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British Garden Centres guide to mood-boosting plants to enhance your wellbeing

Plants have a remarkable ability to enhance our surroundings and positively impact our overall mental health and wellbeing. Incorporating mood-boosting plants into your home and garden is an excellent way to cultivate a sense of tranquillity and calmness. The British Garden Centres team explore some beautiful plants known for their mood-enhancing properties.

Lavender

Lavender, with its enchanting fragrance and vibrant purple blooms, is renowned for its calming effects. This versatile plant is often used in aromatherapy to promote relaxation and reduce anxiety. Placing a pot of lavender on your windowsill or near your bedside can create a serene atmosphere, helping you unwind after a long day.

Winter Jasmine

Winter Jasmine, with its intoxicating fragrance, is renowned for its mood-enhancing properties. This flowering plant has a long history of being used in traditional medicine to alleviate stress and improve sleep quality. Placing a pot of jasmine in your bedroom or by your back door not only adds a touch of natural beauty but also fills your space with a delightful scent, promoting relaxation and a positive state of mind.

Chocolate Cosmos

The chocolate cosmos boasts a luxurious, smooth brown blossom with a captivating fragrance reminiscent of vanilla and cocoa. Rest assured; the waft of chocolate scent carried by the wind will convert your garden into a serene sanctuary. Chocolate is associated with serotonin, a neurotransmitter that promotes relaxation, as well as the release of endorphins in our brains, fostering feelings of joy.

Chrysanthemum

Chrysanthemums are renowned for their connection to happiness and positivity, and they offer numerous advantages. These plants have been scientifically proven to cleanse the air by eliminating airborne toxins while emitting a soothing fragrance that promotes relaxation. Frequently used in tea, chrysanthemum possesses a cooling effect on both the body and mind and boasts an abundance of antioxidants, vitamins, and minerals. It



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Basil

Basil is a plant that can be grown both indoors and outdoors and has the ability to improve your mood. This herb contains a compound known as linalool, which helps to decrease our stress levels. It is particularly effective in reducing anxiety and promoting a sense of calm, and it possesses a delightful floral fragrance. While it is commonly used in cooking, this versatile herb is also widely used in aromatherapy and perfumery due to its highly advantageous oil.

Snake Plant

If you're looking for a low-maintenance plant that also improves air quality, the snake plant is an excellent choice. Its unique vertical leaves and ability to convert carbon dioxide into oxygen make it a natural air purifier. By eliminating harmful toxins, this resilient plant can contribute to a healthier indoor environment, leading to an uplifted mood and increased productivity.

Peace Lily

The peace lily is not only a beautiful addition to any room with its elegant white flowers, but it also acts as a natural air purifier. It effectively removes pollutants such as benzene and formaldehyde, commonly found in cleaning products and household items. By improving air quality and adding a touch of elegance, the peace lily helps create a serene space that can boost your mood and overall well-being.

Aloe Vera

The aloe vera plant is a popular choice for both its soothing properties and decorative appeal in the home and garden. With its succulent leaves containing a gel-like substance, aloe vera is a natural remedy for minor burns and skin irritations. Having this versatile plant nearby not only provides a healing touch but also adds a visually pleasing element to your surroundings, contributing to a more positive and vibrant atmosphere.

Boston Fern

If you're seeking a plant that adds a splash of nature while improving humidity levels in your home, the Boston fern is an ideal choice. With its evergreen feathery fronds, this humidity-loving plant can help combat dry air, reducing the risk of respiratory issues and promoting a sense of freshness. Its presence can revive any space, making it an excellent mood-boosting addition to your indoor garden.



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About the business:

British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 62 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre funded by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 62 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 2,700 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres and Woodthorpe Leisure Park and Woody's Restaurant & Bar.

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