

# **The Benefits of Houseplants**

Bella Terra “Learn and Grow Series”

November 14, 2025

## **Introduction**

- Bella Terra history
- Bella Terra services and offerings

## **Benefits of Houseplants**

- Psychological Benefits
  - Sharpen attention span
  - Therapeutic – lowers feelings of Anxiety
  - Increase feelings of well-being in those who suffer from depression and dementia
  - Increase productivity
  - Reduce stress
- Scientific Benefits
  - Freshen air
    - Dwarf Date Palm
    - Bamboo Palm
    - Boston Fern
    - Rubber Tree
    - Spider Plant
    - Ficus Tree
  - Improves air quality
    - Regulates moisture levels
    - Can help regulate pollutants

## **Houseplant Safety**

- Be cautious of allergens linked to plants
  - Pollen, oils, fibers, etc
- Some plants are dangerous for children and pets
  - Amaryllis
  - Aloe Vera
  - Cyclamen
  - Poinsettias
  - Pothos
  - A large quantity would need to be exposed and would effect small pets and children first

## **Houseplant Care**

- Use natural and organic products in the home
  - We The Wild
  - Fox Farm
  - Espoma Planting Mix



# Winter Event SCHEDULE



## WINTER PORCH POT

Learn how to design a festive winter porch pot with fresh greens and natural accents that look beautiful all season long. We'll provide all the materials and guidance you need to create a unique arrangement that will brighten your home this winter.

NOV  
28

NOV  
29



## HOLIDAY WREATH MAKING

Craft a fresh, seasonal wreath with evergreens and natural accents to bring festive charm to your home. With all materials provided and step-by-step guidance, you'll design a custom creation perfect for your front door or holiday décor.

DEC  
6

DEC  
10

DEC  
13



## MEET & JINGLE

A festive after-hours evening inside our greenhouse turned winter wonderland. Enjoy cozy holiday vibes, a complimentary glass of holiday cheer, and our stunning collection of Krebs & Old World collector ornaments.

DEC  
5



## HOLIDAY CENTERPIECE MAKING

Design a stunning holiday centerpiece using fresh greens, natural accents, and seasonal touches. We'll provide all the materials and guidance you need to create a beautiful arrangement that will make your table feel warm and festive all season long.

DEC  
17

DEC  
20

## LIMITED SPOTS AVAILABLE

Reserve your spot now and make this holiday season truly memorable!

**Bella Terra Landscapes & Garden Center**

302-422-9000

[www.bellaterrade.com](http://www.bellaterrade.com)

13482 Spicer Rd, Ellendale, DE 19941



**10% OFF**



EXPIRES WEDNESDAY, NOV. 26<sup>TH</sup>, 2025  
CANNOT BE COMBINED WITH ANOTHER OFFER