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# the spotlight

A weekly roundup for shopping and doing business locally!



## Houseplants are Making a Comeback

For many years, houseplants have graced home interiors and office spaces, and until recently, their popularity has waned. Now, houseplants are more popular than ever before. They can be spotted on many different social media channels, almost every interior design photo incorporates them, plus research has shown that houseplants are beneficial to our overall health.

Donna Cole, owner of Smarty Plants, states “I think that many people have been a bit intimidated by houseplants, thinking that they are temperamental and high maintenance. They are neither, and social media has helped many people realize this. There is a wealth of inspiration and information for those willing to look, plus we are always here to help.”

Houseplants have become an accent to interiors, standing out and pulling the elements of a room together. They help to transform

office spaces and classrooms. They have become the darling of millennials, seeking out different and unique. They are sought after by many in an effort to improve the quality of their indoor environment.

“Recent research has shown numerous health benefits to having indoor plants, whether they are in your home, office, or school. Not only do plants beautify the indoor environment, they increase humidity, they improve air quality resulting in fewer pollutants, they help us relax, reduce our stress, lower our blood pressure, improve learning, aid in concentration and improve sleep, plus a lot more. They really do have the ability to make us feel better” states Cole.

With so many different houseplants to choose from, it might make for a difficult choice. But to truly have the best luck it would be wise to choose plants based on the location in which they would grow.

Cole states, “All plants will grow beautifully in bright light, but not all plants can tolerate low light. There is a plant for almost all light conditions, except extreme low light or darkness.”

So, if you have an interest in improving your indoor environment with plants, head to Smarty Plants, where their knowledge is unsurpassed. They can help you decide on just the right plant for your particular space, and even provide take home tip sheets for future reference.

Smarty Plants is located minutes from Downtown, just off the Beltline at 2602 Gordon Terry Pkwy. Their winter hours are Monday – Friday 9-5 and Saturday 9-3. You can find them on both Facebook: [www.facebook.com/smartyplantsnursery](http://www.facebook.com/smartyplantsnursery) and Instagram: [smarty\\_plants](https://www.instagram.com/smarty_plants)

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