

Health Benefits of House Plants

Plants are natural air purifiers.

They are natural filters that absorb many harmful chemicals which contribute to poor indoor air quality, such as chemicals from paint, dry cleaning, carpet, and smoke. Plants also humidify the dry air in our homes.

How many plants do you need to purify the air in your house?

- Two to three plants for every 100 square feet.
- The more plants the less time it will take to purify the air.
- Add plants to the areas where the most time is spent.

Top indoor plants that clean the air:

- **Sansevieria (Snake Plant, Mother-in-laws Tongue)**
Sansevieria absorbs carbon dioxide and releases oxygen during the night, so it is a great plant for your bedroom.
- **Aglaonema (Chinese Evergreen)**
Aglaonema plant is known to clean out formaldehyde and benzene from the air.
- **Chlorophytum (Spider Plant)**
A perfect plant for beginners, the spider plant absorbs carbon dioxide and releases oxygen during the night.
- **Spathiphyllum (Peace Lily)**
This plant is one of the few air purifiers that flowers.
- **Hedera helix (English Ivy)**
English Ivy was listed by NASA scientists as the best air-filtering houseplant.
- **Pothos (Devil's Ivy)**
Pothos clears formaldehyde as well as carbon monoxide and benzene from the air.
- **Ficus elastica and benjamina (Rubber Plant and Weeping Fig)**
Ficus is great at filtering out pollutants from carpet and furniture.
- **Aloe Vera**
Aloe helps clear the air of pollutants found in cleaning products. It has a simple system for showing you if the amount of harmful chemicals in the air becomes excessive: brown spots appear on the leaves.

Once you have found a good match for your space, you'll want to find out about your specific plant. We can help you with watering, soil and potting tips, and any other care that it may need when you take it home!