



HEALTH BENEFITS OF PURIFYING HOUSE PLANTS

1. Bamboo Palm: According to NASA, removes Formaldehyde and is also said to act as a natural humidifier.
2. Snake Plant: Found by NASA to absorb Nitrogen Oxides and Formaldehyde
3. Spider Plant: Great indoor plant for removing Carbon Monoxide and other toxins or impurities
4. Gerbera Daisy: Removes Benzene in air, improves sleep by absorbing Carbon Dioxide by giving more oxygen over night
5. Orchid Plant: Gets rid of Xylene in the air, a pollutant found in many glues & paints & respire to give off oxygen at night
6. Areca Palm: One of the best air purifying plants for general air cleanliness.
7. Peace Lily: They're often placed in bathrooms or laundry rooms. Removes Spores Formaldehyde and Trichloroethylene
8. English Ivy: Known to help remove Benzene from the air plus 60% of airborne mold in the room vanishes in just 6 hours
9. African Violet: Cleans the air of toxins and spores.
10. Christmas Cactus: Remove toxins, pollutants, and carbon dioxide whilst giving oxygen at night, perfect in your bedroom

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