



AN EXUBIA GUIDE:

THE TOP 5 PLANTS FOR OFFICE SPACES.



TABLE OF CONTENTS:

- 03 Introduction
- 03 The Importance of Plants in the Office
- 06 Top 5 Plants For Office Spaces #2024
- 12 Conclusion



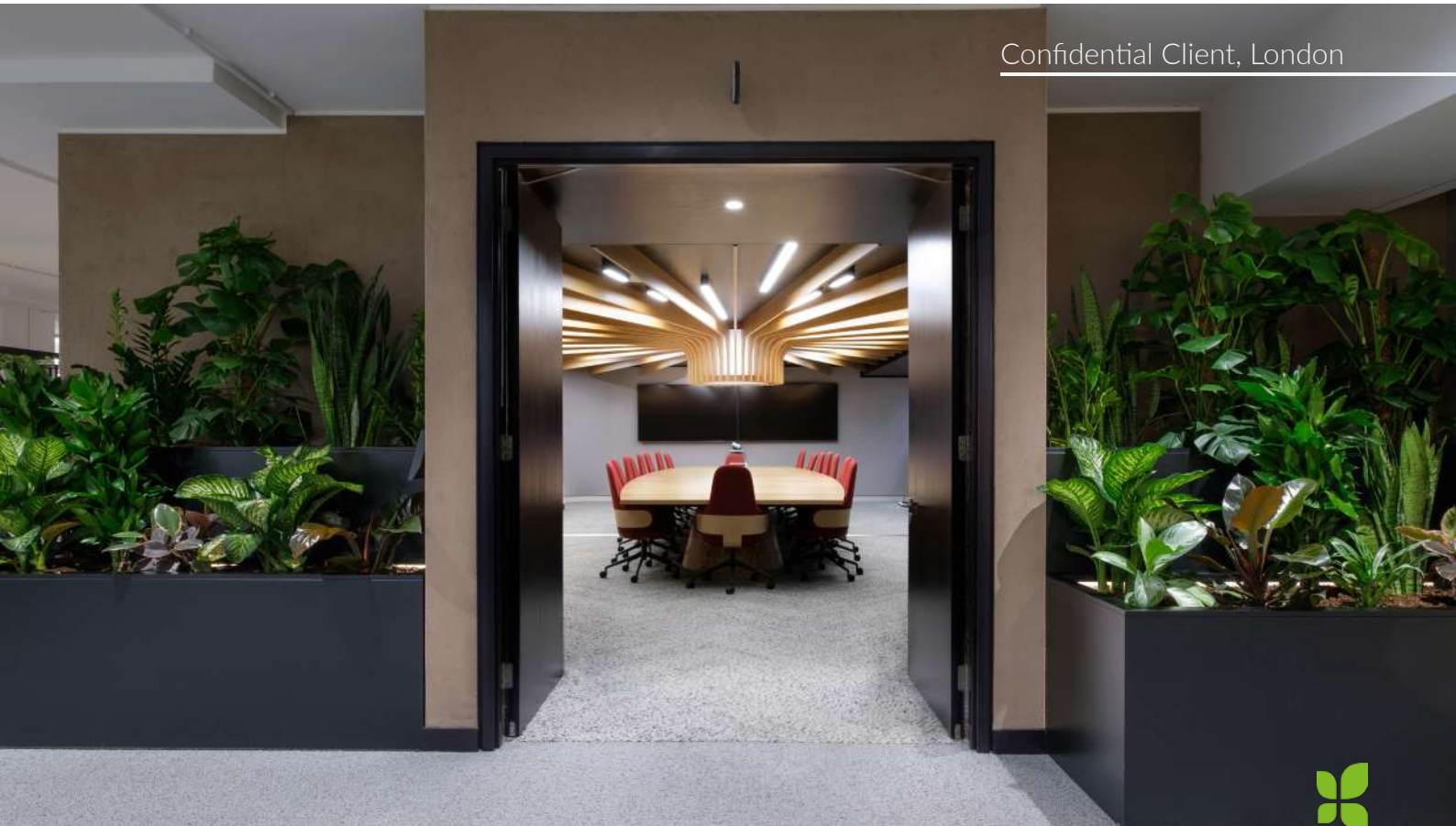
INTRODUCTION

Welcome to an Exubia guide, where each month, we provide you with everything you need to kick-start your biophilic journey.

