

CATEGORY: LANDSCAPES FOR HEALTH: DESIGNED LANDSCAPES

Interiorscapes

Interiorscape, also called plantscaping, is defined as an installation of plants decorating the inside of a building. These may be found in workplaces, residential facilities for seniors or other populations, healthcare settings, schools and private homes. The rationale for using plants in indoor settings includes beautification, psychological boost, improved humidity and air quality. Research validates additional health benefits - access to nature, improved mood and stress, and better attentional capacity, creativity, worker productivity, and impact on students' cognition. More recent research is expanding knowledge related to indoor plants and phytoremediation of indoor air pollutants (Chandore, 2024; Jhanji & Dhatt, 2021; Ravindra & Mor, 2022). Correlations between indoor plants and specific health issues are being investigated: cardiovascular impacts (Chen et al., 2020), mental health (Dzhambov, et al., 2021), and neurophysiological benefits from watering plants (Hassan & Deshun, 2023). Biophilic design of dwellings and its impact on migraines, chronic pain and depression (Huntsman & Bulaj, 2022), the impact of classroom biowalls and children's emotional health (Lee et al., 2021), and phytoarchitecture as a health platform (Samudro et al., 2022) further demonstrate the role interiorscaping and plants can have on health.

Additional resources on indoor gardens in a variety of settings can be found in category Landscapes for Health: Designed landscape elements.

Key Organizations

[AmericanHort](#)

[Interior Plantscape Association](#) (Australia)

[Florida State Horticultural Society](#)

[Green Plants for Green Buildings](#)

[North American Plant Protection Organization](#) (IPPO)

[USDA Animal and Plant Health Inspection Service](#) (APHIS.USDA.gov)

Books, journals & epublications on interiorscapes

[Florida State Horticultural Society Annual Proceedings & FSHS Newsletter](#)

[Green Plants for Green Buildings](#) research listings hub

Hort Technology journal

[Int. J. Environ. Res. Public Health](#)

[Int J Phytoremediation](#)

[Journal of People, Plants, and Environment](#) (Korea)

[Landscape and Urban Planning](#) journal

[Trends in Plant Science Journal](#)

Research & articles on interiorscapes

Recently published selected research & articles:

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Examples of interiorscapes

Alice and Herbert Sachs Therapeutic Conservatory at MossRehab, Einstein Healthcare Network, in Elkins Park, Pennsylvania features a 1500-square-foot conservatory with a living plant wall, space for horticultural therapy, and respite for patients, visitors, and staff.

<https://www.greenroofs.com/projects/alice-and-herbert-sachs-therapeutic-conservatory/>

Biowall for West Lafayette Public Library is being designed by Purdue University students intended to improve air quality, environment and aesthetics based on research outcomes.

<https://docs.lib.purdue.edu/pjsl/vol10/iss1/14/>

Dana-Farber Cancer Institute in Boston Mass. has 2 story indoor sanctuary including second level Morse Conservatory, with strict infection control standards offering a view of the garden in a plant-free environment designed specifically for immunocompromised patients.

<https://blog.dana-farber.org/insight/2012/07/how-a-healing-environment-helps/#:~:text=The%20Thea%20and%20James%20Stoneman,into%20the%20two%2Dstory%20oasis.>

Eden Project biomes and outdoor gardens in Cornwall, England, include interior plantscaped biomes designed for climate change education and environmental advocacy, elaborate art installations using recycled materials, artistically designed outdoor vegetable and flower garden spaces, and more. Built within an old clay mining pit.

<https://www.edenproject.com/>

VIDEO <https://www.youtube.com/watch?v=f8unx8-pZxg>

Enid A. Haupt Conservatory in NY Botanical Garden.

<https://www.nybg.org/garden/conservatory/palm-dome-restoration/>

Gardens by the Bay in Singapore with indoor plant installations are listed on top 10 rankings for indoor gardens.

<https://www.gardensbythebay.com.sg/>

The Spheres at Amazon's headquarters in Seattle feature indoor treehouses and plantscaping to boost employee mental wellbeing, mood, creativity, and productivity.

<https://www.nationalgeographic.com/environment/article/amazon-glass-forest-office-seattle>

Videos, webinars & websites on interiorscapes

Introduction to houseplants/houseplant 101/Royal Horticultural Society video discusses different types of houseplants.

<https://www.youtube.com/watch?v=O5NmepUEV7Q>

Healing gardens – Therapeutic Landscapes at Henry Ford Hospital has a large interiorscape.

https://www.youtube.com/watch?v=Q_LGtCW5Zqg

Health and well-being benefits of plants website from Texas A&M AgriLife Extension shares reasons why plants are helpful, programs that support this, and medicinal properties.

<https://ellisonchair.tamu.edu/health-and-well-being-benefits-of-plants/>

Mental health benefits of indoor plants (video) from Texas A&M researchers.

<https://www.youtube.com/watch?v=u099d5RLPlk>

MossRehab uses LiveWall as TherapyTool.

<https://www.youtube.com/watch?v=RxM9sp74kvQ>

MossRehab horticultural therapy program in the *Alice and Herbert Sachs* indoor *Therapeutic Conservatory*.

<https://www.youtube.com/watch?v=wuTIHthJ-wk&t=25s>

#PlantTok on TikTok has emerged as a site providing tips and plant information uniting plant parents, a newer term referring to garden enthusiasts.

<https://www.tiktok.com/tag/planttok?lang=en>

10 *Best tropical indoor gardens in the world* video; examples from Cornwall, Singapore, Spain, New York, Tokyo.

<https://www.youtube.com/watch?v=bT9UNStprTU>

RHS site identifies how houseplants support human health.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

THAD (Therapeutic Horticulture Activity Database) offers TH activities involving plants and gardens including interior plants (activities like [African violet propagation](#), [amaryllis bulb planting](#), & [care of houseplants](#)).

<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/>

Related organizations

[Florida Nursery, Growers and Landscape Association](#)

[United Nations 2020 International Year of Plant Health](#)

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