EXPLORATION OF USE OF FLOWERS IN THE CREATION OF PAINTINGS FOR AESTHETIC ENHANCEMENT OF HOSPITAL SPACES IN NAIROBI CITY COUNTY

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APRIL, 2016
DECLARATION BY THE STUDENT

This report is my original work and has not been presented for the award of a degree in any other University.

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3/5/2016
Dedication

This work is dedicated to my late parents, the Rev. Eshban Gitura and Nereah Njoki for instilling in us, their children, the importance of education and the need for constant self-improvement. It is also dedicated to my son, Afamefuna, who is a medical student. His choice of a future career in medicine greatly inspired my desire to explore the positive relationship between art and health.
Acknowledgements

I would like to most sincerely thank my supervisor, Dr. Kamau Wango for the patient guidance, encouragement and invaluable advice that he has provided throughout my time as his student and throughout this project.

I also acknowledge with thanks, all the teaching and non-teaching staff of the department of Fine Art and Design, Kenyatta University for their guidance and assistance.

Very profound gratitude goes to my partner James, for providing me with unfailing support, comfort, understanding and continuous encouragement throughout the process of this project.

Many thanks to my family; my son Afam, my brothers and sisters and my nephews and nieces for their very helpful and kind remarks, and for cheering me on whenever I needed comfort and encouragement.

Finally, I must express my gratitude to my friends and colleagues, with particular mention to Prof. Odoch Pido and Lilian Ohayo. I do also appreciate with thanks my fellow graduate students for their input and valuable comments during the process of this project.

This accomplishment would not have been possible without you all. Thank you.
Abstract

This study aimed at exploring the use of flower paintings as a means of aesthetically enhancing interior spaces of public hospitals within Nairobi City County. The study was based on recent studies conducted in the United Kingdom and the United States of America where researchers found art to be an important aspect of hospital interior set ups because it helps to create a pleasant environment which can be conducive to healing. The study observed that there was a general lack of art in most public hospitals within Nairobi City County. The study therefore sought to create flower paintings which can be suitable for hospital spaces. This involved the creation of sketches derived from flowers commonly found in Nairobi City County. The sketches then led to the creation of oil and acrylic paintings of flowers on canvas. The study observed that introducing the natural beauty of the outdoors by way of flower paintings, into often depressing, drab and dreary hospital interiors can greatly help to create cheerful, friendly, warm, beautiful and less intimidating spaces for patients, staff, caregivers and other hospital users. Flower paintings displayed on hospital walls can help to create an aesthetically pleasing atmosphere which can be conducive to healing by reducing feelings of stress and anxiety. On the basis of the findings of this study and in view of the limited paintings found in public hospitals, the study recommended that as a means of aesthetically enhancing the interior environments, County Governments, through the Ministry of Health, should find ways of commissioning talented artists to create paintings depicting scenes of nature to be displayed in public hospital spaces such as reception areas, corridors and wards.
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OPERATIONAL DEFINITION OF TERMS

The following definitions refer to the various terms as used by the researcher within the context of this report;

Asteradeae Family of plants commonly referred to as the sunflower family. It is the largest family of flowering plants with over 24,000 species.

Aesthetic: Concerned with beauty or the appreciation of art or beauty.

Aesthetic Enhancement:

The use of physical or visual beauty to make a place more pleasing to the eye.

Acrylic Paint: A fast-drying paint containing pigment suspension in acrylic polymer emulsion. Acrylic paints are water soluble but become water-resistant when dry.

Agitation: A state of anxiety or nervous excitement.

Ambience: The character and atmosphere of a place.

Anxiety: A vague uneasy feeling, the source of which is often non-specific or unknown to the individual. It is a response to the anticipation of danger and dread, accompanied by restlessness and tension.

Botanical drawings:

The art of depicting the form, color and details of plant species, frequently in water color drawings.

Bouquet: An attractively arranged bunch of flowers, especially one presented as a gift or carried at a ceremony.
| **Canvas:** | A strong, coarse unbleached cloth made from hemp, flax, cotton, or a similar yarn, used to make items such as sails, tents or as a surface for acrylic or oil painting. |
| **Cultivar:** | A plant variety that has been produced in cultivation by selective breeding. |
| **Depression:** | A mood disturbance characterized by feelings of despair, sadness and discouragement. |
| **Distraction:** | A phenomenon that prevents someone from giving full attention to something else. |
| **Electrodes:** | A conductor through which a current enters or leaves a nonmetallic medium. |
| **Engravings:** | The process or art of cutting or carving a design on a hard surface, especially so as to make a print. |
| **Fabaceae:** | The third largest family of flowering plants. It is also commonly known as the legume family with over 18,000 species. |
| **Floral corsage:** | A small bouquet of flowers worn at the shoulder, bodice, waist of a dress, or on the wrist. |
| **Floral Art:** | The use of plant materials and flowers to create a pleasing and balanced composition. |
| **Garland:** | A wreath of flowers and leaves, worn on the head or hung as a decoration. |
| **Inspiration:** | The process of being mentally stimulated to do or feel something, especially to do something creative. |
| **Morale:** | The feelings of enthusiasm and loyalty that a person or group has about a task or job. |
| **Mural:** | A painting or other work of art executed directly on a wall. |
Monochromatic painting

A painting done in one color or values of one color.

Motif: A distinctive feature or pattern that recurs dominantly in an artistic composition.

Nature Imagery:

A mental image of scenes of nature.

Orchidaceae: The second largest family of flowering plants with over 20,000 species

It is also commonly known as the orchid family.

Oxalic acid: A poisonous colorless acid found in some plants.

Petal: Any of the usually brightly colored parts that together form most of the flower.

Sepal: Usually green in color, sepals protect the flower in a bud and often support the petals when in bloom.

Spadix: A fleshy spike of tiny flowers usually enclosed within a sheath (spathe).

Spathe: A leaf-like bract that encloses a cluster of flowers.

Species: The largest group of organisms in which two individuals are capable of reproducing fertile offspring.

Therapeutic:

Related to the healing of disease: having a good effect on the body or mind.

Zap: To strike suddenly and with great speed with an electrical current or laser.
CHAPTER 1: INTRODUCTION

1.1 Chapter overview

This chapter deals with the description of the study in terms of the background of flower paintings for aesthetic enhancement of public hospital spaces, the statement of the problem relating to the need for paintings in hospitals, the justification of the research where the researcher outlines why flower paintings were selected as a way of filling the mentioned gap, the specific objectives that the researcher aimed to achieve, and finally the scope and limitations within which the research was conducted.

1.2 Background to the study

According to Ulrich (1991), art is an important component of a healing environment. The role of art in health care settings goes as far back as the ancient Egyptians and Greeks. Apparently, aware of the fact that images of nature induce healing, they painted murals of nature in their healing temples. Karlsen (2010).

The effectiveness of visual art in hospital settings has been explored by many researchers. Diette, G.B. (2003). Recently, strong studies using experimental designs have produced convincing evidence that viewing art that depicts scenes of nature reduces patient’s pain as well as stress. Ulrich (2004) further observes that positive distractions such as visual art have significant stress-reducing effects for hospitalized patients. Art can serve as a connection to nature which has been shown to improve the overall mood and well-being of patients.

A clinical study conducted in 2004 in the United Kingdom for Chelsea and Westminster Charity, Staricoff (2004), established that placing original artworks within a healthcare environment had the following benefits: Reducing levels of depression, anxiety and stress; shortening the length of hospital stay; promoting better doctor-patient relationships and increasing staff morale; reducing the use of some medication; improving mental healthcare and inducing positive physiological changes in clinical outcomes.
According to Major (2008), art can be used as a positive distraction from the pain and suffering that patients experience. Scientists at the University of Bari in Italy proved a link between a pleasant environment and distraction from physical pain. A team of researchers led by Prof. Maria de Tommaso asked a group of men and women to pick twenty paintings that they considered the most beautiful and most ugly from an array of works by artists such as Leonardo da Vinci and Botticelli. They were then asked to contemplate the beautiful paintings, the ugly paintings or a blank panel while being zapped by a short laser pulse on their hand which gave a pinprick of pain. Those involved rated the pain as being a third less when they were looking at what they considered to be beautiful paintings, and these experiences were confirmed by electrodes measuring the brain’s electrical activity.

There are ample reminders of famous works of art placed in hospitals in previous centuries. William Hogarth’s 18th century painting of ‘Pool of Bethseda’ still hangs on the grand staircase of St. Bartholomew’s Hospital, London, United Kingdom, over 270 years later.

Some private hospitals in Nairobi have recognized the need to acquire and display art works in their spaces. (See plates 37, 38, 39 and 40). However, unlike private hospitals, most public hospitals in Nairobi City council have very limited or no art at all displayed in their interior spaces, (see plates 33, 34, 35 and 36). Since it is generally accepted that art does indeed have a positive and uplifting effect on patients, Lankston (2010), the researcher sought to create acrylic and oil paintings on canvas using the flower motif for inspiration. The flower paintings can be suitable for public hospital interior spaces. (See plates 86, 89, 92 and 95). The choice of the flower motif was informed by the fact that a study conducted by Lohr (1996), showed that rooms decorated with plants and flowers helped reduce stress. Another study conducted by Haviland-Jones (2008), showed that flowers, both real and in art work, decrease anxiety, depression and agitation and leads to a higher sense of happiness and life satisfaction.
1.3 Statement of the problem

Scientists generally agree that there is a link between a pleasant environment and distraction from physical pain, Staricoff (2006) and Ulrich (2001). It has also been established that exposure to nature and nature imagery has a positive and uplifting effect on patients, Ulrich (2004). However, despite this, a survey by the researcher established that most public hospitals in Kenya do not have significant amounts of art displayed in various strategic interior spaces. Zeki (2009), observes that the benefits of art should not be limited to any one group of people, since illness has a very leveling effect. Everyone, regardless of their ethnic background, race, age and economic status should be able to enjoy what art can bring into healthcare experiences.

Eason (2004), asserts that the power of color in flowers can stimulate people’s senses, making them calm, energized, contented, determined, optimistic and spiritual. She further observes that people are instinctively drawn to the colors that they psychologically need the most depending on their energy pattern. Since flowers are found in all the seven color energies; red, orange, yellow, green, blue, indigo and violet, the researcher sought to create paintings of flowers which can be suitable for display in the corridors, reception areas, waiting rooms and wards of public hospitals within Nairobi City County. This will not only fill the aesthetic gap but will also serve as an eye opener on the use of art as an intervention in the healing process in public hospitals.

1.4 Objectives of the study

The objectives of the study were:

(i) To identify and select flowers that provide suitable inspiration for paintings based on their color, shape and naturalistic/aesthetic appeal.

(ii) To create acrylic and oil paintings of flowers on canvas.

(iii) To create an artistic environment for public hospitals within Nairobi City County using paintings of flowers.
1.5 Basic assumptions

The basic assumptions for the research were:

(i) That placing original artworks within a hospital environment reduces levels of depression, anxiety and stress.

(ii) That artworks in hospitals promote a better doctor-patient relationship and increases staff morale.

(iii) That paintings in hospitals improve mental healthcare and induces positive physiological changes in clinical outcomes.

(iv) That flower paintings are appropriate for hospital spaces owing to the fact that they are perceived as being fresh, healthy and familiar.

(v) That flowers with cool colors help to create a calm and tranquil ambience while flowers with warm colors help to introduce energy and warmth into interiors of hospital spaces.

1.6 Justification of the study

There is emerging scientific evidence that art plays an important role in improving the health and well being of people. A number of clinicians and university professors are producing valuable papers to back this view. Zeki (2007), demonstrated that art stimulates the brain in a way that makes people feel physically better. Ulrich (2004), found that art depicting images of nature has an uplifting effect on patients, and Staricoff (2004), conducted a three year study on “The Effects of Visual and Performing Arts in Health Care for Chelsea and Westminster Hospital.” The methodology she used enabled her to assess three separate groups, patients, staff and visitors to evaluate the links between arts and health. The study concluded that artworks within hospital environments affected all three groups positively in that the art helped reduce levels of anxiety, depression and stress and also increased staff morale.
It is upon this background that the researcher sought to create paintings using the flower as a motif for inspiration. The paintings will help to create pleasant and artistic interior environments in selected public hospitals for the benefit of patients, staff and visitors. The study also hopes to expose a large number of the general public to paintings that are simple and easy to understand.

1.7 Scope and delimitation of the study

The researcher carried out a survey of hospitals within Nairobi City County with the intention of finding out how art has been used or not used in these institutions. (see Tables 1 and 2). However, due to ethical limitations, the researcher was not able to display the paintings in a selected public hospital as earlier proposed.

The researcher used flowers as a motif for inspiration. Flowers tend to have multiple qualities depending on their color, shape and feel. They can be soothing, healing, exciting, mysterious, dramatic and vibrant. The flowers studied and painted were sourced mostly from Nairobi and its environs.

According to Armstrong (1998), the total number of described species of flowering plants globally exceeds 250,000 with many tropical species being unnamed. The three largest flowering plant families, which make up one fourth of all flowering plants are the sunflower family, the orchid family and the legume family respectively. In Kenya alone, there are 265 orchid species native to Kenya, Stewart (2003). Plagens (2011), recorded by way of photography over 150 flowers commonly found in Kenya. In view of the fact that there are hundreds of flowers found in Nairobi County, the researcher used the color of the flowers and species of the flowers as a guide in the determination of the final number of paintings. 13 flowers with cool colors and 17 flowers with warm colors were selected making a total of 30 final paintings. This presented a reasonable representation of the hundreds of flower species found in Nairobi County. The paintings were done using acrylics and oil pigment on canvas. The average size was medium, 30 inches by 36 inches. The medium size was found to be convenient for framing and when used on a wall, the paintings would still be small enough to be used in groupings.
CHAPTER TWO: REVIEW OF RELATED LITERATURE

2.1 Chapter overview

There is evidence going as far back as prehistoric times that humans have always been attracted to flowers. Early botanical drawings have shown that flowers were known and used in ceremonies for decoration and also for medication. The history of flower art dates back to ancient Egyptian times. It developed in Egyptian, Chinese, Roman, Greek, Byzantine, and later in European cultures.