In this edition, we'll be talking about the top plants for office spaces guiding you through how to integrate the transformative power of greenery into your workplace projects. Within these pages, you'll uncover a curated selection of resilient plant species, meticulously chosen to enhance indoor environments with both aesthetic appeal and practical benefits by our team of inhouse designers.

Discover how these plants seamlessly integrate into office interiors, purifying the air and fostering a sense of well-being among occupants. From low-maintenance options to statement-making foliage, each plant featured in this guide embodies the principles of biophilic design, bringing the restorative beauty of nature into the corporate setting. Join us as we explore the endless ways in which greenery can elevate workplace environments, inspire creativity, productivity, and connection among architects, designers, and employees alike.

Confidential Client, London



THE IMPORTANCE OF PLANTS IN THE OFFICE

HB Reavis, Farringdon



Impact on End Users

We will never stop stressing the effects that planting can have on the office users themselves. Introducing plants into office environments has been scientifically proven to reduce tension and anxiety by up to 37%, 38% reduction in fatigue and we are even seeing behavioural effects, in particular a 44% decrease in anger and hostility. It is the exposure to greenery that is *key* with its installation in offices even being linked to improved concentration and creativity among employees, fostering a conducive atmosphere for optimal performance.

Company-Wide Effects

A green office not only benefits individual employees but also translates into tangible gains for the company. Improved air quality resulting from plant presence can lead to a decrease in employee absenteeism by 25-50% (as per a study by the Agricultural University of Norway), while heightened productivity levels contribute to increased profitability. Studies indicate that businesses with biophilic design elements, including plants, experience up to a 6% increase in market value.



KAO, Covent Garden



Effects on Brand and Reputation: Company and Design Team Perspectives

Companies that prioritize biophilic design principles and integrate plants into their office spaces convey a strong commitment to environmental sustainability and employee well-being. Such initiatives enhance brand reputation and can attract top talent seeking workplaces that prioritize health and sustainability. Similarly, architects and designers known for incorporating plants into their projects establish themselves as leaders in creating innovative and health-conscious work environments, further solidifying their professional reputation.



Brand and Reputation Effects: Company and faces behind the design

Now, we've talked about the tangible effects planting can have such as improved employee retention and improved health, but it's no lie biophilia also enhances the overall aesthetics of the office environment. Greenery adds texture, colour, and depth to spaces, softening the harsh lines of modern architecture and creating a more inviting and visually appealing atmosphere. By integrating plants strategically, sterile office settings can transform into dynamic and vibrant spaces that inspire creativity and collaboration.



TOP 5 PLANTS FOR OFFICE SPACES #2024

01 — *[san-suh-vee-eer-ee-uh].*
Sansevieria

02 — *[ep-ih-prem-num or-ee-um].*
Epipremnum Aureum

03 — *[za-mee-o-kool-kuhss za-mee-fo-lyuh].*
Zamioculcas Zamiifolia

04 — *[clor-oh-fie-tum co-moe-sum].*
Chlorophytum Comosum

05 — *[fye-kus leer-ray-tuh].*
Ficus Lyrata



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SANSEVIERIA

Plant Profile

Commonly known as the Snake Plant or the Mother-In-Law's Tongue, this plant is native to tropical Western Africa. Known for its striking appearance and air-purifying qualities, the Snake Plant remains a popular choice for office environments. Its firm and architectural-like leaves add a contemporary touch to any space, while its ability to thrive in low light conditions and tolerate infrequent watering makes it ideal for busy workplaces.

Our designers have used this plant countless times in projects, and while we love to switch up our planting choices, the Sansevieria Plant is a good all-rounder and always delivers when the wanting a contemporary feel to your planting displays.

