

# TOP 6 AIR CLEANING PLANTS

We all know clean air is the best and the first time you get to throw open the windows in the spring it feels so fresh. Well how about we try to bring that fresh spring feeling in all year round with these 6 house plants that can clean your air year-round.

## 1. SPIDER PLANT

Best Plant To Remove Airborne Toxins.- Spider plants are an air-purifying plant that has been proven to remove airborne toxins in any room it is placed in. It works to remove formaldehyde and carbon monoxide from the air in your bedroom

## 2. LAVENDER PLANT

Best Plant For Deeper Sleep & Air Purification.- It's naturally shown to reduce stress and help you breathe easily and have a better sleep

## 3. ALOE VERA

Best Plant For Improving Air Quality.- It produces extra oxygen at night, so like the other plants listed, it will purify the air in your bedroom while you sleep. And you can use the gel inside to help heal sunburns.

## 4. ENGLISH IVY PLANT

Best Plant For Your Respiratory System. -The most popular thing about this plant is that it helps people with breathing conditions such as asthma, COPD, and bronchitis. It naturally relaxes the airways and reduces the amount of coughing a person experiences

## 5. SNAKE PLANT

Best Plant For Air Purification.- Apart from removing carbon dioxide, this plant also removes harmful toxins including toluene, xylene, benzene, trichloroethylene, and formaldehyde.

## 6. BOSTON FERN

Best Plant For Restoring Moisture.- Since it's a natural humidifier, it works great to help alleviate dry skin. This is great for those who are running air-conditioning around the clock.

Ultimately most any plant is going to help in some way if nothing else than just to brighten your day. So if you need it, this is your reminder that you should go get that new plant today.