This chapter reviews the related literature concerning the effectiveness of visual art in healthcare settings. It touches briefly on the benefits of positive art in healthcare spaces and the most appropriate paintings for hospitals as recommended by researchers. The literature also covers a brief history of flower paintings; flowers as a positive emotion inducer; positive effects of light and color energy; and the universal appeal of flower paintings.

2.2 A brief survey of the history of flower paintings

Egypt was the first country to use flowers for decoration. (wikipedia.org). In the tombs of the Pharaohs, wall paintings of flowers can be seen, some dating back to 2500 BC. Excavated tombs show the importance of flowers in Egyptians’ every day life. According to Phillips & Rix (1993), pictures of Egyptian gardens are found on papyrus scrolls and stone reliefs that date back to 2600 BCE. The wealthy Egyptian dead were also accompanied by garlands and bouquets on their journey to the hereafter. Heilmeyer (2001). The ancient Greeks and Romans also used flowers and herbs for adornment. Dionysus, the Greek god of wine, and Eros, the Greek god of love are depicted in history wearing wreaths of roses.

The famous Minoan ‘Spring fresco’ (see Plate 1), which dates back to 1550 BC, is a marvelous work of art, depicting a brightly colored landscape dotted with blossoming lilies and flying swallows, painted with remarkable precision. Brundige (2011). Perhaps
for the first time in the history of art, an artist decided to look around him and create art from the surrounding landscape.

As far back as the Han era of ancient China, flowers were an integral part of Chinese religious teaching and medicine. Practitioners of Buddhism, Taoism, and Confucianism placed cut flowers on their alters, a practice which dates back to 618-906 CE. They created paintings, carvings and embroidered items with depictions of flowers. The paintings can be found on vases, plates, scrolls, and silk. Flower art arrived in Europe at around 1000CE, and was particularly popular in churches and monasteries.

According to ‘Trust for Africa Rock Art’ (TARA), Coulson (2010), Kenya has some extremely interesting engravings, including some that resemble flowers (see plate 2). The engravings can be found in Tabaka near Kisii Town.

2.3 The Universal appeal of flower paintings and selected flower artists

The appeal of flower paintings is timeless and crosses all national boundaries. Through the years, flowers became a favourite motif for many artists and each one of them painted in their own individual style. Some of the most famous painters of flowers were Eduoard Manet, Claude Monet, Pierre Renoir, Paul Cezzane, Vincent Van Gogh, Pierre-Joseph Redoute, Georgia O’Keeffe, and Andy Warhol, to name a few. Collectively their works make an interesting study of floral art.

Van Gogh made his most significant contributions to floral art with his vibrant color choices in his paintings. He stunned lovers of art with the masses of golden sunflowers, (see plate 3), pastel pink roses and blue irises in sensational color combinations.

Georgia O’Keeffe’s flower paintings have been associated with sexuality. Her sensual flowers redefined the flower as a pure, almost geometric form. With her close-ups of calla lilies, oriental poppies (see plate 4) and other flowers, she wanted to have the viewer look at the fundamental form of the flower through the power of scale and color, Lumpkin (1995).
2.4 Flowers as positive emotion inducers

Scientific studies have found that being exposed to real flowers or to flowers in art work has a significant positive effect on mood and our general well-being. Research led by Haviland-Jones (2009), explored the link between flowers and life satisfaction and established that flowers trigger happy emotions. All participants expressed “true” or “excited” smiles upon receiving flowers, demonstrating extra-ordinary delight and gratitude. This reaction was universal, occurring in all age groups. Flowers have a long-term positive effect on moods. Participants reported feeling less depressed, anxious and agitated upon receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction Etcoff (2014).

Chinese healers who have long believed in the flower power, say that the secret is in the various colors that are found in flowers. Other researchers have determined that colors have different effects on emotions and can therefore be therapeutic. Warm colors based on reds, yellows, oranges can help improve a depressed mood and stimulate metabolism. Cool colors based on greens, purples and blues promote calmness and relaxation. According to Karlsen (2010), a blue calm ocean may be helpful for someone who needs rest and healing, while a bright field full of yellow flowers could be stimulating for someone who is depressed or whose immune system is low.

Neurophysiologist Zeki (2009) has further determined that art connects us to the worlds of imagery, emotion, visions and feelings. This connection aids the process of healing.

2.5 The effectiveness of visual art in healthcare settings

Art plays an important role in improving the health and well being of people. Many researchers including Ulrich (2001), Eisen, (2008), and Lankston (2010) have explored the effectiveness of visual art in hospital settings and found a range of health-related benefits. Artwork serves as a positive distraction from pain which has a significant stress-reducing effect on patients. There is growing scientific evidence to back this view. According to Zeki (2009), art stimulates the brain in a way that makes people feel
physically better. Rompilla, E (2005), argues that the creative use of art, light and color can dramatically transform surroundings from drab, dreary and uninviting to vibrant, cheery and bright. The effect of a healing environment on patient health has become a topic of much interest among researchers, health professionals and patient advocates in the last few decades, Staricoff (2004), conducted a three-year study on the “Effects of Visual and Performing Arts in Healthcare” using three separate groups in hospitals; patients, staff and visitors to assess the links between art and health. The study concluded that placing original artworks within healthcare environments had the following benefits: reduction in levels of anxiety, stress and depression, reduction in patients’ length of stay within the hospital, reduction of some medications and an increase in staff morale.

According to “The State of the Field Report: Arts in Healthcare” (2009), the benefits of arts in healthcare are not limited to a selected group of privileged individuals. Illness has a very leveling effect, and the very nature of the arts means that everyone, regardless of ethnic group, race, age, economic status, or geographical region, can enjoy all that the arts can bring to healthcare experiences.

2.6 The benefits of positive art in healthcare facilities

Scientists have studied the benefits of positive nature scenes for healthcare. A study conducted by Ulrich, (1984) reported that patients who could see trees, rather than a brick wall, through their patient-room window required less narcotic pain medications and experienced a shorter hospital stay and less stress. Stress leads to many serious and deadly health problems. According to Sternberg (2009), a hospital facility whose goal is to heal should do everything possible to eliminate stress.

Art for healthcare spaces is supposed to soothe patients, and according to Ulrich (2004), the most appropriate artwork for healthcare is representative nature art whose chief characteristic is that the subject matter is immediately recognizable and requires no
interpretation. Based on extensive scientific studies, Ulrich and Gilpin (2003) developed
guidelines for appropriate art in healthcare settings as being:

- **Waterscapes**: calm or non-turbulent water
- **Landscapes**: trees, visual depth, savannah landscapes, vegetation,
- **Figurative art**: emotionally positive faces
- **Flowers**: familiar, healthy and fresh

In a study specific to the pediatric population, Eisen (2008) assessed the stress reducing
effects of art in pediatric healthcare and found that children and adolescents prefer nature
art. In a large review of visual art in hospitals, Lankston (2010) found that landscapes
and nature scenes, such as flowers, are the most preferred among hospitalized patients.
These particular paintings consistently serve as positive distraction and create a state of
calm in patients.

### 2.7 Positive effects of color and light energy

Researchers generally agree that light and color influences people’s health conditions.
Goethe (1810), Bobbitt, E. (1878) and Cage J. (1995). Healing by means of color and light
was the first type of therapy used by man. The sun’s rays kept him warm and the
colors of the flora accounted for his mood. According to Cage (1995), light is the only
energy we can see and we see it in the form of color. There are seven natural colors in the
visible light spectrum. Warm colors based on Reds, Oranges, and Yellows, and cool
colors based on Greens, Blues, Indigos and Violets. Flowers are found in all the seven
colors.

Ghadiali (1930), compiled an encyclopedia of treatment with the use of color and light. He
observed that the red color has a positive effect on the immune system. Red positively
affects people who are exhausted or suffering from chronic fatigue, the color has a
refreshing, energizing and mobilizing effect on the human nerve system. Orange
symbolizes the sun and has the ability to improve people’s mood, it helps to make people
feel happy, smiley, sunny and generally optimistic. Yellow stimulates the nervous system
and the intellect, increasing awareness, clarity of thought, interest and curiosity.
Green is the color of nature and provides the feeling of tranquility, it has a soothing effect on the body and mind. Blue is a mentally relaxing color which has a pacifying effect on the nervous system. Indigo is associated with intuition, mysticism and understanding, connecting people to their unconscious selves, strengthening intuition and imagination., while Violet expands the horizons of spiritual understanding and is associated with beauty, inspiration, artistic talent and creativity. White light/color promotes the healing of body, mind and spirit at all levels, it increases and maintains energy levels dispelling negativity from the body’s energy field.

2.8 Nature imagery through flower paintings

The famed American painter of flowers, Georgia O’Keeffe is quoted to have said,

A flower is relatively small. Everyone has many associations with a flower, the idea of flowers. You put out your hand to touch a flower, lean forward to smell it, maybe touch it with your lips, almost without thinking, or give it to someone to please them. Still in a way, nobody sees a flower really, it is so small, we haven’t got the time, and to see takes time. If I could paint the flower exactly as I see it, no one would see what I see because I would paint it small like the flower is small. So I said to myself, I will paint what I see, what the flower is to me but I will paint it big and they will be surprised into taking time to look at it.

Nature images can be aesthetically more appealing in hospital settings in the context of the processing fluency theory, Reber, Schwarz and Winkielman (2004). “The more fluently the perceiver can process an object, the more positive his or her aesthetic response. Nature art, owing to its familiarity, could potentially lend itself to more fluent visual processing by a perceiver, especially in a high-stress environment”.

In studying the relationship between nature imagery and the therapeutic effect it has on people, the researcher seeks to pursue the centuries-old fascination that humans have had with light, color and flowers.
The Universal Appeal of Flower Paintings

Plate 1: ‘Minoan Spring’ Fresco, 1550BCE,
Location: National Archeological Museum, Athens
Source: Internet

Plate 2: Ancient Design resembling a flower,
Location: Engraved on a rock near Tabaka, Kisii Town, Kenya
Source: Internet

Plate 3: “Sunflowers” 1888
Artist: Vincent Van Gogh
Location: National Gallery, London
Source: Internet

Plate 4: “Oriental Poppies” 1928
Artist: Georgia O’Keeffe
Location: Frederick R Weisman Art Museum, Minneapolis
Source: Internet
3.0 CHAPTER THREE: METHODOLOGY

3.1 Chapter overview

This chapter deals with the research methods of data collection, and how the data was analyzed. Data for this study was collected through field work and library work. Analysis and interpretation of the data was done through studio work which included development of drawings, sketches and final acrylic and oil paintings of flowers on canvas. The final paintings were exhibited and a final report was prepared and submitted.

3.2 Research Design

The study was a practical project which was studio based incorporating three stages, namely: fieldwork for primary data collection, library work for secondary data collection and studio work which incorporated data analysis and interpretation.

3.3 Data collection:

Apart from library work, data collection specifically involved the selection of flowers from a broad list created by way of sketches and photographs. This was done by way of random sampling in the following categories:

3.3.1 Primary Data (Field Study)

To collect information on flowers and paintings in hospitals, the researcher visited several places and institutions. Outlined below are some of the places visited.
1. Karura Forest, Nairobi

Plate 5: Karura Forest
Source: Researcher

Plate 6: Karura Forest
Source: Researcher

Plate 7: Karura Forest
Type of flower: Morning Glory
Source: Researcher

Plate 8: Karura Forest
Type of flower: Morning Glory
Source: Researcher
2. The Nairobi Arboretum

Plate 9: Nairobi Arboretum

Source: Researcher

Plate 10: Nairobi Arboretum

Type of flower: Purple Bauhinia

Source: Researcher

Plate 11: Nairobi Arboretum

Type of flower: White Frangipani

Source: Researcher

Plate 12: Nairobi Arboretum

Type of flower: Pink Frangipani

Source: Researcher
3. Windsor Golf and Country Club Gardens

Plate 13: Windsor Golf Club

*Type of flower:* Hyacinth

*Source:* Researcher

Plate 14: Windsor Golf Club

*Type of flower:* Hyacinth

*Source:* Researcher

Plate 15: Windsor Golf Club

*Type of flower:* Kaffir Lily

*Source:* Researcher

Plate 16: Windsor Golf Club

*Type of flower:* Poinsettia

*Source:* Researcher
4. Branan Flower Farm, Thika, Kiambu County

Plate 17: Branan Flower Farm
Type of flowers: Roses
Source: Researcher

Plate 18: Branan Flower Farm
Type of flowers: Roses
Source: Researcher

Plate 19: Branan Flower Farm
Type of flower: Rose
Source: Researcher

Plate 20: Branan Flower Farm
Type of flower: Rose
Source: Researcher
5. Gardens of a Nairobi Country Club

Plate 21: Gardens in Muthaiga, Nairobi
Type of flower: Bird of Paradise
Source: Researcher

Plate 22: Gardens in Muthaiga, Nairobi
Type of flower: Red Anthurium
Source: Researcher

Plate 23: Gardens in Muthaiga, Nairobi
Type of flower: Morning Glory
Source: Researcher

Plate 24: Gardens in Muthaiga, Nairobi
Type of flower: Cactus
Source: Researcher
6. Residential Gardens

Plate 25: Residential Gardens
Type of flower: White Calla Lily  
Source: Researcher

Plate 26: Residential Gardens
Type of flowers: Hibiscus  
Source: Researcher

Plate 27: Residential Gardens
Type of flower: Orange Hibiscus  
Source: Researcher

Plate 28: Residential Gardens
Type of flower: Variety of flowers  
Source: Researcher

Plate 29: Nairobi National Museum

Source: Researcher

Plate 30: Botanical Gardens, Nairobi National Museum

Source: Researcher

Plate 31: Botanical Gardens, Nairobi

Type of plant: Copper Leaf

Source: Researcher

Plate 32: Botanical Gardens, Nairobi

Type of flower: Aloe Vera

Source: Researcher
8. Public Hospitals in Nairobi City County, with no art work decorating the interior spaces

The researcher observed that most public hospitals within Nairobi City council have very limited or no artwork at all displayed in the various hospital spaces.

