

TOP 12 INDOOR WELLNESS PLANTS

Indoor plants are not only beneficial to your wellbeing, but also to your health as some plants have the ability to clean and purify the air. Indoor air is easily polluted by common household products, fragrances, synthetic fabrics, pesticides and more. These 12 plants have been identified as some of the best at removing these harmful toxins, Use the infographic below to see which plants are best for your home.



Dwarf Date Palm



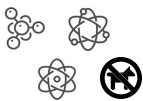
Boston Fern



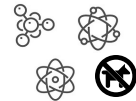
Spider Plant



Bamboo Palm



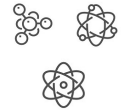
Devil's Ivy



Flamingo Lily



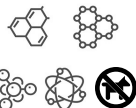
LilyTurf



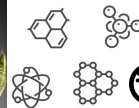
Lady Palm



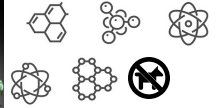
Barberton Daisy



English Ivy



Variegated Snake Plant



Peace Lily



Trichloroethylene

Common in printing inks, paints, lacquers, varnishes, adhesives, and paint remover/stripper.



Formaldehyde

Common in paper bags, waxed paper, facial tissue, paper towels/napkins, particle board, plywood paneling, and synthetic fabrics.



Benzene

Used in plastics, resins, synthetic fibers, rubber lubricants, dyes, detergents, drugs and pesticides.



Xylene

Common in printing ink, rubber, leather and paint industries, tobacco smoke, and vehicle exhaust.



Ammonia

Common in window cleaners, floor waxes, smelling salts, and fertilizers



These plants are known to be unsafe and toxic to household pets, always check with your veterinarian.

Looking for more help optimizing your in-home wellness, ask your JHREA Real Estate Professional for more information