

ÆSTHESIA

2017-Present

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ÆSTHESIA is a multi-sensory body of work that explores the therapeutic benefits of nature through sight, sound, scent, and taste.

Studies have proven that when we spend 3-5 minutes simply looking at an image of nature, hearing their sounds, or smelling their aroma's, blood pressure begins to lower, muscle tension relaxes, anxiety is alleviated and has shown to lead to shorter hospital stays, lower needs for medication, and help with depression.

Can experiencing specific plants on different sensory levels such as sight, sound, scent, and taste, have other physiological healing benefits? Do different plants heal us in different ways - such as the sound of Daisies, the sight of an Orchid, or the scent of a Morning Glory? If these different sensory experiences of each plant are combined, what would happen? This is what ÆSTHESIA explores through the lens of different plants, first beginning with six of the most commonly used flowers in the medicinal community: Lavender, Chamomile, Tiger Lily, Marigold, Wild Rose, and Echinacea.



Lavender

Treats anxiety, fungal infections, hair loss and wounds, insomnia, depression, nausea, restlessness, digestive problems, menstrual pain

Blue: Lowers blood pressure, relaxes muscle tension, reduces rapid heart rate, associated with calm and serenity



Chamomile

Treats anxiety, depression, allergies, insomnia, menstrual pain, ulcers, wounds, arthritis, hemorrhoids

Green: Encourages restfulness, growth, and renewal. Beneficial for heart, lungs and circulatory systems. Represents balance and healing properties.



Tiger Lily

Treats coughs, nausea, stress, depression, skin inflammation

Orange: One of the most commonly used colors used in hospital settings. Radiates warmth, joy and happiness. Even oranges are packed with vitamin C, an antioxidant that heals and fights free radicals to boost your immunity.



Marigold

Treats infections, muscle spasms, swelling, improves blood flow, and slows down skin damage aging effects.

Yellow: Used in hospitals as a healing color, stimulates intelligence, detoxifies the body and mind to aid in patient recovery time.



Wild Rose

Treats wounds, parasites, inflammation, calms the nervous system, antioxidant, and packed with Vitamin A, B, C, D, and E

Red: Induces vitality and energy, increases adrenaline, alleviates depression, stimulates appetite, and elevates blood pressure

Purple: Physically, purple can have calming effects over the mind and nerves, it can also be uplifting and can trigger creativity. It has been shown to have relaxing effects on the body and spiritual relations with the crown chakra.



Echinacea

Treats upper respiratory tract infections, UTI's, flu and flu-like infections, and wounds

Blue-Green: Associated with characteristics such as the calmness of blue and the growth that is represented in green. Turquoise can also has the energy that yellow transmits, becoming an uplifting color. Balancing blue, green and yellow, has also been linked to emotional balance and giving a feeling of serenity and stability.

