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# How to Create an Indoor Healing Garden



By Verjh, eHow Member

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Member




sunflowers

A healing [garden](#) offers you a place of beauty and tranquility. It is a place where your body, mind, and spirit can find quiet restful moments and a place for absorbing positive energy. Some people have the misconception that in order to create their very own personalized healing garden they must have sufficient outdoor space, and the time and talent to grow a large variety of herbs and flowers. You can create a healing garden in a small indoor space that requires little time to maintain and may contain only one or two low maintenance plants.

## Instructions

Difficulty: Easy

1.  (<http://i.ehow.com/images/a04/vs/8o/create-indoor-healing-garden-1.1-800X800.jpg>)

window view of crepe myrtle

To create your indoor healing garden select a specific area for it and begin transforming that area into a place of tranquility. If possible, choose an area near a window that has a view of trees, plants, or possibly a courtyard if you live in an apartment or [condo \(#\)](#). Take advantage of any outdoor beauty that is available to enhance your indoor healing garden area.

2. Include framed botanical prints or paintings of gardens in your healing area. A divider panel with floral print fabric works well to help separate this area from other spaces. The use of floral print fabric helps compensate for the lack of actual flowers. A [garden design \(#\)](#) tapestry wall hanging is great in an indoor healing garden space.
3. An outdoor healing garden often includes sound as well as visual beauty. Indoors you can include a tabletop fountain and wind chimes into your healing area. Electric wind chimes are a good choice for indoor use. Aroma therapy salt crystal lamps are a great addition to your indoor healing garden. Add fragrance to this area using whatever method you prefer such as candles, diffusers, or room sprays.
4. With just a little research you can find the type of that will grow well in whatever lighting situation you have in your healing garden area. Choose one or two low maintenance plants just to add some life to this space. African violets, bamboo, or various vines are easy to maintain. If you have an area with plenty of sunlight, you might want to grow an indoor herb garden. An alternative to green foliage type plants you can regularly purchase live flowers to add to this area. A fresh bouquet of flowers can last two weeks or longer if you are careful in your choice of flowers and if you properly care for them once you bring them home.

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