**Justin Stebbing express his opinion about flowers that help us realize the beauty of our life**

As Justin Stebbing notes, who works as a florist in London at Camden Garden Center, flowers are capable of conveying true natural beauty and therefore are very suitable for a wonderful gift and that does not cost a lot of money. In addition, flowers will always allow you to express your special attention to your beloved or any person who is of great importance to you.

Mr. Stebbing says that he began to be interested in flowers as a child, and at the very beginning it was just a hobby for him, which eventually turned into his profession. According to him, we should not forget that any plants literally give us life by releasing oxygen and processing carbon dioxide for its production. It is also interesting that they naturally adorn our everyday life.

The flowers are delicate, fragile, and beautiful. Therefore, fresh flowers are the best, a natural and desirable gift to your loved person. However, Mr. Stebbing is holding the opinion that for a truly loved one, he would prefer to give specially grown flowers, as they are all unusual in their own way.

**Beauty can also be used as a medicine**

As a result of research conducted by the National Center for Social Research, people often think about the medicinal purpose of flowers. And it turns out that there is nothing unusual in this since flowers have been used to treat a variety of diseases since ancient times. Today, there are at least 200 medicinal plant species that are constantly used in today’s medicine.

Justin Stebbing is sure that indoor flowers can become a substitute for a home psychotherapist, and this statement has been repeatedly confirmed. In his opinion, ordinary flowers are quite safe for our health, although some of their types can cause allergic reactions in some cases.

The very aesthetics of flowers can already have a calming effect. For this reason, even in ancient times, flowers were actively used in the interior. Experts on Ancient Egypt will confirm this fact. Today, vases with flowers can be found in almost every home, but it is highly desirable, Justin Stebbing recommends to his audience, that they will be close to our workplace because this will help to relax from any job.

Of course, today there are special design solutions that are aimed at improving our home comfort and productivity, but unlike them, usual flowers are not so expensive and will be no less effective solution. Their correct combination will always brighten up your life and is guaranteed to decorate any office, enliven even the most minimalistic interior, becoming an indispensable decoration in it.

**Transform your home with the best and desirable scents!**

Justin Stebbing reminds us that any closed room will need to be ventilated sooner or later because it accumulates home and street dust, toxic vapor particles and increases the percentage of carbon dioxide. And residents of large megacities are well-known about such problem firsthand, since there are still streets with numerous cars nearby, and therefore the amount of dust in the air can exceed the norm. However, indoor flowers are quite capable of refreshing our air to a normal rate.

Due to the wide variety of flowers that are sold in vases and pots, it is quite possible to choose it for any type and style of room decoration. The main thing is to take into account the characteristics of each type of plant and be careful when you choosing them. When buying them to decorate an apartment, you should consult with an experienced florist, who will suggest the most interesting combinations for any of your designs.

Justin Stebbing also reminds us that you should not ignore the fact that flower buds are the basis of the most refined and expensive perfumes, such as the classic Chanel No. 5. In the event that even a simple Orchid or even some Tuberoses (that grows nearby), you are guaranteed to be happier than the owners of these luxurious bottle perfumes, since the aromas will always be with you. What else could be better for us in today's environment?