

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. On-going research continues to explore indoor plants and phytoremediation of indoor air pollutants (Chandore, 2024; Jhanji & Dhatt, 2021; Ravindra & Mor, 2022). 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.

Correlations between interiorscapes using indoor plants and specific health issues are being investigated: cardiovascular impacts (Chen et al., 2020; Pronk et al., 2025), mental health (Dzhambov, et al., 2021), neurophysiological benefits from watering plants (Hassan & Deshun, 2023), stress by suppressing autonomic nervous system (McSweeney et al., 2021), bacteria on human skin (Mhuireach et al., 2021), and ICU patient family stress recovery (Ulrich et al., 2020). These are including interior plants, interior green walls or vertical gardens, and plant-rich interior courtyards.

Investigations of indoor plants across disciplines are involving engineering (Khalifa et al., 2022), phytoarchitecture (Samudro et al., 2022), environmental design (Ulrich et al., 2020), natural resource management and environmental security (Akshitha & Chandana, 2022), psychology (Bellini et al., 2025), and public health (Ma, 2022), among other fields.

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

[Building and Environment journal](#)

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

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

[Hort Technology journal](#)

[Indoor Built Environ](#)

[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:

- Adamson, K., & Thatcher, A. (2018). Do indoor plants improve performance outcomes? Using the attention restoration theory. *Cong. Internatl. Ergon.*, 591.
- Adel, R., Megahed, N., Hassan, A.M., & Shahda, M. (2025). Evolution of the courtyard to the skycourt: A bibliometric analysis of research trends. *International Journal of Building Pathology and Adaptation*, 43(2).
- Akshitha, S., & Chandana, M. (2022). Chapter-5 Utilization of ornamentals in human health and psychology. *Natural Resource Management and Environmental Security*, 29.
- Annu, H., Valtteri, H., & David, O. (2020). Audio-visual interaction in perceptions of industrial plants – effects of sound level and the degree of visual masking by vegetation. *Appl. Acoust.*, 160.
- Aydogan, A., & Cerone, R. (2021). Review of the effects of plants on indoor environments. *Indoor Built Environ.*, 30.
- Bandehali, S., Miri, T., Onyeaka, H., & Kumar, P. (2021). Current state of indoor air phytoremediation using potted plants and green walls. *Atmosphere*, 12.
- Bhargava, S., & Singh, P. (2020). A review paper on role of indoor plants in interior environment. *COMPUTER*, 20(2).
- Bellini, S., Miola, L., Sperduti, A. et al. (2025). Green design in living and bedroom spaces: Exploring environmental restorativeness and affective qualities of spaces. *Frontiers in Psychology*, 16.
- Berger, J., Essah, E.A., & Blanuša, T. (2025). The impact of plants on indoor air quality and the wellbeing of building occupants. *Acta Hortic.*, 1429.
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- Chatakul, P., & Janpathompong, S. (2022). Interior plants: Trends, species, and their benefits. *Building and Environment*, 222.
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- Choi, J.Y., Park, S.A., Jung, S.J. et al. (2016). Physiological and psychological responses of humans to the index of greenness of an interior space. *Complementary Therapies in Medicine*, 28.
- Comino, E., Dominici, L., Baldacchini, C. et al. (2025). Multifunctional green wall in primary school. An integrated approach between academics and local governance to improve educational environment. *Nature-Based Solutions*, 8.
- Cummings, B.E., & Waring, M.S. (2020). Potted plants do not improve indoor air quality: A review and analysis of reported VOC removal efficiencies. *J Expo Sci Environ Epidemiol.*, 30.

