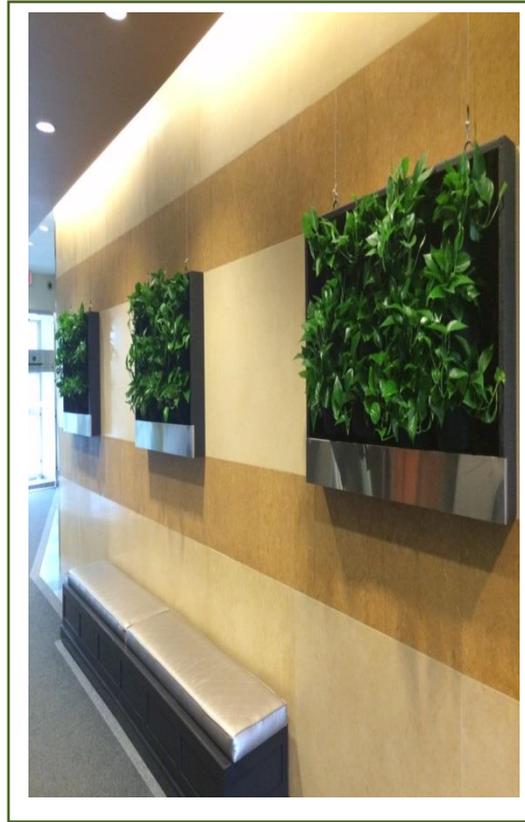


## Professional Interior Landscapers

Tropical Plant Concepts, Inc. is an interior landscaping company engaged in all aspects of bringing the natural benefits of outdoors, indoors in business environments.

Countless studies have concluded that as our workplace buildings are becoming more energy efficient and productivity focused they have also become less healthy for individuals occupying their spaces. By creating indoor oasis of plants, air quality is vastly improved making for a physically healthier workplace. Surrounding ourselves in green plant life is also proven to reduce stress and sickness, increase productivity, improve focus, and overall create a feeling of tolerance and calm.

Tropical Plant Concepts has developed an innovative approach by developing an extensive product line of Living Walls, Bookshelf Living Walls, Picture Hanger Living Walls and lush tropical potted plants. Our full maintenance plan ensures your investment remains vibrant and fresh!



2857 Sherwood Heights Dr., Unit 12  
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Visit us at [tropicalplantstoronto.com](http://tropicalplantstoronto.com)



**Living Wall Division**

Bringing the Natural  
Health Benefits of the  
Outdoors, Indoors to  
Business Environments

# Living Walls Are Healthy as well as Beautiful



Multiple studies have been conducted and the findings are conclusive: Human beings are intricately connected to nature and for

optimum health, function and productivity we must be surrounded by green plants.

Studies have shown even just having a view of greenery increases workplace productivity.

Furthermore, having plants indoors reduces symptoms of discomfort. This decreases the number of days off due to “sickness”

Because green is the colour of many plants and trees and the most predominant colour on the planet, it is often associated with new life, rebirth and well-being. In colour therapy, green heals the heart, regenerates cells and eases tension.

## FACTS:

Washington State University’s study concluded that:

- Participants were more productive (12% quicker reaction time)
- Less stressed (lower blood pressure)
- More attentive
- Felt more relaxed & focused leading to increased productive, creativity, idea generation and problem solving.

Norwegian Agricultural University assessed the health and symptoms of discomfort. Those in the presence of plants reported:

- 20% less fatigue
- 30% fewer headaches
- 30% fewer sore/dry throats
- 40% fewer coughs
- 25% reduction in dry facial skin
- 84% higher overall feeling of well-being

## MORE INTERESTING FACTS:

Many studies have found that plants in the workplace can improve mood and invoke positive feelings.

Gardens that are incorporated into hospitals calm patients leading to improvement in clinical outcomes and shortened stays.

Simply having a view of greenery increases workplace productivity.

Having plants indoors reduces symptoms of discomfort. This decreases the number of days off due to “sickness”.

## WHAT ABOUT NOISE?

Plants actually reduce the amount of background noise in a room. Peter Costa’s study in 1994 proved that plants absorb sound frequencies, and therefore, act as a sound buffer. In fact, it was found that different plants have different effects on the movement of sound waves. Some plants can absorb sounds, others diffract them and others still deflect them. Since a Living Wall has so many plants and such variety of species it is an amazing sound buffer.

## HOW MANY DOES IT TAKE?

Biosphere 2, a project in Arizona, concluded that roughly 400 houseplant sized plants are needed to maintain a balance of CO<sub>2</sub> and O<sub>2</sub> for one person if they were in a sealed room. Living Walls hold hundreds of plants without taking up valuable floor space.



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