusiastic, well-motivated and empowered people work much more efficiently than those who are not.



Several research studies over the last 10 years or so have demonstrated that the more the workplace environment is enriched and the more autonomy individuals have over the design of their workspace, the more productive, loyal and motivated people become.

One of the most effective methods of improving wellbeing in the workplace is by the provision of interior plants. These have been shown to help reduce stress, improve speed and accuracy at tasks and help foster a sense of identity and loyalty. Also, the message given by an employer providing plants in the workplace is one of care and respect and workers notice and respond to this.

Connecting with nature

Access to views of nature for office workers is both desirable and a recognised best practice. However, it is not always possible, especially in buildings with a deep floor plan or in buildings that they may be constructed with fewer windows. However good interior plantscaping in office environments can help provide a "green zone" which effectively helps to connect workers with nature indoors. Initial Tropical Plants offers many indoor plant design options to help create fresh green zones in your office environment.

0800 INITIAL (0800 464 8425)
www.tropicalplants.co.nz

Indoor plants help remove volatile organic compounds

Across the Tasman at the University of Technology Sydney, researchers have produced positive results that show that indoor plants make a big impact on indoor air quality. So what do they do? In essence the plant system – leaves, roots and potting media – take Volatile Organic Compounds from the air such as benzene and formaldehyde released by furnishings, carpets, photocopiers, printers and many modern building materials. They also contribute oxygen back into the environment. Amazing but true!

Plants can help Sick Building Syndrome

Another key study was carried out at the offices of the Norwegian State Oil Company by Tøve Fjeld. She examined the effect of indoor plants on health and discomfort among a group of office workers. Data about 12 different symptoms were collected, including fatigue, headache, dry facial skin and dry skin on the hands, coughing, eye irritation. After this time, half of the group were provided with a selection of common interior plants and half had none. Over three months, considerably fewer health problems were reported by those people with plants. Fatigue and headache fell by 30% and 20% respectively, hoarseness and a dry throat fell by around 30%, coughing by around 40% and dry facial skin fell by around 25%.

For more information on indoor air quality and indoor plants contact Initial Tropical Plants on 0800 INITIAL (0800 464 8425).

New designer addition to the team

Introducing Elaine Wright-Williams, Initial Tropical Plants new National Design Manager. Based in our Auckland



New pebble adds cool curves to interior plantings

Initial Tropical Plants offer a new range of exclusive planters called the Pebble – this exciting new range of indoor planters takes curves to a new level.

Combined with a stunning interior foliage display, the Pebble adds comforting curves to soften interior space. With options to add one, two or three pebble tiers, the Pebble

offers many design options to create different interior design effects.

The Pebble range is suitable for interior and exterior applications including offices, shopping plazas, cafes, restaurants, hotels or public spaces. For more information on the Pebble range call 0800 INITIAL (0800 464 8425).

branch, Elaine will be working across New Zealand with Architects, Interior Designers and other Specifiers on commercial fit-outs for interior plantscaping and with key industry bodies such as the New Zealand Green Building Council on interior environment quality issues relating to indoor plants. If you would like to talk to Elaine about your Interior Plantscaping Design needs, please call: 09 589 1070.

Have you ordered your fresh christmas tree yet?

If you haven't already done so, make sure you put your order in today for fresh, fragrant Christmas trees, delivered to your door. Initial Tropical Plants will install and maintain your Christmas

tree for the season and take it away when the festivities wrap up... it couldn't be easier. Ask your Initial Tropical Plants Technician for more information or call 0800 INITIAL (0800 464 8425).

**Note: Our fresh Christmas tree service is subject to availability.*

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