- Dzhambov, A.M., Lercher, P., Browning, M.H. et al. (2021). Does greenery experienced indoors and outdoors provide an escape and support mental health during the COVID-19 quarantine? *Environmental Research*, 196.
- Elsadek, M., Xie, J., & Jie, G. (2023). The impact of indoor plants on patient recovery: Physiological and psychological effects in dental clinics. *HortScience*, 58(11).
- El-Tanbouly, R., Hassan Z., & El-Messeiry, S. (2021). The role of indoor plants in air purification and human health in the context of COVID-19 pandemic: A proposal for a novel line of inquiry. *Front Mol Biosci.*, 3(8).
- Ganesh, M.K., Devi, R.G., & Priya, A.J. (2021). Knowledge, attitude and awareness about the benefits of indoor plants: Reduction in stress level and mental health satisfaction. *Journal of Pharmaceutical Research International*, 33(60B).
- Gu, J., Liu, H., & Lu, H. (2022). Can even a small amount of greenery be helpful in reducing stress? A systematic review. *Int. J. Environ. Res. Public Health*, 19.
- Gunn, C. (2022). Green walls in schools – The potential well-being benefits. *Building and Environment*.
- Gunawardena, K., & Steemers, K. (2019). Living walls in indoor environments. *Building and Environment*, 148.
- Hall, C., & Knuth, M. (2019). An update of the literature supporting the well-being benefits of plants: A review of the emotional and mental health benefits of plants. *Journal of Environmental Horticulture*, 37(1).
- Han, K.T., & Ruan, L.W. (2019). Effects of indoor plants on self-reported perceptions: A systemic review. *Sustainability*, 11 (16).
- Han, Y., Lee, J., Haiping, G. et al. (2022). Plant-based remediation of air pollution: A review. *J Environ Manage*, 301.
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- Huntsman, D.D., & Bulaj, G. (2022). Healthy dwelling: Design of biophilic interior environments fostering self-care practices for people living with migraines, chronic pain, and depression. *International Journal of Environmental Research and Public Health*, 19(4).
- Haupt, A. (2023). [Your houseplants have some powerful health benefits](#). *Time*.
- Igarashi, M., Song, C., Ikei, H., & Miyazaki, Y. (2015). Effect of stimulation by foliage plant display images on prefrontal cortex activity: A comparison with stimulation using actual foliage plants. *J. Neuroimaging*, 25(1).
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- Khalifa, A.A., Khan, E., & Akhtar, M.S. (2022). Phytoremediation of indoor formaldehyde by plants and plant material. *Int J Phytoremediation*, 30.
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- Laage, E., Thorpe, E., Wallace, S., & Wu, Y. (2019). [The effects of interior green spaces on student wellbeing and productivity on Dalhousie University's Studley campus](#). *DalSpace*.
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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 and Palm Dome Restoration in NY Botanical Garden is updating the conservatory, a famous glasshouse dating back to 1902.

<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/>

Indoor Living Wall at Biomedical Sciences & Engineering facility at Universities at Shady Grove, Rockville, Maryland brings biophilic design to interior campus environments, appearing as an extension of an exterior courtyard.

<https://www.greenroofs.com/2019/12/17/gsky-supplies-versa-wall-indoor-living-wall-to-marylands-universities-at-shady-grove/>

Kathleen Kilgour Centre radiation treatment center in New Zealand uses an indoor green wall for aesthetics, cleaner air, temperature regulation and noise reduction.

<https://livingarchitecturemonitor.com/articles/living-walls-in-healthcare-enhancing-patient-recovery-fa24>

Khoo Teck Puatt Hospital, Singapore, uses vertical living walls to enhance patient experience while improving air quality.

<https://livingarchitecturemonitor.com/articles/living-walls-in-healthcare-enhancing-patient-recovery-fa24>

NYU School of Global Public Health living green wall, also called a vertical garden, is considered art, air purifier, uses a hybrid irrigation system behind the wall circulating and reclaiming water with remote monitoring of nutrients.

<https://publichealth.nyu.edu/living-green-wall>

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>

UC Berkeley Helen Diller Anchor House residence for students installed 2 monumental living walls at 13 stories tall, transforming the building's central courtyard into a vertical garden with light, air and 20,000 plants.

<https://livingarchitecturemonitor.com/articles/uc-berkeley-green-walls-at-helen-diller-anchor-house-fa25>

Versa Hazel Wolf K-8 school in Seattle WA has a vertical garden in its main entrance and is used for STEM education with its 1522 plants.

<https://www.greenroofs.com/2020/01/10/living-green-walls-in-schools-increase-student-performance-and-well-being/>

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](#), [combination planting in container](#), [Earth Day hanging kokedama](#), [planting pea shoots](#)).

<https://hos.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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