



AIR CLEANING HOUSEPLANTS

Houseplants can be very beneficial in our lives. They purify and renew our stale indoor air by filtering out toxins, pollutants and the carbon dioxide we exhale and then replacing them with life-sustaining oxygen!

We spend a lot of our time indoors- jobs, home, school- and we don't get enough "fresh air". Chemicals in our homes and offices, found in synthetic building materials, can cause health problems. Studies have been conducted and the results found that plants brought into a room, will absorb these chemicals (Benzene, Trichloroethylene and Formaldehyde) and put oxygen back into the room. One potted plant per 100 square feet will clean the air in an average home or office. Without a doubt, the most important job of an indoor plant is its air purifying abilities. Keep in mind that plants will not do much to alleviate tobacco smoke or dust in the air.

Although it should be safe to presume that all plants are capable of removing toxins from our air, research by NASA showed that some house plants are more efficient in filtering out toxins than others. Philodendrons, Spider plants, and Pothos were found to be the most efficient in the removal of formaldehyde.

Here's a list of top indoor air cleaners:

- Aloe Vera
- Boston Fern
- Chinese Evergreen
- Dracena
- Ficus
- Gerbera Daisy
- Mums
- Pothos
- Philodendron
- Peace Lily
- Spider Plants