

## **In tune with nature**

### **Serene Greens**

Limes, sages, emeralds, this view is a veritable feast of greenery. Luckily for us, when experiencing colours on the green spectrum, the brain feels more rested.

Studies show that green hugely helps to reduce stress and anxiety. It stands to reason; the feeling of reassurance from trees and bushes is innate. They were literally what we depended on for shelter and food, and indicate a potential water source for our survival.

How many greens can you find on your visit today?

There may be more than you think!