Plate 33: Public Hospital Ward, Nairobi County
Source: Internet

Plate 34: Public Hospital Corridor, Nairobi County
Source: Internet

Plate 35: Public Hospital reception area, Nairobi County
Source: Internet

Plate 36: Public Hospital ward, Nairobi County
Source: Internet
9. Private Hospitals in Nairobi City County, with art work decorating the interior spaces

A survey by the researcher established that most private hospitals within Nairobi City Council have recognized the need for paintings, and there is a fair amount of artwork displayed in the hospital spaces.

Plate 37: Private Hospital Reception area, Nairobi County

Source: Researcher

Plate 38: Private Hospital office, Nairobi County

Source: Researcher

Plate 39: Private Hospital Reception area, Nairobi County

Source: Researcher

Plate 40: Private Hospital wall, Nairobi County

Source: Researcher
Table 1: List of ten public hospitals and ten private hospitals in Nairobi City County

<table>
<thead>
<tr>
<th>PUBLIC HOSPITALS</th>
<th>PRIVATE HOSPITALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Kenyatta National Hospital</td>
<td>1. Nairobi Hospital</td>
</tr>
<tr>
<td>2. Mbagathi District Hospital</td>
<td>2. Aga Khan University Hospital</td>
</tr>
<tr>
<td>3. Pumwani Maternity Hospital</td>
<td>3. Gertrudes Garden Hospital</td>
</tr>
<tr>
<td>4. Mama Lucy Kibaki Hospital</td>
<td>4. Karen Hospital</td>
</tr>
<tr>
<td>5. Mathare Mental Hospital</td>
<td>5. Coptic Hospital</td>
</tr>
<tr>
<td>6. Lions Sight First Eye Hospital</td>
<td>6. Nairobi West Hospital</td>
</tr>
<tr>
<td>7. University Dental Hospital</td>
<td>7. Masaba Hospital</td>
</tr>
<tr>
<td>8. Consolata Cottage Hospital</td>
<td>8. The Mater Hospital</td>
</tr>
<tr>
<td>9. Nairobi East Hospital</td>
<td>9. Nairobi Women’s Hospital</td>
</tr>
<tr>
<td>10. St. Francis Hospital</td>
<td>10. Avenue Hospital</td>
</tr>
</tbody>
</table>

Table 2: Hospitals visited by the researcher

<table>
<thead>
<tr>
<th>PUBLIC HOSPITALS</th>
<th>PRIVATE HOSPITALS</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>3. Pumwani Maternity Hospital</td>
<td>3. Gertrudes Garden Hospital</td>
</tr>
<tr>
<td>4. Mathare Mental Hospital</td>
<td>4. Avenue Hospital</td>
</tr>
<tr>
<td>4. Nairobi West Hospital</td>
<td>4. Nairobi West Hospital</td>
</tr>
</tbody>
</table>
3.3.2 Secondary data collection (*Library work*)

The researcher carried out library work to collect data and information relating to flower paintings. The libraries visited were Kenyatta University post modern library, Department of Fine Art and Design resource centre, at the same university and The East African Herbarium at the National Museums of Kenya. The researcher also used the internet to gather information on flower paintings and the history of paintings in hospitals.

3.4 Data Analysis

The researcher analyzed the collected data by grouping the material into four main categories. Namely; flowers with warm colors; flowers with cool colors; psychological association of color and the suitable spaces within the hospitals where the paintings could be displayed. While perceptions of color are somewhat subjective, there are some color effects that have universal meaning. Warm colors which include red, orange and yellow are perceived to evoke feelings of warmth and energy while cool colors which include, blue, green and purple are perceived to create feelings of calmness and relaxation. The researcher selected four main areas of hospital spaces where the flower paintings could be finally displayed. The spaces selected were; reception areas, corridors, adult wards and children’s wards. The flowers were selected and categorized based on their color. The purpose of this mode of analysis was to assist in the justification of why certain flowers were selected and why they were considered suitable for the given hospital spaces.
### Table 3: Psychological association of color

*Flowers with warm colors*

<table>
<thead>
<tr>
<th>Name of flower</th>
<th>Color of flower</th>
<th>Psychological association</th>
<th>Suitable hospital display space</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthurium</td>
<td>Red</td>
<td>Energy, Happiness, Warmth</td>
<td>Reception area</td>
</tr>
<tr>
<td>Bird of paradise</td>
<td>Orange</td>
<td>Liberty, Magnificence, Hope</td>
<td>Reception area</td>
</tr>
<tr>
<td>Kaffir Lily</td>
<td>Orange</td>
<td>Energy, Awakening</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Red amaryllis</td>
<td>Red</td>
<td>Stimulating</td>
<td>Reception area, corridors</td>
</tr>
<tr>
<td>Pink Hibiscus</td>
<td>Pink</td>
<td>Relaxing, Soothing</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Angels’ Trumpet</td>
<td>Peach</td>
<td>Creates awareness, Soothing</td>
<td>Corridors</td>
</tr>
<tr>
<td>Sunflower</td>
<td>Bright Yellow/Orange</td>
<td>Happiness, Sunshine, Warmth</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Pink frangipani</td>
<td>Pink/Yellow</td>
<td>Soothing</td>
<td>Reception area, Corridors</td>
</tr>
<tr>
<td>Orange Hibiscus</td>
<td>Orange</td>
<td>Energizing</td>
<td>Children’s ward, Reception area</td>
</tr>
<tr>
<td>Pink Oleander</td>
<td>Pink</td>
<td>Hopeful, Soft</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Water Lily</td>
<td>Orange</td>
<td>Energizing, Simplicity</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Copper Leaf</td>
<td>Red</td>
<td>Hope, Excitement</td>
<td>Adult ward</td>
</tr>
<tr>
<td>Poinsettia</td>
<td>Red</td>
<td>Christmas joy and hope</td>
<td>Reception, Adult ward</td>
</tr>
</tbody>
</table>
## Flowers with cool colors

<table>
<thead>
<tr>
<th>Name of flower</th>
<th>Color of flower</th>
<th>Psychological association</th>
<th>Suitable hospital display space</th>
</tr>
</thead>
<tbody>
<tr>
<td>African Violet</td>
<td>Violet</td>
<td>Peaceful, Suppresses stress</td>
<td>Adult ward</td>
</tr>
<tr>
<td>Blue Iris</td>
<td>Blue</td>
<td>Calming, Reduces pressure</td>
<td>Adult Ward, Reception area, Children’s ward</td>
</tr>
<tr>
<td>Flower arrangement</td>
<td>Blue</td>
<td>Relaxing</td>
<td>Reception area, Corridors, adult ward</td>
</tr>
<tr>
<td>in a vase</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lilac Rose</td>
<td>Lilac</td>
<td>Reduces tension</td>
<td>Reception area, Adult ward</td>
</tr>
<tr>
<td>Gardenia</td>
<td>White</td>
<td>Calming, Reduces anxiety,</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Morning glory</td>
<td>purple</td>
<td>Peaceful, Soothing</td>
<td>Adult wards, Corridors, Children’s ward</td>
</tr>
<tr>
<td>White frangipani</td>
<td>White</td>
<td>Simplicity, Hope</td>
<td>Children’s ward</td>
</tr>
<tr>
<td>Carnations</td>
<td>Green</td>
<td>Soothing, Relaxing</td>
<td>Reception areas, Corridors</td>
</tr>
<tr>
<td>Orchid tree</td>
<td>Purple</td>
<td>Induces Hope</td>
<td>Children’s ward, Adult’s ward</td>
</tr>
<tr>
<td>Moth orchid</td>
<td>Purple</td>
<td>Peaceful, Reduces tension</td>
<td>Adult ward, Reception area, corridors</td>
</tr>
<tr>
<td>Day flower</td>
<td>Blue</td>
<td>Calming,</td>
<td>Adult ward</td>
</tr>
<tr>
<td>Monochromatic Rose</td>
<td>Brown</td>
<td>Soft, Hopeful</td>
<td>Reception area</td>
</tr>
<tr>
<td>Name of flower</td>
<td>Color of flower</td>
<td>Psychological association</td>
<td>Suitable hospital display space</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------</td>
<td>---------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>White Calla lily</td>
<td>White</td>
<td>Peaceful, Calming</td>
<td>Reception area, Corridors, Adult ward</td>
</tr>
<tr>
<td>Abstract Calla lilies</td>
<td>Purple/Blue</td>
<td>Relaxing, Soothing</td>
<td>Reception area</td>
</tr>
<tr>
<td>Wild roses</td>
<td>Brown</td>
<td>Reassuring</td>
<td>Adult ward</td>
</tr>
<tr>
<td>White Daisy</td>
<td>White</td>
<td>Hope</td>
<td>Adult ward</td>
</tr>
</tbody>
</table>


### 3.5 Data Processing

This was divided into four main sections which involved developing sketches and drawings from the data collected. The four stages were:

- Preliminary sketches

- Developed studies

- Final studies

- Final paintings – using the analyzed data, the researcher painted the final paintings of flowers in oils and acrylics on canvas.
Table 4: Number of pieces presented

<table>
<thead>
<tr>
<th>CATEGORY OF WORK</th>
<th>NUMBER OF PIECES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Preliminary sketches of flowers</td>
<td>27</td>
</tr>
<tr>
<td>2. Developed sketches of flowers</td>
<td>20</td>
</tr>
<tr>
<td>3. Final studies of flowers</td>
<td>23</td>
</tr>
<tr>
<td>4. Finished paintings of flowers</td>
<td>30</td>
</tr>
</tbody>
</table>

3.6 Portfolio

The researcher presented a portfolio containing preliminary sketches, drawings and final studies. A pictorial presentation of data was also presented showing the data collection process.

3.7 Exhibition

The researcher mounted an exhibition of all the works produced during the creative process. The work included preliminary sketches, developed drawings, final studies and final paintings. Shown in the table above is the total number of pieces presented.

3.8 Written Report

A bound written report on the study was presented together with a catalogue of exhibited paintings which was held at a Gallery within the Department of Fine Art and Design at Kenyatta University.
CHAPTER FOUR: STUDIO WORK PROCESS

4.1 Chapter Overview

This chapter describes the studio work process that led to the creation of the final paintings. The process mainly involved two stages which included drawing and painting. From the photographic data collected, the researcher developed preliminary sketches which were drawn in pencil followed by developed studies which were done in pencil and colored pencils, and then the final studies which were done in diluted acrylic paint. These three stages preceded the painting of the final pieces. Related techniques, tools and materials are further described in this chapter. The studio work process was the basis on which the final painting process was laid.

4.2 Drawing

Since drawing plays an important role in the development of any work of visual art including sculpture, ceramics, landscaping, graphic design, interior design among others, the researcher embarked on a series of various forms of sketches and drawings. The preliminary sketches were done in an effort to capture the shape of the flower, the developed drawings were done to help in the study of tones and the general direction of light and the final studies were done for purposes of studying the color effect.

Plate 41: Sketching  Plate 42: Sketching
4.2.1 Preliminary sketches

In an attempt to acquire inspiration for the final subject matter, the researcher embarked on a series of pencil drawings to capture the shape and general feel of the flowers.

Figure 1: White Frangipani

Preliminary sketch

Figure 2: Sunflower

Preliminary sketch

Figure 3: Calla Lily

Preliminary sketch

Figure 4: Rose

Preliminary sketch
Figure 5: Moth orchid
Preliminary sketch

Figure 6: Poinsettia
Preliminary sketch

Figure 7: Calla Lily
Preliminary sketch

Figure 8: Abstract Calla Lily
Preliminary sketch
Figure 9: Daisies

Preliminary sketch

Figure 10: Asiatic Day Flower

Preliminary sketch

Figure 11: Morning Glory

Preliminary sketch

Figure 12: Anthurium

Preliminary sketch
Figure 13: Bird of Paradise
Preliminary sketch

Figure 14: Orchid tree
Preliminary sketch

Figure 15: Iris
Preliminary sketch

Figure 16: Angels’ trumpet
Preliminary sketch
4.2.2 Developed studies

Using colored pencils, a development was made from the preliminary drawings. This was done to help in the study of tones, the light versus the dark areas and the direction of light.
Figure 21: White Calla lily

Developed study

Figure 22: Amaryllis

Developed study

Figure 23: Blue Iris

Developed study

Figure 24: Sunflower

Developed study
Figure 25: Rose
Developed study

Figure 26: Kaffir lily
Developed study

Figure 27: Water lily
Developed study

Figure 28: Lilac Rose
Developed study
Figure 29: White frangipani
*Developed study*

Figure 30: African violet
*Developed study*

Figure 31: Calla lily
*Developed study*

Figure 32: Calla lily
*Developed study*
4.2.3 Final studies

For purposes of studying the color effect, final studies were done using diluted acrylic paint.

