

# The Benefits of Interior Planting

Enterprise Plants continually strive to raise awareness of the benefits of plants in the workplace. Research has found that plants can benefit businesses and their workforce in a variety of ways; including better staff health, increased productivity and financial savings. [Just one plant](#) is all you need to make a difference.

## Bring the Outdoors In!

Having plants indoors brings a real sense of the inside and outside merging, creating a more relaxed and comfortable working environment. Research has shown that employees working in a space which looks and feels good, feel more appreciated.

## Productive Staff

Research has established that plants have a calming effect, particularly for those sitting behind a computer screen for more than 4 hours a day. The result of this is greater concentration and increased productivity, raising efficiency by as much as 12%.

[32% increase in productivity](#)



## Reduced Absenteeism

Studies have shown that interior planting can reduce the effects of Sick Building Syndrome (SBS). Office buildings often lack ventilation from the outdoors, which combined with low natural light and a lack of views make for a completely man-made environment. A good interior planting scheme can improve the environment, and research has proved that complaints of minor ailments, often linked to Sick Building Syndrome (ie headaches, blocked sinuses, dry throats, coughing and skin irritations), decrease by an average of 25% when there is interior planting present.

## Cleaner Indoor Air

Plants absorb toxins (Volatile Organic Compounds VOC's) through their leaves and their growing medium and emit oxygen for us to breathe. They help to rid the air of toxins produced by common office equipment such as computers, printers, telephones and carpet fibres. This makes the workplace a healthier place to be for everyone, including staff and visitors.

To find out more about this, click on the articles below:





[How plants clean the air: Polluted air](#)

[How do plants clean the air?](#)

[What are VOCs?](#)

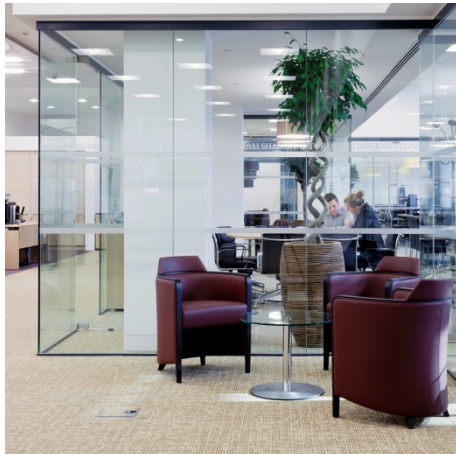
[How many plants does it take to clean the air?](#)

[Sick Building Syndrome](#)

[Which plants work best to clean the air?](#)

[Our long-standing relationship with plants](#)

[Plants – our perfect partners](#)



## Happier People

Flora in general makes us feel happier and more content with life and work generally. There is plenty of research concerned with Biophilia – Man's relationship with plants highlighting the need to interact with nature. The psychological benefits of this relationship are now becoming apparent and could be more important than the physiological ones. Essentially it boils down to the fact that people like plants.

[Greener Offices make happier employees](#)

## Improved Humidity

Indoor planting returns well over 90% of all the water we give back into the atmosphere, raising humidity levels, and making dry offices more comfortable.

## Noise Reduction

Plants absorb, diffract and reflect sound waves so that noise is reduced, producing a calmer and more productive working environment and making them ideal for screening off specific areas. The reduction of noise by plants is most noticeable in spaces with hard surfaces.



## Lower Stress Levels

Studies have shown that the physical signs of stress, such as increased pulse rates and blood pressure were reduced in people working in offices that had planting. The calming effects of plants make employees feel both more at ease and valued by their employers, thus creating better relations all round. Often staff will find comfort and even companionship in what they deem to be "their" plant, making everyone feel happier!

[Plants are good to keep us calm](#)

[Maybe they feel our pain!](#)



## Conserve Energy

Plants create their own mini micro-climate around them as they absorb heat, reducing the amount of air conditioning necessary, and thus reducing the cost incurred through use of climate altering equipment.

[NASA Green Roof research](#)

## Delineation of Space

Plants can create walkways or indicators of traffic flow in an office, helping to guide your visitors, customers and staff around otherwise large and undefined areas. They can be used to define break-out areas, meeting spaces and provide sound barriers between workspaces or as markers between departments.

## Just One Plant!

Research from Margaret Burchett has proven that just one plant can make a substantial difference to a space – just imagine what an entire installation can achieve!

[Just One Plant: Research by Margaret Burchett](#)



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