



## **Air-Freshening-Plants Natural Air Cleaners**

Purify nasty household smells with air-freshening-plants instead of store-bought-aerosols and reduce your carbon footprint indoors.

Stop spraying! Absorb odors with a variety of plants in your home instead.

They are the most natural-air-filters for polluted air you can get. A houseful of greenery will do a number of good things for the air quality. It really is much better than the heavy sickeningly sweet odors that result from too much over-spraying of the store-bought cans of air fresheners.

**Some will provide fragrance and mask strong cooking odors, which is especially handy over the winter months.**

**Plants work in another way to purify your air by releasing oxygen throughout your home.**

**Plants will increase the humidity levels in your home, which makes breathing much easier.**

**Most importantly? They will help to absorb the chemicals in the air which are produced by objects in our own surroundings.**

For example, FORMALDEHYDE can be emitted from products like plywood, particle-boards, furniture, cleaners and even your carpetting.

Bamboo and potted mums would be good choices to have around to absorb the formaldehyde.

BENZENE comes from tobacco smoke, plastics, dyes and inks.

A Gerbera Daisy, Peace Lily or some English Ivy would work to absorb the benzene.

TRICHLOROETHYLENE is emitted from varnish, lacquers, and paints.

A Gerbera Daisy, Peace Lily or a potted mum can absorb this as well.

An office environment can benefit greatly as well.

Placing a large and leafy plant in every 100 sq. ft. of space will work well towards absorbing the toxins given off by cleaning products and inks from copiers.

In the average living-room and with ceilings of at least 8 feet high, you should have 2 or 3 plants which will contribute well to the quality of the air.

There are many other odor-absorbing plants that will help to purify your indoor air as well.



- Spider Plants
- Philodendrons
- Dracaena
- Weeping-Figs
- Janet Craig Dracaena

- Rubber Plant
- Areca Palm
- Reed Palm
- Dwarf Date Palm
- Boston Fern
- Australian Sword Fern

Not all air-freshening-plants need to be near windows eventhough they enjoy the light.

Many plants come from the shady tropical forests, and they are perfect for the home. You don't have to worry about placing them in a dark corner.

Good ventilation is important, as it appears that some plants seem to have a better effect on indoor air quality if they are located in a drafty area.