![Oleander Final study](image)

**Figure 33: Oleander**

**Final study**

![Morning Glory Final study](image)

**Figure 34: Morning Glory**

**Final study**

![Lilac Rose Final study](image)

**Figure 35: Lilac Rose**

**Final study**

![Pink Hibiscus Final study](image)

**Figure 36: Pink Hibiscus**

**Final study**
Figure 37: Angels’ trumpet

Final study

Figure 38: Kaffir Lily

Final study

Figure 39: Blue Iris

Final study

Figure 40: Anthurium

Final study
Figure 41: Water Lily

Final study

Figure 42: Day Flower

Final study

Figure 43: Pink Frangipani

Final study

Figure 44: Amaryllis

Final study
Figure 45: African Violet
Final study

Figure 46: Gardenia
Final study

Figure 47: Carnations
Final study

Figure 48: White daisies
Final study
4.3 The painting process

The researcher embarked on the painting process after the drawings were completed. This involved careful selection of flowers from the collected data. The color, type and texture of the flowers and the eventual hospital spaces where the paintings would be displayed was taken into consideration.

Table 5 – *Materials used in the project*

<table>
<thead>
<tr>
<th>Materials</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canvas</td>
<td>Painter’s white canvas. It is durable, stretchable and has adequate textural grains.</td>
</tr>
<tr>
<td>Acrylic paints</td>
<td>Fevicryl acrylic colors. The colors remain bright intense and permanent when they have dried and are suitable for various surfaces.</td>
</tr>
<tr>
<td>Oil paints</td>
<td>200 ml Winsor and Newton oil color tubes.</td>
</tr>
<tr>
<td>Primer</td>
<td>Brilliant white matt emulsion.</td>
</tr>
<tr>
<td>Water</td>
<td>For mixing acrylic paint and cleaning the brushes after use in acrylic paintings.</td>
</tr>
<tr>
<td>Turpentine</td>
<td>For cleaning the brushes after use in oil paintings.</td>
</tr>
<tr>
<td>Frames</td>
<td>Cypress wood for stretching the canvas.</td>
</tr>
</tbody>
</table>
Table 6: – *Tools used in the project*

<table>
<thead>
<tr>
<th>Tools</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pencils</td>
<td>HB Staedtler pencils.</td>
</tr>
<tr>
<td>Brushes</td>
<td>Winsor and Newton painting brushes (variety of shapes and sizes).</td>
</tr>
<tr>
<td>Staple gun</td>
<td>Stanley TR 250 type (For stretching the canvas)</td>
</tr>
</tbody>
</table>

4.3.1 Stretching and Priming

Most of the paintings were generally 30” x 36” inches in size with a few exceptions where the sizes were smaller or longer depending on the composition of the painting. The soft wood frames were generally two inches in thickness. To create a firm surface, the stretching was done using a staple gun. Priming was done by applying two coats of white vinyl emulsion matt paint onto the canvas to allow easy and smooth movement of the brush on the surface of the canvas.
4.3.2 Sketching

The researcher began each painting by making a light pencil sketch on the canvas so as to fit in the composition of the picture in a balanced manner. The pencil sketch, being easily adjustable, helped to correct the composition where it did not look right before embarking on the final color application.

4.3.3 Color application

After the basic pencil sketch was done, the color application began, starting with a light outline of the overall painting. Most flowers are symmetrical. They can be divided into three or more identical sectors which are related to each other by rotation at around the centre of the flower. This observation led to the conclusion that starting the paintings from the centre of the flowers and then moving on to the petals would achieve a more realistic finish to the painting.

4.3.4 Technique

Realism was the style used to create the paintings with an emphasis on the geometric form of the flowers. An assortment of brush types and sizes were used to create the paintings.
Table 7: *Flowers featured in the final paintings*

<table>
<thead>
<tr>
<th>Flower</th>
<th>Color</th>
<th>Figure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Anthurium</td>
<td>Red</td>
<td>114</td>
</tr>
<tr>
<td>2. African Violet</td>
<td>Violet</td>
<td>115</td>
</tr>
<tr>
<td>3. Bird of Paradise</td>
<td>Orange/Purple</td>
<td>116</td>
</tr>
<tr>
<td>4. Kaffir lily</td>
<td>Orange/Yellow</td>
<td>117</td>
</tr>
<tr>
<td>5. Red Amaryllis</td>
<td>Red</td>
<td>118</td>
</tr>
<tr>
<td>6. Blue Iris</td>
<td>Blue</td>
<td>119</td>
</tr>
<tr>
<td>7. Floral arrangement</td>
<td>Blue</td>
<td>120</td>
</tr>
<tr>
<td>8. Lilac Rose</td>
<td>Lilac</td>
<td>121</td>
</tr>
<tr>
<td>9. Gardenia</td>
<td>White</td>
<td>122</td>
</tr>
<tr>
<td>10. Pink Hibiscus</td>
<td>Pink</td>
<td>123</td>
</tr>
<tr>
<td>11. Angels’ Trumpet</td>
<td>Peach</td>
<td>124</td>
</tr>
<tr>
<td>12. Sunflower</td>
<td>Yellow</td>
<td>125</td>
</tr>
<tr>
<td>13. Morning Glory</td>
<td>Blue</td>
<td>126</td>
</tr>
<tr>
<td>14. White Frangipani</td>
<td>White/Yellow</td>
<td>127</td>
</tr>
<tr>
<td>15. Pink Frangipani</td>
<td>Pink/Yellow</td>
<td>128</td>
</tr>
<tr>
<td>16. Carnations</td>
<td>Peach/White/Orange</td>
<td>129</td>
</tr>
<tr>
<td>17. Orchid Tree</td>
<td>Purple</td>
<td>130</td>
</tr>
<tr>
<td>18. Moth Orchid</td>
<td>Purple</td>
<td>131</td>
</tr>
<tr>
<td>19. Orange Hibiscus</td>
<td>Orange</td>
<td>132</td>
</tr>
<tr>
<td>20. Pink Oleander</td>
<td>Pink</td>
<td>133</td>
</tr>
<tr>
<td>21. Water Lily</td>
<td>Orange</td>
<td>134</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Description</td>
<td>Color</td>
</tr>
<tr>
<td>------</td>
<td>---------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>22.</td>
<td>Asiatic Day Flower</td>
<td>Blue</td>
</tr>
<tr>
<td>23.</td>
<td>Monochromatic Rose</td>
<td>Burnt amber</td>
</tr>
<tr>
<td>24.</td>
<td>White Calla Lily</td>
<td>White</td>
</tr>
<tr>
<td>25.</td>
<td>Daisies in a pot</td>
<td>White</td>
</tr>
<tr>
<td>26.</td>
<td>Abstract Calla Lilies</td>
<td>Purple/Blue</td>
</tr>
<tr>
<td>27.</td>
<td>Abstract Copper Leaf</td>
<td>Red/Copper</td>
</tr>
<tr>
<td>28.</td>
<td>Wild Daisy</td>
<td>White</td>
</tr>
<tr>
<td>29.</td>
<td>Tulip</td>
<td>Orange</td>
</tr>
<tr>
<td>30.</td>
<td>Poinsettia</td>
<td>Red</td>
</tr>
</tbody>
</table>

4.3.5 The Inspirational process of composing the paintings

In addition to the use of collected data, sketches and drawings, line, shape, tone, color, pattern, texture and form were all put into consideration during the composition process of the final paintings. The researcher sought to express the beauty and power of flowers by creating close-ups on canvas. While some of the paintings are quite detailed, the researcher stripped away what was considered not essential in order to focus on the shape and color of the flowers.
1. White Frangipani

Plate 47: Frangipani - *Inspiration*

Plate 48: Frangipani - *Inspiration*

Figure 49: Frangipani – *Painting process*

Figure 50: Frangipani – *Final painting*

2. African Violet

Plate 49: African Violet - *Inspiration*

Figure 51: African Violet - *Painting process*

Figure 52: African Violet - *Final painting*
2. White Daisies in a pot

Figure 53: Daisies in a pot - painting process

Figure 54: Daisies in a pot - painting process

Figure 55: Daisies in a pot - Final painting

3. Orchid tree

Plate 50: Orchid tree - Inspiration

Figure 56: Orchid tree - Painting process

Plate 51: Orchid tree - Inspiration

Figure 57: Orchid tree - Final painting
4. Angels’ trumpet

Plate 52: Angels’ trumpet - *Inspiration*

Figure 58: Angels’ trumpet - *Painting process*

Figure 59: Angels’ trumpet - *Final painting*

5. Gardenia

Plate 53: Gardenia - *Inspiration*

Figure 60: Gardenia - *Painting process*

Plate 54: Gardenia - *Inspiration*

Figure 61: Gardenia - *Painting process*

Figure 62: Gardenia - *Final painting*
6. Anthurium

Plate 55: Anthurium - Inspiration

Plate 56: Anthurium - Inspiration

Plate 57: Anthurium - Inspiration

Figure 63: Anthurium – Painting process

Figure 64: Anthurium – Painting process

Figure 65: Anthurium – Final painting

7. Pink Hibiscus

Plate 58: Pink Hibiscus - Inspiration

Figure 66: Pink Hibiscus – Painting process

Figure 67: Pink Hibiscus – Final painting
8. Blue Iris

Plate 59: Blue Iris - Inspiration
Plate 60 Blue Iris - Inspiration
Figure 68: Blue Iris – Painting process

Figure 69: Blue Iris – Painting process
Figure 70: Blue iris – Painting process
Figure 71: Blue Iris – Final painting

9. Morning Glory

Plate 61: Morning Glory - Inspiration
Figure 72: Morning Glory – Painting process
Figure 73: Morning Glory – Final painting
10. Asiatic Day Flower

Plate 62: Asiatic Day flower - *Inspiration*

Plate 63: Asiatic Day flower - *Inspiration*

Figure 74: Asiatic Day flower – *painting process*

Figure 75: Asiatic Day flower – *Final painting*

11. Copper Leaf

Plate 64: Copper Leaf - *Inspiration*

Plate 65: Copper Leaf - *Inspiration*

Figure 76: Abstract Copper Leaf – *Final painting*
12. Orange Hibiscus

Plate 66: Orange Hibiscus - *Inspiration*

Plate 67: Yellow Hibiscus – *Inspiration*

Figure 77: Orange Hibiscus – *Painting process*

Figure 78: Orange Hibiscus – *Final painting*

13. White Calla Lily

Plate 68: White Calla Lily - *Inspiration*

Figure 79: White Calla Lily – *Painting process*

Figure 80: White Calla Lily – *Final painting*
14. Poinsettia

Plate 69: Poinsettia - Inspiration

Figure 81: Poinsettia – Painting process

Plate 70: Poinsettia - Inspiration

Figure 82: Poinsettia – Final painting

15. Pink Oleander

Plate 71: Pink Oleander - Inspiration

Figure 83: Pink Oleander – Painting process

Plate 70: Poinsettia - Inspiration

Figure 84: Pink Oleander – Final painting
16. Carnations

Figure 85: Carnations – Painting process

Figure 86: Carnations – Painting process

Figure 87: Carnations – Final painting

17. Wild Roses

Figure 88: Wild Roses – Painting process

Figure 89: Wild Roses – Painting process

Figure 90: Wild Roses – Final painting
18. Lilac Rose

Plate 72: Lilac Rose - *Inspiration*

Plate 73: Lilac Rose - *Inspiration*

Figure 91: Lilac Rose – *Painting process*

Figure 92: Lilac Rose – *Final painting*

19. Monochromatic Rose

Figure 93: Rose – *Painting process*

Figure 94: Rose – *Final painting*
20. Kaffir lily

Plate 74: Kaffir Lily - Inspiration

Figure 95: Kaffir Lily – Painting process

Plate 75: Kaffir Lily - Inspiration

Figure 96: Kaffir Lily – Final painting

21: Red Amaryllis

Plate 76: Red Amaryllis - Inspiration

Figure 97: Red Amaryllis – Painting process

Figure 98: Red Amaryllis – Final painting
22. Sunflower

Plate 77: Sunflowers - Inspiration

Figure 99: Sunflower – Painting process

Figure 100: Sunflower – Painting process

Figure 101: Sunflower – Final painting

23. Pink Frangipani

Plate 78: Pink Frangipani - Inspiration

Figure 102: Pink Frangipani – Painting process

Figure 103: Pink Frangipani – Final painting
24. Bird of paradise

Plate 79: Bird of paradise - Inspiration

Plate 80: Bird of paradise – Inspiration

Figure 104: Bird of paradise – Painting process

Figure 105: Bird of paradise – Painting process

Figure 106: Bird of paradise – Final painting

25. Water Lily

Plate 81: Water Lily - Inspiration

Figure 107: Water Lily – Painting process

Figure 108: Water Lily – Final painting
26. Moth Orchid

Plate 82: Moth Orchid - *Inspiration*

Figure 109: Moth Orchid – *Painting Process*

Figure 110: Moth Orchid – *Painting process*

Figure 111: Moth Orchid – *Final painting*

28. Flower arrangement in a vase

Plate 83: Flowers in a vase - *Inspiration*

Figure 112: Flowers in a vase – *Painting process*

Figure 113: Flowers in a vase – *Final painting*
4.4. Presentation of an artistic hospital environment

Hospital Corridors

Plate 84: Hospital corridor without paintings  
Source: Internet

Plate 85: Hospital corridor without paintings  
Source: Internet

Plate 86: Artistic impression of a hospital corridor with paintings  
Source: Researcher
Adults’ wards

Plate 87: Adults’ ward without paintings
Source: Internet

Plate 88: Artistic impression of Adults’ ward without paintings.
Source: Researcher

Plate 89: Artistic impression of Adults’ ward with paintings
Source: Researcher
Children’s wards

Plate 90: Artistic impression of Children’s ward without paintings
Source: Internet

Plate 91: Artistic impression of Children’s ward without paintings
Source: Researcher

Plate 92: Artistic impression of Children’s ward with paintings
Source: Researcher
Reception areas

Plate 93: Reception area without paintings
– Source: Internet

Plate 94: Artistic impression of Reception area without paintings
Source: Researcher

Plate 95: Artistic impression of Reception area with paintings Source: Researcher
4.5: PRESENTATION OF THE FINAL PAINTINGS

This section exhibits the final flower paintings. Each painting is accompanied by a few flower facts. For ease of reading, the facts have been compressed to highlight only key points about flowers, such as the origin, brief history, color of the flowers and the characteristics that inspired the researcher.

