

Live wild

Bring the abundance of nature inside and enjoy the health benefits of living with plants

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PHOTOGRAPHS HILTON CARTER

A lush indoor jungle has been created in this earth-toned room using tall, lavish plants, including monstera, fern and yucca



Create a focal point – in this space, a mirror – by layering greenery, incorporating a combination of potted and hanging plants



Consider the lighting in a room, the proximity and size of windows and which types of plants will thrive in particular indoor environments

Plants don't just look wonderful, they make us feel good. Studies show that houseplants help to boost mood, reduce stress, improve focus and provide oxygen. They also assist in speeding up recovery from illness. In fact, an indoor garden not only provides a refuge, but time spent caring for plants is therapeutic. Stylist Hilton Carter's book, *Wild Interiors*, helps us create lovely, peaceful spaces using plants. 'It's exciting; you don't know if you're inside or outside, but you're home... I like feeling that everything is part of nature,' he says. There are clever ideas for all spaces and budgets, so let's go gorgeously green!

'Wild Interiors' by Hilton Carter (CICO Books, £16.99)

Round rattan mirror, £18,
mintand
may.co.uk

Tea trolley, £212.99,
wayfair.co.uk

Wicker dome light, £295,
abodeliving.co.uk

Decorative hanging clay pots, £8 each,
scaramanga
shop.co.uk

Kentia palm with basket, £63,
thestem.
co.uk

Aztec rug, £379, cultfurniture.com

Green light

Plants are perfect accessories. They can be used to add life to a room, fill a vacant corner or bring richness to a lacklustre space. Add greenery to bookcases, or hang plants from ceilings to create focal points at different heights.

Mix it up as nature intended: incorporate varying leaf textures and add interest by gathering contrasting sizes, varying placement from a single, sculptural statement to a forested cluster. The world is your oyster!

Hansen wishbone chair, £125,
sweetpeaand
willow.com

Set of two wooden storage boxes, £32,
garden
trading.co.uk

Swiss cheese plant, £24; pot, from £11,
both
bloomboxclub.com

Vintage leather sofa, £2,590,
oldbootsofas.com

Parlour palm, £28; pot and plant stand, £50,
both thestem.co.uk

Mid-century-style coffee table, £349,
swooneditions.com

Terracotta pots, from £2; cement pot (plants not included), £30,
both
scaramangashop.co.uk

Reader offer



Psychologies readers can buy a copy of *Wild Interiors* by Hilton Carter for the special price of £12 (RRP £16.99). To order, go to rylandpeters.com and use the code 'PSYCHWILD' at the checkout. Offer valid until 31 August 2020. P&P charges may apply.