How to integrate Sansevieria's into an office space:



They are ideal for reception areas, conference rooms, or individual workspaces, when you want a touch of green but noting too 'wild' looking. Their firm leaves and collected look helps to keep the displays contained and minimalistic – yet still provide the benefits planting in offices can have.



Cluster several plants together to create a visually impactful display. This tactic is always used by our designers but works particularly well when using these plants. Because of their tame and unintrusive look and feel, it can help compliment other, more extravagant and eye-catching displays.



Pairing with modern, minimalist planters for a contemporary look are a great way to display this plant, it helps to add a pop of green while maintaining a particular look or theme of an office.

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Plant Profile

EPIPREMNUM AUREUM

Commonly known as Devil's Ivy, with its trailing vines and vibrant green foliage with irregular cream and yellow streaks and blotches, it continues to be a favorite among office dwellers. This resilient plant thrives in a variety of lighting conditions and is exceptionally easy to care for, making it perfect for those with limited time for plant maintenance, or not on our maintenance scheme.

The Devil's Ivy is also known for its air-purifying ability, ranking as one of the top air-purifying plants in the NASA 'Clean Air Study'. The study found the plant to be effective on removing toxic pollutants from the air we breathe such as Formadehyde (known to be a cause of irritaton to the eyes,nose and throat, and in severe cases can cause death by throat swelling and chemical burns to the lungs), as well as Trichloroethylene, Bensene, Xylene and Toluene, not to mention its ability to remove high levels of dust.

How to integrate the Devil's Ivy into an office space:

Hanging baskets or tall planters: Hanging this plant in baskets or placing them in tall planters can add vertical interest to the office environment. These elevated placements not only maximize floor space but also draw the eye upward, creating a sense of height and openness in the space.



Shelves, desks, or communal Areas: The Devil's Ivy thrives in medium to low light conditions, making them perfect for placement on shelves, desks, or in communal areas such as break rooms or meeting spaces. Their lush foliage can brighten up even the dimmest corners of the office, infusing the space with a refreshing burst of greenery.



Combining with other trailing p lants: For a more dynamic and visually appealing display, consider mixing this plant with other trailing plants like English Ivy or String of Pearls. Grouping these plants together in hanging arrangements or on shelves creates a lush, cascading effect that adds depth and texture to the office environment. Experiment with different combinations of textures and colours to create an inviting workspace



KAO Corporation,
London



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ZAMIOCVLCAS ZAMIIFOLIA

Plant Profile

Commonly known as the Zanzibar Gem or the ZZ Plant, this plant has surged in popularity due to its glossy, dark green leaves and ability to tolerate neglect. It can survive in low light and requires minimal watering, making it a hassle-free choice for busy office environments.

The NASA studies on plants air-purifying abilities highlighted that the Zansibar Gem was yet again, another top-rating contender, with it being proved effective on removing traces of Formaldehyde, Benzene, Xylene, Trichloroethylene, Toluene and Carbon Dioxide from the air.

How to integrate the Zanzibar Gem into an office space:



Ideal for low-light areas: Zanzibar Gem's thrive in low to bright indirect light, making them ideal for areas with limited natural light. Integrate them into office spaces such as corridors, cubicles/working pods, or interior areas away from windows, where other plants may struggle to thrive.



Sleek and modern planters: Pair Zanzibar Gem's with sleek and modern planters to complement their contemporary aesthetic. Opt for minimalist containers in neutral tones to create a cohesive and stylish look that fits seamlessly into modern office environments.



Statement plant in reception areas: Use Zanzibar Gem's as statement pieces in reception areas or entryways to make a bold visual impact. Their glossy foliage and architectural form add a touch of sophistication and elegance, welcoming visitors and employees with a vibrant burst of greenery.

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Plant Profile

CHLOROPHYTUM COMOSUM

Commonly known as the Spider Plant, it's cascading foliage and air-purifying abilities make it a timeless favourite for office settings, and our designers find themselves going for them in a multitude of settings and requirements, regardless of the overall office theme and design scope.