21 paintings were done in acrylics on canvas and 9 paintings were done in oils on canvas. The label and size details are shown at the bottom of the paintings.

The inspirational and development process of the paintings has already been described. The following pages, therefore, are confined to the presentation and flower facts of the paintings.
4.5.1: ANTHURIUM

*Scientific Name:* *Anthurium andraeanum*

Anthurium is a genus of about 1,000 species of flowering plants, the largest genus of the arum family, Araceae. General common names include, Tailflower, Flamingo flower and Laceleaf. The genus is native to the Americas, where it is distributed from Northern Mexico to Northern Argentina and parts of the Caribbean. It is a genus of herbs often growing as epiphytes on other plants.

The name ‘anthurium’ is Greek and comes from anthos which means flower and oura, which means tail which refers to the spadix. Anthurium is also called ‘Flamingo flower’ due to its structure.

The flowers are incredibly bright and look almost artificial. The flowers come in a variety of colors ranging from red, pink, white, lilac, green, and chocolate brown. The leaves look waxy and are heart-shaped. What is commonly thought to be the anthurium flower is actually a colored leaf called the spathe. The flowers are very small and cover the entire flower stalk, which is called the spadix.

The anthurium symbolizes hospitality and can be used to indicate happiness and abundance.

*Inspiration:*

The red anthurium was selected for this project because it is the most recognizable of the anthuriums. The flowers have a waxy texture that look almost artificial. Achieving the artificial-like look proved to be quite a challenge.


Fig 114: Anthurium (Final Painting)

*Scientific name: Anthurium andraeanum*

*Size: 32” x 40”*

*Medium: Acrylics on canvas*
4.5.2: AFRICAN VIOLET

*Scientific name: Saintpaulias*

African violets are common indoor house plants. They are a genus of 6-20 species of perennial herbaceous flowering plants. They are native to Tanzania and adjacent southeastern Kenya. They come in a variety of colors, ranging from purple, blue, pink, white or bicolor. They are abundant as cultivated plants but several of the native species are considered endangered or threatened due to deforestation for agriculture.

The genus is named after Baron Walter von saint Paul-Illaire (1860-1910), who was the district commissioner of Tanga province, Tanganyika, (now Tanzania). He discovered the plant in 1892. The plants get their common name “African violet” from their resemblance to true violets of the family of Violaceae. The word “violet” comes from the Latin name ‘viola’.

The African violet is popular as a house plant because it can be grown in any home with proper planning and right conditions. The flower varieties have a multitude of flower and leaf characteristics. The flowers come with smooth, ruffled or frilled petals. They are 3-10 cm in diameter and grow in clusters of 3-10 or more on slender stalks called peduncles. The leaves have a fleshy, hairy texture and are rounded to oval in shape.

The flowers have been associated with mothers and motherhood and are therefore a popular gift to mothers.

*Inspiration:*

The unusual rich violet color of the African violets in itself is quite inspiring. It presented an interesting painting subject because while the leaves are thick and fleshy, the flowers are soft and very delicate.


Fig 115. The African Violet (Final Painting)

*Scientific Name:* Saintpaulias

*Size:* 23” x 36”

*Medium:* Acrylics on canvas
4.5.3: BIRD OF PARADISE

*Scientific Name: Strelitzia*

Bird of Paradise is a genus of 5 species of perennial flowering plants native to South Africa. It belongs to the plant family Strelitziaceae. Its common name ‘Bird of Paradise’ is derived from the flowers’ resemblance to birds-of-paradise in flight. It is also known as the Crane Flower.

The plant was named for Queen Charlotte, wife of King George III. She was of the House of Mecklenburg – Strelitzia. The flower is featured on the reverse side of the 50 cent coin in South Africa, where it is commonly known as the Crane flower. It is also the floral emblem of the city of Los Angeles.

Belonging to the banana family, the bird of paradise is a tropical herb. It has large oval leaves on long stems. The flowers are orange and blue in color and resemble an exotic bird in flight. It’s large, striking flowers grow at the tips of long, straight stems and stand out from the foliage. The long blue tongue is the female part of the flower.

In their native habitat, they are pollinated by Sunbirds. In areas without Sunbirds, plants in this genus generally need hand pollination in order to successfully set seed. The leaves are large and broad and are similar to banana leaves in appearance. The flowers are produced in a horizontal inflorescence emerging from a short spathe.

*Inspiration:*

Bird of paradise was selected for this project because of its very interesting shape which resembles a bird in flight. It has an unusual blend of colors which include orange, blue/purple and some red. Merging the colors into each other proved to be an interesting task.


Bird of Paradise (Final Painting)

Scientific Name: *Strelitzia*

Size: 38” x 30”

Medium: Acrylics on canvas
4.5.4: KAFFIR LILY

Scientific Name: *Clivia Miniata*

Clivia Miniata, also known as Natal Lily, Bush Lily, Fire Lily or Kaffir Lily is a flowering plant in the genus Clivia of the lily family, Liliaceae, the same family as amaryllis. It is native to South Africa, Western Cape, Gauteng, Kwa Zulu-Natal provinces as well as Swaziland. It is reportedly naturalized in Mexico and is commonly seen growing in most Australian states. It is also popular in New Zealand, Japan, China and southern parts of the USA, particularly California.

It is a beautiful flowering plant, elegant and imposing. A clivia plant will produce dense clusters of approximately 10 – 20 trumpet-shaped flowers. The primary flower color is orange with yellow centers, but there are also highly prized yellow flowers that are rare and quite expensive.

The cluster of flowers produced grows from the end of an upright stem so they sit displaying themselves over the foliage. Equally important are the shiny, dark green strappy leaves which arch over each other and are virtually blemish free, making clivia miniata an attractive foliage plant, even when not in bloom. Clivia miniata grows year round in sub-tropical and tropical locations. It can be grown indoors as a house plant. It contains small amounts of lycorine, making it poisonous to cats and dogs.

*Inspiration:*

The Kaffir lily is not very common in gardens around Nairobi. It was selected in an effort to highlight its rarity and to showcase the interesting shape and the brilliant colors of the flowers.

Fig. 117. **Kaffir Lily** (Final painting)

*Scientific name: *Clivia Miniata

*Size: 32” x 40”*

*Medium: Oil on canvas*
4.5.5: RED AMARYLLIS

Scientific name: *Amaryllis belladonna*

Amaryllis Belladona is a native of the Western Cape region, South Africa, the Americas and parts of the Caribbean. It was discovered in Chile in 1828 by Eduard Fredrich Poeppig, a physician and hunter from Leipzig, Germany. It is one of the numerous genera with the common name ‘Lily’ due to the flower shape and growth habit. However, it is only distantly related to the true Lily, ‘Lilium’. The Amaryllis Belladona is a perennial flowering plant and a member of the Hippeastrum genus which consists of more than 50 species of bulbous flowering plants.

Amaryllis comes from the Greek word ‘amaryssein: which means to ‘sparkle’. It is also commonly known as ‘the naked lady’ or ‘the beautiful lady’. In Greek mythology, Amaryllis was a shy shepherd girl who loved Alteo, a shepherd, with Hercules strength and Appollo’s beauty. However, Alteo only loved flowers, so Amaryllis pierced her heart with a golden arrow and a crimson flower sprung from her heart’s blood.

Amaryllis Belladona was introduced into cultivation at the beginning of the 18th Century. It reproduces slowly by either bulb division or seeds.

There is an Amaryllis hybrid which was bred in the 1800s in Australia, producing color variations of white, cream, peach, magenta and nearly red hues. The hybrids are quite distinct in that many shades of pink also have stripes, veining, darkened edges, white and light yellow centers, setting them apart from the original light pink.

Inspiration:

The spikes of large brilliant-colored, star-like flowers inspired the painting of this beautiful flower.


Fig: 118. Red Amaryllis (Final painting)

Scientific name: *Amaryllis belladonna*

Size: 36” x 30”

Medium: Acrylics on canvas
4.5.6: BLUE IRIS

*Scientific Name:* *Iris versicolor*

Blue Iris is a perennial flowering plant that belongs to the iridaceae family. There are 260 to 300 species of iris. Most originate from temperate parts of North America, Eastern United States and Canada. Beautiful, showy multi colored flowers of iris can be found around the world.

The iris takes its name from the Greek word ‘rainbow’ referring to the wide variety of flower colors found among the many species. Iris can produce white, yellow, orange, pink, purple, lavender, blue or brown colored flowers. Individual flowers consist of three upward oriented petals known as ‘standards’ and three downward oriented sepals known as ‘falls’. Drooping sepals can be covered with ‘beard’ (fuzzy appendage). The flowers are fragrant and last only three days.

The juice of iris can be used as a cosmetic to remove skin blemishes. Used in dry state, it is said to be helpful for complaints of the lungs, hoarseness and coughs. Essential oils from the iris plant are used in aromatherapy and making perfume.

Vincent van Gogh, the famous Dutch artist, painted two pictures depicting irises. These paintings are very famous and highly prized in the art world today.

*Inspiration:*

The blue iris is an interesting flower to study and paint due to its unusual form. The blue color is also not common in flowers. It presented a good color variation for this project.


Fig: 119. **Blue Iris** (Final painting)

*Scientific name: *Iris versicolor*

*Size: 31” x 39”*

*Medium: Acrylic on canvas*
4.5.7: FORAL ARRANGEMENT IN A VASE

Commercial description: Floral design

Floral design or floral art is the art of creating flower arrangements in vases, bowls, pots, baskets or other containers using cut flowers. Floristry is the production, commerce and trade in flowers. It can involve the cultivation of flowers as well as their arrangement, and the business of selling them. Much of the raw material supplied for the floristry trade comes from the cut flower industry. The floristry business has a significant market in the corporate and social event world since flowers play a large part in the décor of special events and meetings. Centerpieces, reception tables, weddings and ecclesiastical settings are only a few examples of how flower arrangements are used.

The earliest known floral arrangements date back to ancient Egypt. Egyptians were decorating with flowers as early as 2,500 BCE. They regularly placed cut flowers in vases. The arrangements were used during burials, for processions and simply as table decorations.

The Chinese were making flower arrangements as far back as 207 BCE to 220CE. They created paintings, carvings and embroidered items with depictions of flowers. The paintings can be found on vases, plates, scrolls and silk. During the Renaissance (AD 1400 -1600), the flower design started in Italy and grew through Europe. Paintings of impressive floral arrangements in vases were popular and can be seen in many museums around Europe.

Inspiration:

Painting flowers in a vase has always been a favorite still-life subject among flower painters. It is a wonderful way to express beauty on a canvas.


Fig: 120. **Floral arrangement in a vase (Final painting)**

*Commercial description: *Floral design*

*Size: 32” x 40”*

*Medium: oil on canvas*
4.5.8: LILAC ROSE

Scientific name: Rosa hybrid

Roses belong to the family of plants called Rosaceae. The name Rose comes from the Latin word Rosa. The flower has been used as a symbol of love for hundreds of years and that’s why it is often referred to as ‘the flower of love’. All roses were originally wild and they came from several parts of the world including North America, Europe, Africa, Asia and Oceania. Origin of the cultivated rose was probably in Northern Persia. Today they are universally cultivated in gardens and farms, with Netherlands being the world’s leading exporter.

There are over 100 different species of roses. Many roses have a strong pleasant scent. They have been specially bred to produce a wide variety of colors which range from dark red (almost black), white, yellow, blue, lilac, purple, orange, burgundy and pink. Roses have been the most popular choice of flowers for the purpose of gifting across the world. Different colored roses have different meanings ranging from love, gratitude, purity, friendship, royalty and death. The flowers work wonders to aesthetically enliven a place and are therefore popular for home and office décor.

The lilac rose is one of the rarest and most visually stunning of the rose flowers. It is used to portray ‘splendor and enchantment’.

Inspiration:

Although roses come in several colors, the lilac rose is one of the most stunning colors. Lilac being a color of elegance and grandeur, painting the rose seemed to be an appropriate way to pay tribute to its unusual characteristics.

Fig: 121. Lilac rose (Final painting)

*Scientific name:* *Rosa hybrid*

*Size:* 32” x 40”

*Medium:* oil on canvas
4.5.9: GARDENIA

Scientific Name: *Gardenia jasminoides*

The Gardenia are small evergreen shrubs or trees that grow between 1 – 15 meters tall. There are 142 species in the gardenia family. They belong to the coffee plant family of Rubiaceae. The flowers are typically white or pale yellow and have a strong pretty sweet scent.

The Gardenia is a subtropical plant and thrives best in warm temperatures in humid environments. It originated in Asia and is most commonly found growing in Vietnam, Southern China, Taiwan, Japan, Myanmar and India.

Evidence of gardenia in cultivation in China dates back to the Song Dynasty (960 – 1279AD), where the flowers have been depicted in paintings such as those of the Song ‘Emperor Huizong’

The fruit is used as a yellow dye which is used for clothes and in food.

Gardenia is the national flower of Pakistan.

Inspiration:

The pale white blooms of the Gardenia contrast beautifully with the lustrous green foliage. Painting the leaves of the Gardenia was as important as painting the flower so as to emphasize the white color of the flower against the lustrous green of the foliage.


Fig: 122. **Gardenia** (Final painting)

*Scientific name: Gardenia jasminoides*

*Size: 24” x 30”*

*Medium: oil on canvas*
4.5.10: PINK HIBISCUS

Scientific name: *Hibiscus rosa-sinensis* 

Hibiscus is a genus of flowering plants in the mallow family, malvaceae. It contains several hundred species that are native to warm, temperate, subtropical and tropical regions throughout the world. The eight hibiscus species that are considered to be the ancestors of modern day exotic hibiscus were originally native to Mauritius, Fiji and Hawaii. These eight species have all been involved in the development of the modern hybrids that are familiar today.

