

The Most Air Purifying Houseplants

Must Have Houseplants For Your Home

We clean our homes on a regular basis, but what about the air we breathe? Adding houseplants to your home can improve the air quality by removing such chemicals as Trichloroethylene, Formaldehyde, Benzene, Xylene, and Ammonia. These are inadvertently dispersed in our homes every time we use paint, paper products, synthetic fabrics, plastics, detergent, cleaners, and glue. Tobacco smoke and auto exhaust contribute to undesirable air quality, as well.

Houseplants also reduce the amount of carbon dioxide in your air. **It is ideal to have 2 plants per 100 sq ft of space.** Place your houseplants in rooms where you spend the most time... bedroom, office, etc. Houseplants can help with some of the most common ailments like asthma, headaches, drowsiness, coughing, sore throats, irritation to the nose, mouth and eyes.

The Good Earth team has selected the plants below from the NASA Clean Air Study list because we find them to be the easiest to care for. These plants will not only help you feel better but they add beauty to your home!

Top Air Purifying Houseplants

Aglaonema (Chinese Evergreen)

Anthurium

Chinese Evergreen

Dracena Marginata

Ficus Benjamina

**Golden Pothos and Heartleaf
Philodendron**

Sansevieria (Snake Plant)

Spider Plant

Aloe Vera

Boston Fern

Dieffenbachia

English Ivy

Ficus Elastica (Rubber Front)

Phalaenopsis Orchid

Spathlphyllum (Peace Lily)

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