Its adaptable nature allows it to thrive in various light conditions and placing them into our designs allows us to take advantage of it's ability to produce "spiderettes" or offsets by propagating them to create new plants. This allows you to expand your greenery display at minimal cost, making it a budget-friendly option for large office environments.

How to integrate the Spider Plant into an office space:



Hanging baskets for cascading effect: Hang Spider Plants in baskets from ceilings or place them on high shelves to showcase their cascading foliage. This not only adds visual interest to the office but also maximizes vertical space, making it an excellent choice for smaller or cramped work areas.



Making for natural room dividers: Planting Spider Plants as natural room dividers or partitions in open-plan office spaces. Their lush foliage creates a sense of privacy and delineates different work zones without the need for bulky furniture or partitions, promoting a sense of openness and connectivity among employees.



Perfect for busy offices: Spider Plants are incredibly low-maintenance and can tolerate a wide range of light conditions, from bright indirect light to low light. Regular watering and occasional feeding are all that's needed to keep these plants thriving, making them perfect for busy office environments where time for plant care may be limited.



KAO Corporation, London



FICUS LYRATA | Plant Profile

Commonly known as the Fiddle Leaf Fig, it has somewhat demanding care requirements compared to our other top 5 plants for office spaces in this guide. However, the Fiddle Leaf Fig remains a sought-after choice for offices seeking to make a bold statement. With its large, violin-shaped leaves and sculptural form, this plant adds a touch of elegance and sophistication to any space, elevating the overall aesthetic.

Our designers often place two of these plants into one larger, minimalistic planter, making for a truly eye-catching floor-standing display. They often don't need to be partnered with or complimented by other displays as they have enough presence to stand alone displays, and have always proved a hit upon installation with our clients.

How to integrate the Fiddle Leaf Fig Plant into an office space:



Well-Lit areas: Fiddle Leaf Figs thrive in bright, indirect light, so they are best suited for areas with ample natural light. Integrate them into office spaces near windows, atriums, or glass partitions to provide the necessary light for optimal growth.



Focal points in large spaces: Use Fiddle Leaf Figs as focal points in large open spaces or atriums to create visual interest and draw the eye. Their sculptural form and dramatic foliage make them ideal for adding a touch of drama to expansive office environments.



Pairing with stylish planters: Pair Fiddle Leaf Figs with stylish planters that complement their elegant aesthetic. Opt for contemporary or classic planters in materials like ceramic, metal, or wood to enhance the overall look and feel of the office space.

MYO, London





CONCLUSION

In conclusion, the integration of plants into office spaces goes far beyond mere decoration; it represents a fundamental shift towards creating healthier, more productive, and visually appealing work environments. Through our exploration of the top plants for office spaces in 2024, it's evident that each species offers unique benefits, from air purification to stress reduction and enhancing aesthetic appeal.

By strategically incorporating plants like the Snake Plant, Devil's Ivy, Zanzibar Gem, Fiddle Leaf Fig, and Spider Plant into office designs, companies can reap a multitude of rewards. Not only do these plants improve the well-being and productivity of individual employees, but they also contribute to a positive company culture and boost the organization's reputation as forward-thinking and environmentally conscious.

Furthermore, the versatility of these plants allows for creative integration into various office settings, whether that be through sleek and modern planters, cascading displays, or natural room dividers. Their resilience and low-maintenance nature make them well-suited for even the busiest of workplaces, ensuring long-term sustainability and enjoyment.

In essence, embracing biophilic design principles by incorporating plants into office spaces is not just a trend but a strategic investment in the health, happiness, and success of both employees and the company as a whole. As we continue to explore innovative ways to use the power of nature within our work environments, let us remember the transformative impact that greenery can have on our lives and our collective future.

Welcome to the greenside, where productivity meets sustainability, and well-being flourishes.





FOR MORE INFORMATION:

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