The flowers are large and conspicuous with five or more petals. The colors range from white, pink, red, orange, peach, yellow and purple.

Hibiscus is edible and can be used as a vegetable or as a garnish. Herbal tea is also made from hibiscus flowers and is known by many names in many countries around the world. The tea is well known for its color, tanginess and flavor and is served both hot or cold. The tea contains vitamin C and minerals and is used traditionally as a mild medicine. Studies have demonstrated that hibiscus tea lowers blood pressure.

Inspiration:

The pink Hibiscus is one of the most familiar and popular flowers around Nairobi. It was selected for this project because a series of flower paintings in the tropical world would seem incomplete without a Hibiscus.


Fig: 123. **Pink Hibiscus** (Final painting)

*Scientific name: Hibiscus rosa-sinensis*

*Size: 30” x 40”*

*Medium: Acrylics on canvas*
4.5.11: ANGELS’ TRUMPET

*Scientific Name: Brugmansia suaveolens*

Angels’ trumpet or Brugmansia is a genus of seven species of flowering plants in the family Solanaceae. They are woody trees or shrubs with pendulous flowers. The name Angels’ trumpet refers to the large pendulous, trumpet-shaped flowers which are 14-20 inches long and 4-14 inches wide. They come in shades of white, yellow, pink, orange, green and red. Most have a strong pleasant fragrance that is most noticeable in the evening.

Brugmansia are native to tropical regions of South America along Andes from Venezuela and Brazil. They are grown as ornamental plants worldwide and have become naturalized in isolated tropical areas around the globe including, North America, Africa, Australia and Asia.

All parts of Brugmansia are potentially poisonous, with the seeds being especially dangerous. Effects of ingestion can include paralysis, confusion, diarrhea, headaches, hallucinations and even death.

*Inspiration:*

The flowers of Angels’ Trumpet hang upside down, resembling the angelic horns of judgement in the tarot. The symbolism surrounding the flower is fascinating as it is associated with angels and celestial powers. The unusual downward droop of the flower makes it an interesting subject to study.


Fig: 124. **Angels’ trumpet** (Final painting)

*Scientific name: *Brugmansia suaveolens*

*Size: 31” x 40”*

*Medium: Acrylics on canvas*
4.5.12: SUNFLOWER

Scientific name: *Helianthus annuus*

Sunflowers in all their colorful glory are a happy sight to behold. Sunflowers make up the genus Helianthus. In Greek, helios means sun and anthos means flower, thus, sunflower. The genus contains about 67 species and is thought to be native to the Americas. It was domesticated by Native Americans around 1000 BC and today sunflowers are distributed almost worldwide.

The sunflower is notable for turning its face to the sun, a behavior known as heliotropism. Sunflower plants are cultivated in farms for their seeds which are edible. The sunflowers have 39 to 49% oil in their seeds and this accounts for about 14% of the world’s production of seed oils. The oil is considered a premium oil because of its light color, high level of unsaturated fatty acids and bland flavor. The edible sunflower seeds can also be eaten raw, cooked, roasted or dried and they possess a lot of calcium and other important minerals.

The oil from sunflowers is also used for soap making. Yellow dyes have been made from the flowers and black dyes from the seeds. High quality silage can be made from the whole plant. Europe and Russia produce over 60% of the world’s sunflowers. The flower is also the national flower of Russia.

The happy sunflower bouquet sends cheery messages for special occasions such as weddings, birthdays, get well, and anniversaries. Vincent Van Gogh’s sunflower paintings have altered mankind’s perspective of art and life through their simplistic beauty.

*Inspiration:*

The sunny characteristics of the Sunflower made it an ideal subject for this project as the objective was to create cheer in hospital spaces.


Fig: 125. **Sunflower** (Final painting)

*Scientific name: *Helianthus annuus*

*Size: 32” x 40”*

*Medium: Acrylics on canvas*
4.5.13: MORNING GLORY

*Scientific Name:* *Ipomea purpuera*

Morning glory was first known in China for its medicinal uses including the laxative properties of its seeds. It was introduced to the Japanese in the 9th Century and they were the first to cultivate it as an ornamental flower. The Japanese have led the world in developing hundreds of varieties.

Morning glory flowers are a common sight in many landscapes and can be found in any number of species within the Calystegia, Convolvulus, Ipomea and Riviea genera. While some varieties are described as weeds in some areas, the fast growing vining plants can make lovely additions to gardens if well taken care of.

All Morning glory plants produce attractive funnel-shaped blossoms of various shades like white, red, blue, purple and yellow with heart-shaped leaves. It is a flower that blooms in the morning and closes in the afternoon, by the time the sun has fallen, the flower has died. The plants are known for their tolerance to poor dry soils and they can easily establish themselves in any slightly disturbed area, including garden edges, fence rows and roadsides where the vine is commonly seen growing.

*Inspiration:*

The morning Glory produces a profusion of trumpet-shaped flowers that open in the morning and usually close by afternoon. The purple/blue color of the flower featured in this painting seemed like an appropriate choice for spaces that required an ambience of calmness and relaxation.

*Source:*  
Fig: 126. **Morning glory** (Final painting)

*Scientific name: *Ipomea purpuera*

*Size: 32” x 40”*

*Medium: Acrylics on canvas*
4.5.14: WHITE FRANGIPANI

Scientific Name: *Plumeria rubra*

The Frangipani is a tropical tree bearing clusters of colorful scented flowers, the most common variety has white flowers with a yellow centre. There are many varieties, ranging from deep crimson to pale pink, to orange and every shade in between. It is native to warm tropical areas of the Pacific islands, Caribbean, South America and Mexico. Frangipanis withstand subtropical climate and they belong to the Apocynaeceae family of the Plumera Genus. The Frangipani flowers are highly scented during nights and are often used in bouquets. The flower is propeller-shaped with a delicate yellow center melting into creamy-white outer petals. The petals are five.

The name Frangipani comes from the Italian nobleman, Marquis Frangipani, who created a perfume used to scent gloves in the 16th Century. When the Frangipani flower was discovered, its natural perfume reminded people of the scented gloves. There is a theory that Catholic Missionary priests spread frangipanis around the world as they travelled.

Plumera can be divided into two main groups, the obtusa and the rubra. Obtusa plumeras have rounded shiny leaves while the rubra have duller pointed leaves. The obtusa frangipani generally has white flowers and a strong scent while rubra has colorful flowers with less scent. Frangipanis won’t burn except in extreme temperatures (over 500 degrees). The frangipani is the national flower of Nicaragua and it features in some of their bank notes.

*Inspiration:*

The white Frangipani is the most common of the frangipani flowers. It was selected for this project because the beautiful white flower with a yellow centre evokes a cheerful and happy feeling.

Fig: 127. **White Frangipani** (Final painting)

*Scientific name: *Plumeria rubra*

*Size: 32” x 40”*

*Medium: Acrylics on canvas*
4.5.15: PINK FRANGIPANI

*Scientific Name:* *Plumeria Obtusa*

The most familiar of the frangipanis is the one that produces creamy-white flowers with a yellow centre but they also come in several other tropical and sunset colors especially as they get closer to the equator. The plumeria rubra produces fragrant propeller-shaped flowers with each flower having five petals. They range in color from yellow to pink and all shades in between. It is a small genus of 7 to 8 species native to Mexico and Central America but has spread to all tropical areas of the world especially Hawaii where it grows so abundantly that many people think it is indigenous there.

Frangipanis are tough plants that can survive neglect, heat and drought and still fill the garden with a wonderful perfume. They are relatively small trees that grow only up to 5 to 6 meters in height.

The sweet scent and sheer beauty of frangipanis make them universally loved. They tend to evoke a tropical feeling and are often used in spas to create a relaxing ambience. ‘Warming oils’ such as those from plumeria, sandalwood, basil and lotus flower are said to have a calming effect on those suffering from fear, anxiety, insomnia and tremors.

The frangipani is the national tree of Laos and every Buddhist temple has them planted in their courtyards. It is also the national flower for Nicaragua.

*Inspiration:*

The pink frangipani flower was selected in an effort to demonstrate that some of the flowers featured are also found in different colors. The same kind of flower can look quite different depending on its color.

Fig: 128. **Pink frangipani** (Final painting)

*Scientific name: *Plumeria Obtusa*

*Size: 31” x 40”*

*Medium: Acrylics on canvas*
4.5.16: CARNATIONS

*Scientific name: Dianthus caryophyllus*

The scientific name of the Carnation is Dianthus, which was taken from the two Greek words, ‘dios’ which refers to Zeus, the supreme Greek god, and ‘Anthos’ which means “flower”. A literal translation would be “flower of the gods” or “heavenly flower”. The Dianthus became known as the Carnation because it was used in ancient Greece as part of their ceremonial coronation ceremonies.

Carnations originated in Eurasia and are probably native to the Mediterranean region, but its exact origin is unknown due to extensive cultivation in the last 2,000 years. Bogota, Colombia produces most of the world’s carnations. Kenya, Israel, Spain, and the American States of California and Colorado also grow a lot of Carnations. It is the national flower of Spain, Monaco and Slovenia.

The carnation is one of the best known flower throughout the world. It is a delicate, durable and delightful flower which is appreciated for its ruffled appearance, clove-like sweet scent and extended blooming period. It is a herbaceous perennial plant that grows up to 80 cm. tall. The flowers are 3-5 cm. in diameter. The original natural flower color is bright pinkish-purple but other colors including red, white, yellow, and green have been developed over the years. Cut flowers can be dyed to create solids such as blue or black by adding a few drops of food coloring into a vase of water and placing the bloom in the water.

*Inspiration:*

The ruffled appearance of the Carnation flowers makes them an interesting subject to paint. Carnations were appropriate for this project because the flowers are said to promote relaxation. Carnation tea is also said to have the ability to relax the spirit and promote energy and vitality.

Fig: 129. **Carnations**  (Final painting)

*Scientific name: Dianthus caryophyllus*

*Size: 24” x 30”*

*Medium: Oil on canvas*
4.5.17: ORCHID TREE

*Scientific name: Bauhinia purpuera*

The Orchid tree is a genus of more than 500 species of flowering plants of the family of Fabaceae. The genus was named after the Bauhin brothers, who were Swiss-French botanists. The orchid tree is medium sized and native to a variety of habitats in South Asia, southern China and Japan.

*Bauhinia purpuera* is admired for its large, fragrant and beautiful orchid-like flowers. The five-petaled flowers are 7-12 cm in diameter and are found in shades of mauve, pink, magenta or white with crimson highlights.

The orchid tree is also special for its extraordinary seed dispersal ability. It ejects its own seeds as far as 15 meters away from the tree.

In various countries such as India, Sri Lanka and Pakistan, the bark, roots and flowers have been and continue to be used in traditional medicine as treatments for many ailments such as ulcers, wounds, swollen glands and tumors. Ongoing research into the chemical components and medicinal properties of the plant suggests that the orchid tree contains a host of chemicals with among other benefits, antioxidant, antibacterial and anti-inflammatory effects.

*Inspiration:*

The Orchid tree (purple bauhinia), was selected because of its unusual resemblance to a butterfly. The flowers are also similar to orchids and the purple color tends to have a soothing effect.

Fig: 130. **Orchid tree** (Final painting)

*Scientific name: *Bauhinia purpurata*

*Size: 24” x 40”*

*Medium: Acrylics on canvas*
4.5.18: MOTH ORCHID

*Scientific Name: Phalaenopsis amabilis*

There are over 30,000 varieties of orchids which grow naturally around the world, except Antarctica. Orchids are the largest family of plants in the world. They have a symmetrical face and come in every color except black. There are many varieties of orchids, with the moth orchid being one of the most popular due to its long lasting flowers and the likelihood of continuous bloom. To thrive, it requires bright light and no direct sunlight.

The moth orchid is an orchid genus of approximately 60 species and belongs to the orchidaceae family. It is native to Southern China, the Indian subcontinent, New Guinea and Queensland. The flowers supposedly resemble moths in flight and for this reason, the species are sometimes called moth orchids.

The orchids bloom in different shades of the purple color, ranging from pale lavender to deep violet with white freckled spots. They exude a warm look and are among the most popular orchids sold as potted plants owing to the ease of flowering under artificial conditions. Their commercial production has become a big industry.

*Inspiration:*

The flower structure of the Moth Orchid is interesting in that it has three dorsal petals which are almost identical in size. They spread out to form a triangle of sorts, then there are three dorsal sepals which are heavily spotted in brown. It is challenging to paint the Moth Orchid due to its complicated structure but the color is soothing, making it a good choice for hospital interior spaces.

*Source:*  

Fig: 131. **Moth orchid** (Final painting)

*Scientific name: *Phalaenopsis amabilis*

*Size: 24” x 40”*

*Medium: Acrylics on canvas*
4.5.19: ORANGE HIBISCUS

*Scientific name:* *Hibiscus photoplusbyritasim*

Double orange hibiscus is a vigorous fast growing tropical plant. It is suitable for growing in tropical and subtropical landscapes or as a potted plant.

The double hibiscus flowers are large, dense and tightly formed. The color is usually a peach shade of orange but it also comes in yellow.

*Inspiration:*

The wild type of Hibiscus has single flowers which are usually pink. The cultivated variety, however, can have single or double flowers which are found in a wide variety of colors. This Hibiscus was selected for this project because of its vibrant orange color which can be energizing to a depressed mind.

*Source:*

Fig: 132. **Orange Hibiscus** (Final painting)

*Scientific name: Hibiscus photoplusbyritasim*

*Size: 29” x 37”*

*Medium: Acrylics on canvas*
4.5.20: PINK OLEANDER

*Scientific name: Nerium oleander*

Oleander is an evergreen shrub in the family of Apocynaceae. It is native to Mauritania, Morocco and Portugal. It is planted in many subtropical and tropical areas around the world where it is extensively used as an ornamental plant in landscapes, parks and around roadsides. It is tolerant to poor soils and drought.

