PLANTS & HERBS

# These Plants Are Oxygen Bombs And They Clean The Air In Your Home

By bestfolkmedicine · 25/01/2019 · 3 min read



*Who does not like a fresh and clean living area where they can come to every day, right? You can achieve this effect in your home by cleaning on a regular basis. But, there is another beneficial way to maintain the air fresh- i.e. with the help of specific plants.*

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*According to a study done by NASA called Clean Air Study, there are several indoor plants that can do wonders for the indoor quality of air and your overall well-being.*

**Why We Need to Get Rid of Toxins?**

Toxins from the environment we are in need to be reduced to a minimum or completely eliminated. Nowadays, toxins are all around us- from the air, food, and water to cosmetics and clothes and we are often unaware of this fact. Unfortunately, excessive exposure to toxins can elevate our chance for different types of illnesses.

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When it comes to air quality, many of you who are reading this may not know that the air in our homes, particularly in winter, does not filter and circulate well. And, when we are use different cleaning products and other products with toxins, we are additionally filling the air with toxins without any method to clean the air.

This being said, it is a far better option to use natural cleaning products. And, place some of the NASA recommended plants throughout different rooms. They will eliminate carbon dioxide from the air, boost your energy, and better the appearance of your home. Not bad, right?

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Below, check out the list with the best indoor plants you can opt for.

**Snake plant**

This plant does not only look amazing, but it will do “magic” overnight while you calmly sleep. It will pull in the carbon dioxide and release oxygen and thus, help you sleep better. This is why you can place it in the bedroom or a living room. The plant is easy-to-take-care-for and may even avert the formaldehyde leaking from furniture and carpets from staying in the air.

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**Rubber plant**

This tough plant can survive and thrive in areas with lower temperatures and less natural light than most of the plants with its size. This was found to be the best plant of the plants tested on eliminating pollutants from indoor air, particularly formaldehyde.

**Aloe Vera**

Aloe Vera is a low maintenance plan and is often used as a medicinal plant because of its amazing healing power. It is packed with vitamins A, C, E, B1, B2, and B12. You can use the gel to treat cuts and burns. Aloe Vera also cleanses the body and creates an alkaline environment. It improves digestion, boosts immunity, and improves skin health. Grow it in pots on your window sills.

**Peace Lily**

Peace Lily doesn't require a lot of water or sunlight to grow. Peace Lily removes mold spores, formaldehyde and trichloroethylene. It's toxic to cats!

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**Spider plant**

If you decide to have this plant, know that it needs to be exposed to natural light, but not directly to the sun. It grows easily and does not require too much attention. It will work on removing carbon dioxide. You can place it in the bedroom; kitchen or living room- the choice is yours.

**Chinese evergreen (Aglaonema)**

This plant helps removing air pollutants and toxins. It thrives in low-light setting and releases berries and flowers.

**Pelargonium**

This delightful flower will purify the air, expel unpleasant odors, destroy bad bacteria, and keep moths at bay. Its essential oils are beneficial for improving sleep and relaxing the nervous system.

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