

Tips for Living Better April 2019

Subject: Making your home a healthier place

Hi **fname**.

Hope you are enjoying spring as it slowly unfolds for another year.

If you enjoy nature's annual greening of the great outdoors, you should read this month's issue **of** *Tips for Living Better*.

You'll learn why there are very real health benefits to be had by growing plants in your living and work spaces. To read this issue click here.

I tThought you might find this interesting.

Should this be the year you've decided to move I'd be pleased to provide you **with** a valuation of your home, and give you access to our research facilities to help you find the ideal living space for your next stage of life.

Cheers,

Realtor's name

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Tips for Living Better April 2019

~~You don't need to belt~~~~doesn't take~~ an environmental psychologist to know that plants have the potential to brighten up any space. But if you dig a little deeper beneath their beauty, you'll discover that the benefits of interior landscaping go far beyond the aesthetic.

Did you know bringing the outdoors in can help relieve tension, for example? Whether you live in a small apartment or a large house, by introducing certain plants into your home, you will start to notice improvements to your health and ~~overall happiness~~. Find out how plants can play a vital role in creating a pleasant and tranquil environment in the spaces we ~~live~~~~move~~, work ~~and~~ relax.

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1. Improving your air quality

It's hard to ~~overestimate~~~~underestimate~~ the valuable work houseplants are doing in the background. They make the best natural air purifiers, making air more breathable, releasing oxygen and filtering out everyday pollutants from man-made ~~substances~~~~objects~~, such as formaldehyde. Our bodies will thank us for this!

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Plants also release phytochemicals, which suppress ~~mou~~ld spores and bacteria in the air. According to one study, having plants in interior spaces decreases the chances of colds, dry skin, sore throats and dry coughs.

They add humidity, too, ~~helpingand-helps~~ to counter the dry air of centrally-heated houses. Other research reveals that higher absolute humidity is conducive ~~tofer~~ decreased survival and transmission of the flu virus.

2. Styling your living space

Plants are ~~an~~ inexpensive way to jazz up even the most boring ~~of~~ rooms. Adorn your windowsills with succulents, drape vibrant macramé hangers from curtain rails or try something big and bold like the gorgeous fiddle-~~leaf~~ fig.

Have fun with the pots: display your plants in beautiful copper or ceramic containers. Owning plants doesn't have to be expensive. Take a cutting from a friend's plant or from your local plant shop, and get your plant going from scratch. Need some inspiration about where to start? Follow some indoor plant gurus on Instagram or have a listen to some podcasts on interior design.

3. Setting yourself a green challenge

Maybe you are thinking, "I would love to have plants but there's no way I can keep them alive longer than a few weeks." Good news: there's no need for green fingers!

Most indoor plants require ~~very~~ little attention. ~~:-I~~they don't need much watering, trimming or ~~fertilisingfertilizing~~, unlike your garden plants. The trick is to keep them healthy, which means observing them closely and being consistent.

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Taking care of plants can be a chore, but think about the kick you'd ~~might~~ get out of making an indoor jungle thrive. Caring for a living thing gives us a purpose and is rewarding. Houseplants are not merely decorative: they respond, they bloom, they let the seasons of the outdoors into your house. ~~We've got some suggestions to help get you started if you're stuck for ideas: find out more below.~~

4. Getting better quality sleep

The benefits of plants in your living quarters don't stop at preventing respiratory disorders and reducing stress. Having plants in the house can also help you get a better night's sleep! This is because plants purify the air in your bedroom and provide a scent that promotes relaxation. The amount and quality of sleep we get has a huge impact on our health. ~~There are two ways in which plants can help you get a good night's sleep: by purifying the air in your bedroom and by giving off a scent that helps you relax.~~

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Plants such as snake plants, orchids and aloe vera give out oxygen at night to help you breathe better. They also absorb toxins from the air, as well as absorbing toxins from the air. For a sweet smell to help you sleep, choose jasmine or lavender. With stress and anxiety causing half of all insomnia issues, these plants can have a gentle soothing effect on your body and mind. This ~~can helps to your~~ lower your heart rate, blood pressure and stress levels at the end of a long day.

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5. Lowering that background noise

Plants have long been used to reduce noise from busy roads. More recently, research has shown another benefit: interior plants can help to reduce background noise levels inside buildings, too. Plants and their leaves absorb, diffract and reflect background noise, which makes the environment more comfortable for the occupants. Good news for anyone who has noisy neighbors!

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~~Not only that, plants and their leaves absorb, diffract or reflect background noise, which makes the environment more comfortable for the occupants. Good news for anyone who has noisy neighbours!~~

This applies to busy office spaces, too. Noise created by such things as phone chatter, footsteps on hard floors, conversations in adjacent cubicles, and printer use travels ~~through large spaces. through buildings through phone chatter, footsteps on hard floors, unwanted conversations in adjacent cubicles, printers ...the list goes on and on.~~

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This noise is distracting, making employees less productive and reducing privacy. One way to create a welcoming, stress-free environment is by using screen plants instead of partitions. This will not only absorb more noise in a busy office, but will provide an attractive addition to the space.

6. Increasing your productivity at work

~~The fact that workplace aesthetics can improve employee well-being is well-known. Of course, the aesthetics of workplaces and its impact on employee wellbeing are nothing~~

~~new to us.~~ But did you know that plants can boost productivity? ~~But a~~ recent study from the University of Exeter ~~established in has shown~~ that a splash of greenery could rapidly improve performance at work.

This might sound like a bit of a stretch when you are struggling through that 3 o'clock slump, but employees who participated in this study were 15% more productive when ~~there were just a few plants in the workplace. workplaces were filled with just a few plants.~~

Interestingly, being able to see plants didn't just increase overall productivity – it also increased memory retention and attention span.

Kickstart your collection with some hero house plants.

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1. An easy plant-choice for a dark corner

Try ~~S~~sansevieria, also known as ~~the~~ snake plant. It's a rough, tough plant and very easy to maintain. A clear favo~~ur~~ite among house plant lover is Asplenium fern. It's the perfect solution to add a dash of vibrant green to a dark place.

2. Which ones are best for bright light?

If you're living somewhere with lots of light, choose desert and southern Mediterranean plants, such as cacti and succulents. It's worth knowing that plants thrive in a group as they create a microenvironment. Small succulents and cacti look great in similar pots; varying the height and leaf shape can keep things

interesting. Euphorbias (cowboy cactus) grows quickly, which means you'll see the results pretty quickly.

Crassula ovata – or the jade plant - is also a sun lover, and it grows like a mini tree. While these plants do prefer loads of light, experts say they can handle a surprising amount of shade. The good news is they only need watering once a month or so.

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3. What's popular

If you'd like to be on trend with your plant collection, look no further than the Instagram stars – these include the delicate senecio or string of pearls, and the cute pilea or Chinese money plant. We hear're-hearing that they're so popular now that growers struggle to keep up.

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4. Try the indestructible Aaspidistra

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The cast iron plant (Aspidistra), as the name implies, is as tough as they come. One of the first Victorian houseplants, it was wildly popular due to its ability to put up with cold and drought, not to mention a range of conditions from full sun to deep shade.

For best results, give it a bright spot away from direct sunlight, water it a little every couple of weeks and it'll take care of itself. Why not break the mould and go for a quirky variety, such as 'Spotty Dotty' or 'Ginga Giant'. They look like a map of the solar system or as if they've been splattered by a highlighter pen.

[I think you need to add a short conclusion].