



## AIR DETOXIFYING PLANTS

*Plants are a wonderful way to mitigate your exposure to the chemicals that are lurking around in the home. Shockingly, the EPA has revealed that your home may be circulating three to five times more pollutants than outside. Common houseplants have been shown to detoxify the air. Not only do the plants detoxify the air, but soil they live in can as well. The microorganisms within the soil have shown to process benzene, a common VOC found in many household products.*

*Chemicals like xylene (in paints and lacquers), benzene (furniture wax, insect sprays), trichloroethylene (cleaners and adhesives) and formaldehyde (clothing, upholstery, and air fresheners) are the biggest offenders. It is these volatile organic compounds (VOCs) that are measured in examining which plants are most effective for air purification.*

*We've compiled a list of common houseplants and rated them for their effectiveness in air purification of these common VOCs to help you chose the right plants for your home.*

## VOLATILE ORGANIC COMPOUNDS (VOC's)

*the primary 5*

Benzene | Formaldehyde | Trichloroethylene  
Xylene/Toluene | Ammonia

5 star plants - cleaning all  
five VOC's



Peace lily  
*Spathiphyllum 'Mauna Loa'*

Parlour palm  
*Chamaedorea elegans*

Lady palm  
*Rhapis excelsa*

Florist's chrysanthemum  
*Chrysanthemum morifolium*



4 star plants - cleaning  
four of five VOC's



English ivy

*Hedera helix*

Bamboo palm

*Chamaedorea seifrizii*

Variegated snake plant  
(mother-in-law's tongue)

*Sansevieria trifasciata*

'*Laurentii*'

Red-edged dracaena

*Dracaena marginata*

Cornstalk dracaena

*Dracaena fragrans* '*Massangeana*'

'Janet Craig' dracaena

*Dracaena deremensis*





3 star plants - cleaning  
three of five VOC's



Devil's ivy

*Epipremnum aureum*

Flamingo lily

*Anthurium andraeanum*

Barberton daisy

*Gerbera jamesonii*



2 star plants - cleaning  
two of five VOC's



Pygmy date palm  
*Phoenix roebelenii*

Areca palm  
*Dypsis lutescens*

Boston fern  
*Nephrolepis exaltata*

Kimberly queen fern  
*Nephrolepis obliterata*

Spider plant  
*Chlorophytum comosum*

Chinese evergreen  
*Aglaonema modestum*

Dendrobium orchids  
*Dendrobium spp.*

Dumb canes  
*Dieffenbachia spp.*

King of hearts  
*Homalomena wallisii*

Moth orchids  
*Phalaenopsis spp.*

Aloe vera  
*Aloe vera*

Weeping fig  
*Ficus benjamina*

1 star plants - cleaning  
one of five VOC's



Heartleaf philodendron

*Philodendron cordatum*

Selloum philodendron

*Philodendron bipinnatifidum*

Elephant ear philodendron

*Philodendron domesticum*

Rubber plant

*Ficus elastica*

Banana plant

*Musa acuminata*



Any combination of these plants will help purify the air in your home. They have the ability to improve concentration and uplift moods. Even if a single star, you are still reducing your exposure to pollutants that may be impacting your health. We recommend having 2-4 large plants in the rooms you spend the most time. Have fun with texture and size of plants in your home - and remember, the more the merrier!