Oleander flowers are showy and fragrant. They grow in clusters at the end of each branch. They are white, pink and red, measuring 2.5 to 5 cm in diameter. They have a deeply 5-lobed fringed corolla round the central corolla tube. Over 400 cultivars have been named, with several additional flower colors not found in wild plants having been selected, including red, purple, white, orange and various shades of pink being the most common.

Oleander is toxic in all its parts and is one of the most poisonous of commonly grown house plants.

*Inspiration:*

Oleander is extensively used in Nairobi as an ornamental plant in landscapes, parks and along roadsides. It was selected for this project owing to its beautiful showy flowers and also because of its familiarity since people tend to identify more with images that are familiar to them.


Fig: 133. **Pink Oleander** (Final painting)

*Scientific name: *Nerium oleander*

*Size: 24” x 30”*

*Medium: Acrylics on canvas*
4.5.21: WATER LILY

*Scientific name: Nymphaeaceae*

Members of this family of flowering plants are commonly known as water lilies. The family contains eight large-flowered genera of about 70 species. There are two types of water lilies, hardy varieties which grow well in most climates, and tropical water lilies, which thrive in subtropical warm conditions.

Due to their beautiful nature, the water lily is widely spread as an ornamental plant and is commonly found in garden ponds and landscape water features. It can be planted in pots and sank into ponds. The large leaves or pads of the water lily that float on the surface of the water are attached to the soil at the bottom of the pond by a long stem. Water lilies live only in fresh water that is shallow and still. They are also found around the edges of lakes and in small ponds. The flowers stand above the water on slender stalks.

Water lilies create shade and protection for fish in landscape ponds and they also provide a gentle resting place for frogs and dragonflies. They bloom periodically, dressing up water features with their enchanting flowers and floating leaves. The flowers are spellbinding perennials that sparkle in shades of white, pink, red, apricot and yellow.

Water lilies are featured by the famous French artist, Claude Monet (1840-1926), in a series of paintings.

*Inspiration:*

The manner in which Water Lilies pop up in pods above their floating leaves present an interesting subject for painting. Water lily paintings can be appropriate for children’s wards in hospitals because of their pretty and simplistic characteristics.

Fig: 134. **Water lily** (Final painting)

*Scientific name: Nymphaeaceae*

*Size: 24” x 30”*

*Medium: Acrylics on canvas*
4.5.22: ASIATIC DAYFLOWER

*Scientific name: Commelina communis*

Commelina communis is commonly known as the Asiatic dayflower. It gets its name from the fact that the blooms last for only one day. In sunny weather, the flowers open in early morning and disintegrate into a jelly-like mass by noon. It is native throughout East Asia and northern parts of Southeast Asia.

The most distinctive attribute of the Asiatic dayflower is two prominent sky-blue petals that stick out like mouse ears. All dayflowers have three petals, with the third one being a much smaller white structure that hangs beneath the rest of the blossom.

The blossoms are produced at the end of a stem and surrounded by a nearly translucent leaf. The rest of the three-inch leaves are narrow and pointed.

The Asiatic Dayflower is considered a weed both in areas where it was introduced and also in certain parts of its native range. Caterpillars, fungi and other small herbivores use the plant as a source of food.

*Inspiration:*

The blue color of the Asiatic Dayflower is very striking. Since most flowers are found in the color spectrum of warm colors, this flower was selected because of its unusual cool blue color. The Asiatic Dayflower which is considered to be a weed is so tiny that it is not easy to spot. It was therefore also included in the project as a way of lifting it from its inconspicuousness.

Fig: 135. **Asiatic Day flower** (Final Painting)

*Scientific name: Commelina communis*

*Size: 36” x 40”*

*Medium: Oil on canvas*
4.5.23: MONOCHROMATIC ROSE

*Scientific name: Rosa hybrid*

Monochromatic painting has been an important component of visual art throughout the 20th and 21st Century. Monochrome painting was initiated at the first “Incoherent arts” exhibition in 1882 in Paris with a black painting by poet Paul Bilhard entitled “negroes fight in a tunnel”.

Monochromatic color scheme uses variations of a single hue which is extended by using shades, tones and tints. Tints are achieved by adding white and shades and tones are achieved by adding a darker shade of the base color.

This kind of color scheme can create a clean, elegant work of art with one overall mood that is usually visually appealing. The scheme is considered sophisticated and usually creates a calming effect.

*Inspiration:*

Painting roses presents an interesting subject because the petals overlap in several layers. The use of tones and shades to achieve the unfolding characteristics of the flower becomes particularly useful. The monochrome effect used in this painting helps to create a clean, soft and elegant finish which evokes feelings of tranquility.

Fig: 136. **Monochromatic Rose** (Final Painting)

*Scientific name: Rosa hybrid*

*Size: 30” x 36”*

*Medium: Oil on canvas*
4.5.24: WHITE CALLA LILY

Scientific name: Zantedeschia aethiopia

The white Calla lily is native to Southern Africa and is considered a weed in its natural habitat. The white Calla is not related to true lilies (genus Lilium) or to any of the lily family. It is an arum and closely related to houseplants such as the philodendron, pathos and caladium. The white calla is an elegant, colorful and sophisticated flower that possesses timeless beauty, and since the days of ancient Rome, it has been treasured as a flower of celebration. The name calla lily comes from a Greek word which means beautiful.

The showy white calla lily bloom is actually a modified leaf known as a spathe. The flower sits at the top of a leafless stalk. It is funnel-shaped and grows up to 4 – 6 inches long. Inside the spathe, there are tiny true flowers on the spadix or flower spike. The leaves are dark green, arrowhead shaped, and grow up to 16 inches long. White calla lilies tolerate partial shade, but they grow and bloom best in full sun and evenly moist soil.

In today’s world the white calla lily has become one of the most cherished flowers for celebrations. It is perceived as a symbol of purity and as such, these spectacular flowers are beginning to rival the rose in popularity for bridal bouquets.

All parts of the plant contain toxic oxalic acid, which can cause nausea, vomiting, swelling of the tongue and other serious symptoms. Eating any part of the plant may be fatal to a small child or a pet.

Inspiration:

White Calla lilies have inspired painters for years. The bloom which is actually a modified leaf, sitting at the top of a leafless stalk with tiny flowers on the narrow flower spike is a beautiful sight to behold. Psychologically, white calla lilies tend to create a clean, fresh feeling.

Fig: 137. **White Calla Lily**  (Final Painting)

*Scientific name: Zantedeschia aethiopia*

*Size: 28” x 36”*

*Medium: Acrylics on canvas*
4.5.25: DAISIES IN A POT

*Scientific name:* Bellis perennis

Bellis perennis is a perennial flowering plant that belongs to the Asteradeae family. It is native to Western, Central and Northern Europe, but is widely naturalized in most temperate regions including the Americas and Australasia.

Daisies are simple yet sophisticated and are some of the most beautiful flowers in the floral world. The name Daisy is considered a corruption of ‘day’s eye’ because the whole head of the flower closes at night and opens in the morning. Bellis is a Latin word for ‘pretty’ and perennis ‘everlasting’

Daisies are actually two flowers in one. The petals, which come in a variety of colors including pink, red, yellow, white and purple count as one flower (rays), and the cluster of tiny, yellow petals that form the ‘eye’ (disk) is technically another flower.

If not controlled, daisies can become serious weeds because they thrive in inhospitable conditions and are resistant to most bugs and pesticides. Daisy leaves are edible and can make a tasty addition to salads. They are also high in vitamin C and are thought to relieve symptoms of indigestion, and coughs.

Bees love daisies, thus making the flower an important friend of honey makers.

The flower tends to convey cheer and is associated with purity and innocence.

*Inspiration:*

Structure, style, form, balance, harmony and rhythm play an integral role in the art of flower arrangement. This triangular structured still-life composition of daisies in a pot was selected to create diversity from the paintings of single flowers which have generally been the main feature in this project.

Fig: 138. **Daisies in a pot** (Final Painting)

*Scientific name:* *Bellis perennis*

*Size:* 28” x 36”

*Medium:* Acrylics on canvas
4.5.26: ABSTRACT CALLA LILIES

*Scientific name:* *Zantedeschia aethiopica*

Calla lilies are most commonly white but they also come in a variety of other colors which include, yellow, pink, green, purple, orange, blue and black. The colored varieties are known as mini calla lilies. The callas are a flowering genus of 28 species originating in Southern Africa.

This beautiful plant is ideal for use in flower beds and borders. It can also be grown in containers either outdoors or on a sunny window as a houseplant. Growing callas is easy and the care required is minimal. Choosing to grow calla lilies in the garden or as houseplants is a wonderful way to add color to any area.

The calla lily has been a popular and recurring motif in works of art by important painters and photographers. The subject became even more popular when the famous British artist, Lucian Freud provided a sexual interpretation of its form that added new levels of meaning to depictions of the flower.

Georgia O’Keeffe, the famous American artist, depicted the flower so many times in her paintings and in such provocative ways, that by the early 1930s, she became known as ‘the lady of lilies’.

The calla lily is associated with holiness, faith, purity, youth and rebirth.

*Inspiration:*

These twin paintings of calla lilies were done purely for color purposes. The technique used is a bit abstracted with an emphasis on color. They present decorators with the option of displaying them as one unit in the same space or as separate pieces in different spaces. The color purple and blue is associated with inner peace.

Fig: 139 (a) and Fig: 139 (b). **Abstract purple and blue Calla Lilies** (Final Paintings)

*Scientific name: Zantedeschia aethiopia*

*Size: 16” x 34”*

*Medium: Oil on canvas*
4.5.27: **COPPER LEAF**

*Scientific name: Acalypha wikisiana*

Copper leaf is a popular semi evergreen shrub of tropical and subtropical gardens. It comes with colorful blends of copper, green, pink, red, yellow, orange and cream. Acalypha copper plant is heart-shaped or oval-shaped. It is native to Polynesia and grows to about 6 - 10 feet tall.

The leaves of the copper leaf are large and broad with ‘teeth’ around the edges. The flowers are reddish with spikes and grow at the ends of the branches. It prefers light, well-drained soil and is suited to a protected shady environment,

Copper leaf plant is one of the most beautiful plants that can be grown in a garden because it provides color throughout the year. It has foliage that can be more colorful than many flowers.

Copper leaf ointment is used to treat fungal skin disorders such as mycoses.

The abstract final painting of the copper leaf was done on a saw dust textured surface

*Inspiration:*

The Copper leaf was included in this project because of its striking and colorful characteristics. The leaves can be more colorful than many flowers. Copper leaf comes in a broad range of colors, ranging from pink, red, green, maroon to a combination of all the above. The red copper leaf flowers are small and inconspicuous, mostly hidden by the colorful foliage. The foliage creates a feeling of warmth. A copper leaf painting can be appropriate for the hospital reception areas.

Fig: 140. **Abstract Copper Leaf** (Final Painting)

*Scientific name: Acalypha wikisiana*

*Size: 23” x 36”*

*Medium: Acrylics on canvas*
4.5.28: WILD DAISY

*Scientific name: Bellis perennis*

There are several varieties of daisies with the Shatsa daisy and African daisy being the most popular varieties. A daisy flower is composed of two types of flowers, disk florets, which come in various colors including, white, pink, purple, and red. The second flower is the disk floret which is usually yellow. The ray florets are arranged around the disk which gives the impression of a single flower. The stems of daisies are smooth and leafless and support a single flower.

Daisies very often grow wild and as weeds because of their resistance to most bugs and pesticides and their tolerance to various conditions.

In this painting of an abstract wild daisy, the physical element of texture has been used. Texture in paintings defines the surface quality of an artwork and the roughness of the material from which it is made. Texture can be optical (through sight), or physical (through touch). It can be used to convey the emotional energy of both the artist and the subject. The natural texture of materials used can suggest their own unique qualities such as the grain of wood, the grittiness of sand, the coarseness of cloth or the smear of paint.

The grain of saw dust has been used to create texture in this painting. The texture and earthy colors suggest that the flower is captured growing wildly in a coarse environment.

*Inspiration:*

Daisies are associated with purity, freshness and innocence. Paintings of these pretty flowers can be particularly appropriate for children’s wards due to their simplistic characteristics.

Figure 141. **Daisies** (Final Painting)

*Scientific Name: Bellis perennis*

*Size: 18” x 40”*

*Medium: Acrylics on canvas*
4.5.28: TULIP

Scientific name: *Tulipa gesneriana*

The tulip is a perennial bulbous plant in the lily family. There are over 150 species of tulips with over 3,000 varieties. Their flower buds are known for being almost perfectly symmetrical. Most tulips sprout a single, large, showy flower bud, but a few varieties have up to four on a single stem. The cup shaped tulip flower has three petals and three sepals termed as tepals because they are nearly identical. Tulips bend and twist towards light even when cut and in a vase. The flowers can be found in almost every color.

Tulips are native to Central Asia and cultivation began in Persia, but the flowers did not really become popular until they reached the Netherlands. Tulips were once the most expensive flowers. Between 1634 – 1637, enthusiasm for the new flowers triggered a speculative frenzy known as “the tulip’ mania. The tulip bulbs became so expensive that they were treated as a form of currency.

To this day, tulips are associated with the Netherlands and the cultivated forms of the tulips are often called ‘Dutch tulips’. Vases and bouquets, usually including tulips, often appeared in Dutch still-life paintings. The Netherlands is the world’s largest commercial producer of tulips, with around three billion exported each year.

Tulip petals are edible and can be used in salads or in place of onions in many recipes.

*Inspiration:*

Tulips come in a huge rainbow of colors. The symbolic meanings of the flowers change with the color. Orange tulips are associated with energy and enthusiasm. In the Western world, where they are mostly grown, tulips are associated with the end of the dark winter days and the beginning of spring. Tulips brighten up people’s moods and symbolize hope and better times ahead.

