



Air Purifying Houseplants

NASA (National Aeronautics & Space Administration), along with the ALCA (Associated Landscape Contractors of America), conducted an extensive Clean Air Study on indoor air pollutants and the impact on air quality in sealed space station conditions. Houseplants absorb carbon dioxide then release oxygen into the air by way of the photosynthesis process, but the study showed they are naturally cleansing the air of pollutants as well. Since man's existence on Earth depends on the existence of plants and their associated microorganisms, it makes sense that we would need to have plants indoors in somewhat 'closed' environments to help with air quality in our homes or offices.



The top air purifying plants identified in the study were able to reduce levels of ammonia, benzene, nitrogen oxide, formaldehyde, trichloroethylene, xylene and toluene. Additional testing showed that the micro-organisms in the soil helped remove benzene from the air. Indoor air pollutants found in the home or office could be from carpeting, cleaning solutions, glue, plastics, synthetic fibers, rubber and more. The Clean Air Study researchers suggests at least one houseplant for every 100 sq ft of living space.

Below is a list of the top houseplants tested that revealed a capacity to remove air pollutants.

Aloe Vera

Bamboo or Parlor Palm (Chamaedorea)

Chinese Evergreen (Aglaonema)

Dracaena – there are several common names for various Dracaena – Corn plant, Dragon Tree, Janet Craig, Warnecke, Gold-Dust Dracaena, Green Dracaena

Dumb Cane (Dieffenbachia)

English Ivy (Hedera)

Fern – Boston, Kimberly Queen (Nephrolepis)

Fig (Ficus)

Flamingo Lily (Anthurium)

Golden Pothos – also called Devil's Ivy

Lady Palm (Rhapsis)

Peace Lily (Spathiphyllum)

Philodendron

Rubber Plant (Ficus)

Snake Plant (Sansevieria)

Spider Plants (Chlorophytum)

*Chrysanthemums and Gerbera Daisies are also on the list of good air purifiers. They are not always available for purchase year around, so we did not add them to the list above, but should be noted.