

HOUSEPLANTS THAT HELP YOU BREATHE BETTER

PLANT	CLEANS	HELPS	HOLISTIC NOTE
Peace Lily	<ul style="list-style-type: none">formaldehyde, benzene, carbon monoxide, mold spores	<ul style="list-style-type: none">Adds oxygen and moisture to dry air while removing common indoor toxins.	<ul style="list-style-type: none">A gentle purifier — brings peace, calm, and emotional balance to a space.
Snake Plant	<ul style="list-style-type: none">formaldehyde, nitrogen oxides, xylene	<ul style="list-style-type: none">One of the few plants that releases oxygen at night, making it great for bedrooms.	<ul style="list-style-type: none">Teaches strength and resilience — thrives with little care and keeps giving.
Spider Plant	<ul style="list-style-type: none">carbon monoxide, formaldehyde, xylene	<ul style="list-style-type: none">Excellent for removing everyday toxins; grows quickly and purifies continuously.	<ul style="list-style-type: none">A cheerful, forgiving plant that symbolizes growth and renewal.
Areca Palm	<ul style="list-style-type: none">carbon dioxide, formaldehyde, toluene	<ul style="list-style-type: none">Adds humidity to the air — great for dry lungs and skin during winter.	<ul style="list-style-type: none">Its flowing leaves remind us to keep breath and energy moving.
Aloe Vera	<ul style="list-style-type: none">formaldehyde, benzene	<ul style="list-style-type: none">Filters toxins while releasing fresh oxygen; its gel can also soothe skin and burns.	<ul style="list-style-type: none">A healing ally — purifies air and energy, bringing cool, calm balance.

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Boston Fern	<ul style="list-style-type: none">formaldehyde, xylene	<ul style="list-style-type: none">acts as a natural humidifier and toxin absorber.	<ul style="list-style-type: none">A lush reminder to soften and stay hydrated — like the lungs themselves.
Rubber Plant	<ul style="list-style-type: none">formaldehyde, trichloroethylene, benzene	<ul style="list-style-type: none">Strong air purifier that grows well in moderate light.	<ul style="list-style-type: none">Symbolizes grounded breath — stability and strength through every inhale.
Gerbera Daisy	<ul style="list-style-type: none">benzene, trichloroethylene	<ul style="list-style-type: none">Beautiful flowers that release oxygen at night; excellent for bedrooms.	<ul style="list-style-type: none">Brings color, joy, and emotional lightness to your space.
Bamboo Palm	<ul style="list-style-type: none">formaldehyde, benzene, trichloroethylene	<ul style="list-style-type: none">Increases oxygen and humidity — especially good in dry or dusty rooms.	<ul style="list-style-type: none">Its graceful sway reminds us to breathe deeply and stay flexible.
Pothos	<ul style="list-style-type: none">formaldehyde, benzene, xylene, toluene	<ul style="list-style-type: none">One of the easiest plants to grow; powerful at filtering air pollutants.	<ul style="list-style-type: none">A symbol of flow and adaptability — just like healthy lungs.