Figure 142: Tulip (final Painting)

Scientific Name: Tulipa gesneriana

Size: 18” x 40”

Medium: Acrylics on canvas
4.5.30: POINSETTIA

*Scientific Name: Euphorbia pulcherrima*

Poinsettia is a commercially important plant species of the diverse spurge family. The species is indigenous to Mexico. It is particularly well known for its red and green foliage and is widely used in Christmas floral displays. Poinsettia derives its common English name from Joel Roberts Poinsett, who was the first United States minister to Mexico. He introduced the plant to the United States in 1825.

The showy colored parts of poinsettias that most people think of as flowers, are actually colored bracts (modified leaves). The yellow flowers or cyatha, are in the centre of the colorful bracts. They come in various colors including flaming red, orange, pale green, cream, pink, white or marbled.

The star-shaped leaf pattern is said to symbolize ‘the star of Bethlehem’ while the red color is perceived to symbolize the ‘blood sacrifice’ through the crucifixion of Jesus. For this reason, from the 17th Century, the Friars in Mexico included the plants in their Christmas celebrations making them the most popular Christmas decorations around the world unto today. Poinsettias contribute around 250 million dollars to the United States economy at the retail level.

The Aztecs used the plant to produce red dye and used the sap medicinally to control fevers. Poinsettias are mildly toxic but are generally not harmful.

*Inspiration:*

Poinsettia flowers tend to remind people of Christmas which is a celebration of the Nativity of Christ. The poinsettia was selected for this project for its capacity to evoke feelings of hope among Christians owing to its association with the birth of Christ.


Fig: 143. **Poinsettia** (Final Painting)

*Scientific name: Euphorbia pulcherrima*

*Size: 30” x 36”*

*Medium: Oil on canvas*
5.0 SUMMARY OF FINDINGS AND RECOMMENDATIONS

5.1 Chapter overview

This chapter gives a summary of findings on the paintings as described in chapter four. It also touches on the observations, conclusions and recommendations on art in hospital.

5.2 Summary of findings

The following findings were made from the study:

1. That in most of the public hospitals within Nairobi City County, there is very limited or no art at all in form of paintings.

2. That because of the very limited or lack of paintings in public hospitals, the spaces tend to look drab and dreary.

3. That the different colors found in flowers set different moods. Cool colors which include blue, green and purple are associated with tranquility and relaxation, while the warm colors, which include red, orange and yellow are associated with energy, joy and hope.

4. That paintings displayed on hospital walls promote conversation, and help to reduce stress and anxiety among hospital users.

5. That flower paintings in hospitals help to create a less intimidating atmosphere.

6. That flower paintings can help to bring in the beauty of nature into confined hospital spaces.

7. That the vibrant and vivid color found in flowers can be useful in creating a cheerful and aesthetically pleasing atmosphere for hospital users.
5.3. Recommendations

Based on the findings of the study, the researcher recommends the following:

1. That in addition to flower paintings, artists should explore the creation of landscape and waterscape paintings, as these can also be suitable in the aesthetic enhancement of hospital spaces.

2. That landscape artists should be encouraged to create beautiful flower gardens within the hospital grounds where patients and their care givers can spend quality outdoor time.

3. That Sculptors should create water features in the hospital courtyards, because the sound and sight of water tends to be soothing and calming.

5.4. Conclusion

Decorating hospital walls with paintings depicting scenes of nature can help to promote a state of calm among hospital users. County Governments through the Ministry of Health should therefore increase research and investment in this area and should commission talented artists to create paintings, landscapes and sculptures to ensure that arts in healthcare is made available to all patients regardless of their financial capabilities.
REFERENCES


Ulrich, R. S. (2004). *Role Of The Physical Environment In The Hospital Of The 21st Century.* Journal article: The Centre For Health Design


White, M., Angus, J. (2003). Arts and adult mental health literature review. *Durham: Centre for Arts and Humanities in Health and Medicine, university of Durham*


APPENDICES

Appendix 1: Catalogue of final paintings

Fig. 120: Flowers in a vase

Fig. 119: Blue Iris

Fig. 124: Angels’ Trumpet

Fig. 138: Daisies in a pot

Fig. 114: Anthurium

Fig. 118: Red Amaryllis
Fig. 125: Sunflower

Fig. 122: Gardenia

Fig. 133: Pink Oleander

Fig. 132: Orange Hibiscus

Fig. 143: Poinsettia

Fig. 121: Lilac Rose

Fig. 127: White Frangipani

Fig. 116: Bird of Paradise
Fig. 117: Kaffir Lily

Fig. 115: African Violet

Fig. 129: Carnations

Fig. 140: Abstract Copper Leaf

Fig. 137: White Calla Lily

Fig. 131: Moth Orchid
Fig. 135: Asiatic Day Flower
Fig. 126: Morning Glory
Fig. 134: Water Lily
Fig. 130: Orchid Tree
Fig. 128: Pink Frangipani

Fig. 136: Monochromatic Rose

Fig. 141: Daisy

Fig. 142: Tulip
Appendix 2: Quotes by famous flower artists

**Georgia O’Keeffe**: *American painter (1887–1986)*

“A flower is relatively small. Everyone has many associations with a flower, the idea of flowers. You put out your hand to touch a flower, lean forward to smell it, maybe touch it with your lips, almost without thinking, or give it to someone to please them. Still in a way, nobody sees a flower really, it is so small, we haven’t got the time, and to see takes time. If I could paint the flower exactly as I see it, no one would see what I see because I would paint it small like the flower is small. So I said to myself, I will paint what I see, what the flower is to me but I will paint it big and they will be surprised into taking time to look at it.”

![Image of Jimson weed]

**Claude Monet**: *French painter (1840 – 1926)*

“I must have flowers always and always”

“I perhaps owe having become a painter to flowers”

![Image of The water-lily pond]

**Vincent Van Gogh**: *Dutch painter (1853 – 1890)*

“If you truly love nature, you will find beauty everywhere”

![Image of Vase with lilacs and Daisies]
### Appendix 3: Symbolism and psychological associations of flowers

<table>
<thead>
<tr>
<th>Flower painting</th>
<th>Flower name</th>
<th>Symbolism and psychological associations</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="African Violet" /></td>
<td>African Violet</td>
<td>African Violets are some of the most popular house plants worldwide. The flowers symbolize delicate love, modesty, faith, nobility, intuition and dignity.</td>
</tr>
<tr>
<td><img src="image2" alt="Poinsettia" /></td>
<td>Poinsettia</td>
<td>Poinsettia is also known as the Christmas Flower or Christmas Star. The flowers are very popular for use in Christmas decorations. They symbolize good cheer and success and are said to bring wishes of mirth and celebration.</td>
</tr>
<tr>
<td><img src="image3" alt="Rosa Hybrid" /></td>
<td>Rosa Hybrid</td>
<td>The Rose has been used for years to convey messages without words. The Latin word sub rosa means something told in secret. Regardless of color, the unique beauty of roses convey a message guaranteed to elicit delight from the recipient.</td>
</tr>
<tr>
<td><img src="image4" alt="Daisies" /></td>
<td>Daisies</td>
<td>The name Daisy comes from “day’s eye” in reference to the way it opens and closes with the sun. Daisies symbolize innocence, gentleness and purity. A common phrase connected to the flower is “Fresh as a Daisy, underscoring the theme of cleanliness and purity.</td>
</tr>
<tr>
<td><img src="image5" alt="Carnations" /></td>
<td>Carnations</td>
<td>Today, carnations can be found in a wide range of colors and while in general they express love, fascination and distinction, virtually every color carries a unique rich distinction. The flower is typically worn at weddings, Mother’s Day, Teacher’s Day and St. Patrick’s Day.</td>
</tr>
<tr>
<td><img src="image6" alt="White calla Lily" /></td>
<td>White calla Lily</td>
<td>The calla lily is a beautiful flower that does not belong to the lily family despite its name. The actual meaning of the flower is beauty. It is a very popular flower for celebrations including funerals. White calla lilies symbolize purity and innocence.</td>
</tr>
<tr>
<td>Flower painting</td>
<td>Flower name</td>
<td>Symbolism and psychological associations</td>
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<tr>
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</tr>
<tr>
<td><img src="image1" alt="Gardenia" /></td>
<td>Gardenia</td>
<td>The Gardenia flower is bright, white with a sweet fragrance. The flowers are associated with several meanings including purity, love and refinement which makes them appropriate for wedding occasions.</td>
</tr>
<tr>
<td><img src="image2" alt="Lilac Rose" /></td>
<td>Lilac Rose</td>
<td>The Lilac rose is often a sign of enchantment. It is used to express feelings of love and adoration. The color purple also has a traditional association with royalty.</td>
</tr>
<tr>
<td><img src="image3" alt="Water Lily" /></td>
<td>Water Lily</td>
<td>The water lily is associated with birth and motherhood. Christians hold the lily as a symbol of chastity, purity and piety. In early Christian art, the white lily is symbolic of ‘Madonna’ as the flower is associated with the virgin Mary.</td>
</tr>
<tr>
<td><img src="image4" alt="Anthurium" /></td>
<td>Anthurium</td>
<td>The Anthurium flower is exotic and compelling with bold, typically red flowers and shiny dark green leaves. The Anthurium symbolizes hospitality. It is long-lasting and irresistibly beautiful.</td>
</tr>
<tr>
<td><img src="image5" alt="Pink Hibiscus" /></td>
<td>Pink Hibiscus</td>
<td>No picture of a tropical land is complete without showing a girl with a Hibiscus flower in her hair. The flower is considered to be very feminine and is often given to women as an acknowledgement of their delicate beauty.</td>
</tr>
<tr>
<td><img src="image6" alt="Sunflower" /></td>
<td>Sunflower</td>
<td>The distinctive and brilliant appearance of the Sunflower makes it fascinating. It was first cultivated for its usefulness as a source of food and oil. The Sunflower turns to follow the sun. Its open face symbolizes the sun itself, conveying warmth and happiness, adoration and longevity.</td>
</tr>
<tr>
<td>Flower painting</td>
<td>Flower name</td>
<td>Symbolism and psychological associations</td>
</tr>
<tr>
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</tr>
<tr>
<td><img src="image" alt="Orange Hibiscus" /></td>
<td>Orange Hibiscus</td>
<td>Specific meanings for the Hibiscus differ but generally, it is associated with femininity. It symbolizes delicate beauty, purity and personal glory.</td>
</tr>
<tr>
<td><img src="image" alt="Bird of Paradise" /></td>
<td>Bird of Paradise</td>
<td>Also known as the Crane Flower, Bird of Paradise flowers bear an unmistakable resemblance to brightly colored birds in flight. They represent joyfulness and paradise itself.</td>
</tr>
<tr>
<td><img src="image" alt="White Frangipani" /></td>
<td>White Frangipani</td>
<td>The Frangipani is often gifted to people who have endured many challenges because of its capacity to endure tough conditions. It is considered to be a symbol of love, immortality and the continuation of the soul after death.</td>
</tr>
<tr>
<td><img src="image" alt="Angels’ trumpet" /></td>
<td>Angels’ trumpet</td>
<td>The flowers are trumpet-shaped and hang downward. Their fragrance grows stronger in the evenings. It is associated with angels, celestial powers, and communication with the dead.</td>
</tr>
<tr>
<td><img src="image" alt="Kaffir Lily" /></td>
<td>Kaffir Lily</td>
<td>The Kaffir lily symbolizes the feminine principles reflected in mercy, kindness, compassion and unconditional love.</td>
</tr>
<tr>
<td><img src="image" alt="Asiatic Day Flower" /></td>
<td>Asiatic Day Flower</td>
<td>The Asiatic Day Flower is a pretty little flower that generally grows as a weed. It lasts for only one day, blooming in the morning and dying by mid day.</td>
</tr>
<tr>
<td>Flower painting</td>
<td>Flower name</td>
<td>Symbolism and psychological associations</td>
</tr>
<tr>
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</tr>
<tr>
<td><img src="image1.png" alt="Moth Orchid" /></td>
<td>Moth Orchid</td>
<td>The orchid is one of the most highly coveted ornamental flower. The flowers are graceful, exotic and delicate. Orchids represent love, luxury, beauty and strength.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Blue Iris" /></td>
<td>Blue Iris</td>
<td>The Iris is named after a Greek goddess of the sea and sky. Their meaning has grown to include faith, hope, and wisdom. The purple and blue Iris are considered to represent royalty. Other general meanings for the flowers are admiration and courage.</td>
</tr>
<tr>
<td><img src="image3.png" alt="Purple Bauhinia" /></td>
<td>Purple Bauhinia</td>
<td>The Bauhinia double-lobed leaf is similar to a heart or butterfly. It has fragrant orchid-like flowers. It is also commonly called the orchid tree. The flowers are regarded as symbols of wisdom.</td>
</tr>
<tr>
<td><img src="image4.png" alt="Morning Glory" /></td>
<td>Morning Glory</td>
<td>The pretty Morning Glory flower blooms and dies within one day. Since it opens up in the morning, it symbolizes soaking up the radiant sun and its healing energies. It represents love and affection and the fleeting nature of love since it lasts only for a day.</td>
</tr>
<tr>
<td><img src="image5.png" alt="Amaryllis" /></td>
<td>Amaryllis</td>
<td>The stunning Amaryllis flower is named after a shy Greek shepherd girl. The flower is associated with romance, pride, determination and radiant beauty.</td>
</tr>
<tr>
<td><img src="image6.png" alt="Pink Oleander" /></td>
<td>Pink Oleander</td>
<td>The Oleander flower is poisonous but due to the fact that it is extremely beautiful, it is often used in flower arrangements and bouquets. The floral meaning of Oleander is caution due to its toxicity.</td>
</tr>
</tbody>
</table>