

Therapeutic Elements To Your Outdoor Living Space

Water Features in the conventional sense has origins in Greece, in the shape of fountains and were considered to have been a focal point of the society. Although, in 4000 B.C there is documented proof of the structure of fountains within a typical garden structure in Iran, where pottery remains have been found. The beneficial nature of horticulture in general has been established for a very long time, with many early settlements having gardens as regular features of their communities.

The Greeks devised whole temples committed to revitalization with rustic settings, healing gardens, bathing pools and natural springs. The population would venerate the deity 'Aesclepius' and concentrate on spending time relaxing, the temples were a place to assist recovery from illness. The Romans would also keep records on which plants had medicinal properties, a surgeon from the army, Dioscorides composed a register of around 650 herbal treatments and how to locate and how to use individual plants to benefit health.

The Centre for Therapeutic Horticulture founded at The University of Minnesota's Landscape Arboretum has been established since 1992. The Centre uniquely specializes in exploration into the significance of relationship plants with people in reference to healthiness and recovery within the hospital setting. The up to date exploration into this field seems to show that being close to and benefitting from the beauty of a natural environment stimulates our mind, body and spirit together and enhances the recovery of physical conditions. In particular the sound of running water is supposed to enhance our feeling of well being and relaxes the mind. As human beings are 70% water the basic need for water is being fulfilled and perhaps a constant assurance is given to us to know we are within a close proximity to water.

During the last twenty years water features have increasingly become a customary within landscaping. The BBC recognized the need for people to become aware of their garden and scheduled the hugely popular Ground Force to help people recognized the potential and the massive benefit and enjoyment to be gained from up keeping a garden. There is a definite financial gain to be made in terms of property value but it is about having the extra area to entertain, socialize and enjoy life.

The new designer water feature can come in various shapes and sizes and really there's something for everyone, there's no excuse for the plastic pond anymore. In the case of materials there is a wide variety of materials being used in the design of water features from the ultra modern stainless steel to enduringly elegant stone carving. Adding a new dimension to your garden through the use of a water feature would fashion a new element of your garden and encourage the use of your garden and may benefit your health in the long run.

About the Author

Chelsea is a intermittent journalist, writing intermittent columns on [water features](#), who specialise in unique and modern water features and provide them throughout the UK and have a showroom based in yorkshire.

Source: <http://www.tntarticles.com>