

“My fake plants died because I did not pretend to water them.” – Mitch Hedberg



Have you ever walked into someone’s home and smelled a certain scent of wet, damp, moldy fabric, their pets or there’s just dryness and staleness? It’s not that they are dirty or don’t pick up after themselves. This is actually quite common. We just become so accustomed to the smell we don’t notice it. And let’s be real, we just don’t have time to do laundry every day or are too busy from everyday life. No matter what type of air freshener, candles, incense, or “smell good” stuff, the underlying issue is not being fixed. That underlying issue is more than likely the air quality, chemicals and unseen mold or bacteria spurs.

COMMON TYPES OF TOXINS HOUSE PLANTS REMOVE FROM AIR ¹⁻²		
CHEMICALS	BACTERIAS	OTHER
FORMALDEHYDE	STREPTOCOCCUS MILLERI/AUREUS	MOLD
BENZENE	PSEUDOMONAS AERUGINOSA	CARBON DIOXIDE
TRICHLOROETHYLENE	EIKENELLA	HUMIDITY
XYLENE AND TOULENE	STREPTOMYCES	GASES
AMMONIA		VIRUSES

This is why no matter what place I tune-up, plants are always incorporated. Plants have so many positive effects, you would most definitely be surprised. I’ve heard so many times, “If he/she can keep a plant alive, they can probably keep a pet alive. If they can keep a pet alive, they are able to keep a relationship alive.” Although relationships are not so easy to maintain, some indoor plants are easy!! All you really have to do is keep them watered. I mean if NASA could keep plants alive onboard space stations¹, I’m pretty sure you can also. You just have to water them... How much easier can it get?



SPIDER PLANT
easy to keep alive,
perfect for beginners



PHILODENDRON
basic care and filters
large amounts of air



GERANIUMS
extremely low
maintenance and
adds color



PEACE LILY
low maintenance and
adds freshness



POTHOS
grows anywhere

LET’S FIGURE OUT WHAT PLANTS WORK FOR YOU!

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1. Wolverton BC, Johnson A, Bounds K. Interior landscape plants for indoor air pollution abatement. NASA Stennis Space Center. 1989.
2. Rectofossa. Do bacteria smell? Rectofossal Ambiguity. <http://www.rectofossal.com/bacteria-smell/> 2014.