



Garden Mum

The 6 Best Houseplants For Indoor

Air Quality

If you're like most people, you spend a good deal of each day indoors, especially at home. You clean your floors and your furniture without question, but what about your air?

There are many great products, like the [Air Scrubber Plus](#), specifically designed to clean your home's air of dust, mold, bacteria, pet dander, and lingering odors, but certain plants also make great additions to your air cleansing arsenal.

As they take in carbon dioxide, plants also absorb airborne particulates, including harmful ones like ammonia and formaldehyde. Over time, this boosts your home's air quality, while also adding a little life to your windowsill or table.

- **Garden Mum**

A fall favorite, this colorful flowering plant is inexpensive and usually easy to find at your local gardening store. It removes *ammonia*, *benzene*, *formaldehyde*, and *xylene* from your home's air.

- **Spider Plant**



This sturdy plant favors well-drained soil and

bright, indirect light as it takes in *formaldehyde and xylene*.

- **Snake Plant**

Perhaps the hardiest plant on this list, snake plants are difficult to kill and only need to be watered occasionally, making them perfect for forgetful homeowners. Plus, they absorb *benzene, formaldehyde, trichloroethylene, and xylene*.

- **Aloe Vera**

In addition to its well-known antibacterial and anti-inflammatory properties, this easy-to-care-for plant drastically reduces the *formaldehyde* in the air.

- **Chinese Evergreen**

Bright and patterned, these beauties favor low light and humid air while intaking *benzene, carbon monoxide, formaldehyde, and trichloroethylene*. Pass on this plant if you have a canine in the house though; Chinese evergreens are toxic to dogs.

- **Weeping Fig**

Also known as a ficus, these hardy plants can reach up to ten feet tall. That means they have lots of surface area to absorb *benzene, formaldehyde, and trichloroethylene*.