

HOUSEPLANTS FOR CLEANER AIR



Houseplants are a wonderful way to beautify and cheer up your indoor spaces, but the fact that they are exceptional air purifiers is often overlooked. Houseplants improve air quality by absorbing toxins along with carbon dioxide. Within their leaves, microorganisms break down the chemicals naturally. The plants then release fresh, clean oxygen for us to breathe.

Studies have been done to measure the amount of pollutants filtered out by common houseplants. In some studies the plants were able to remove up to 80% of the pollutants! Some research even showed that not only were the leaves doing the work, but the roots also helped in the process.

INDOOR AIR POLLUTION

COMMON POLLUTANTS AND THEIR SOURCES

FORMALDEHYDE:

Carpeting, pressed wood, foam insulation, fiberwood products (such as paneling), hair sprays, wax paper, paper towels and various cleaning products.

BENZENE:

Glue, Spot removers, oils, paint, inks, varnish, rubber, plastic products, detergents, dyes, gasoline and paint stripper.

HYDROCARBONS:

Vinyl products (such as furniture and flooring), detergents and fabric softeners.

TRICHLOROETHYLENE:

Inks, paint, lacquer, varnishes, adhesives (such as rubber cement, epoxy or spray mount).

METHYLENE CHLORIDE:

Paint strippers, refinishers and many aerosol products.



We all know how important it is to help clean and maintain air quality outside; but many people don't realize that indoor air pollution is one of the fastest growing environmental problems we face today. The alarming fact is that electrical equipment, furniture, cleaning products and building materials all release trace amounts of toxins such as carbon monoxide, formaldehyde and benzene (a known carcinogen), into our homes and offices.

One study conducted by NASA suggests using one houseplant per 100 square feet of floor space for the most effective pollution control.

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LIST OF SUGGESTED HOUSEPLANTS

Aglaonema commutatum CHINESE EVERGREEN
Aloe vera
Araucaria heterophylla NORFOLK ISLAND PINE
Asplenium viviparum MOTHER FERN
Chamaedorea elegans PARLOR PALM
Chlorophytum comosum SPIDER PLANT
Chrysalidocarpus lutescens ARECA PALM
Codiaeum variegatum CROTON
Ctenanthe oppenheimiana NEVER-NEVER PLANT
Dieffenbachia seguine DUMB CANE
Dracaena spp. CORN PLANT, DRAGON TREE, JANET CRAIG
Epipremnum aureum GOLDEN POTHOS
Ficus benjamina WEEPING FIG
Ficus elastica RUBBER TREE
Howea forsteriana KENTIA PALM
Monstera deliciosa SWISS CHEESE PLANT, SPLIT-LEAF PHILODENDRON
Musa acuminata DWARF BANANA
Nephrolepis e. 'bostoniensis' BOSTON FERN
Orchid Phalaenopsis, Dendrobium
Peperomia spp.
Philodendron bipinnatifidum TREE PHILODENDRON
Philodendron cordatum HEART-LEAF PHILODENDRON
Pothos spp. DEVIL'S IVY
Radermachera sinica CHINA DOLL
Sansevieria trifasciata SNAKE PLANT, MOTHER-IN-LAW TONGUE
Schlumbergera CHRISTMAS CACTUS
Schefflera spp.
Spathiphyllum spp. PEACE LILY



GROWTH REQUIREMENTS

Keep in mind that different houseplants have different needs. Variables such as light, humidity, water, and plant size are all important considerations when choosing houseplants. Please refer to care instructions or ask an employee for assistance when selecting the right air-cleansing houseplant for your home or office. We're here to help!

REFERENCES:

[HOW TO GROW FRESH AIR: 50 HOUSE PLANTS THAT PURIFY YOUR HOME OR OFFICE BY B.C. WOLVERTON](#)

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