

Clean Air PLANT GUIDE



Indoor air can be up to 5 times more polluted than outdoor air, filled with chemicals from furniture, cleaning products, and everyday life. But nature has the perfect solution! These 4 plants will help clean your air while adding natural beauty to your space.



SNAKE PLANT / *Sansevieria trifasciata*

- Works 24/7, nearly indestructible
- Removes Formaldehyde, benzene, xylene
- Care: Water every 2-3 weeks, any light condition works
- Best spot: Bedroom (releases oxygen at night!)
- Perfect For: Low-light areas and forgetful waterers ;-)

SPIDER PLANT / *Chlorophytum comosum*

- Removes formaldehyde, xylene, carbon monoxide
- Superpower: Makes baby plants you can share!
- Care: Water weekly, very forgiving
- Best spot: Bathroom shelf or hanging
- Perfect for: Beginners - nearly impossible to kill!



HEDERA / *Sansevieria trifasciata*

- Removes formaldehyde, benzene, xylene, ammonia
- Superpower: Reduces airborne mold particles
- Care: Prefers cooler temps, water when top soil is dry
- Perfect spot: Kitchen window
- Perfect for: Mold-prone areas

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ALOE VERA / *Aloe barbadensi*

- Removes: Formaldehyde, benzene
- Releases oxygen at night + heals skin and sunburn
- Care: Water every 3 weeks, loves
- Perfect spot: Sunny windowsill
- Bonus: Break off a leaf to soothe burns and cuts naturally!

PEACE LILY / *Spathiphyllum*

- Removes: Ammonia, benzene, formaldehyde, acetone
- Beautiful white blooms + humidity booster
- Care: Droopy leaves means needs water
- Perfect spot: Medium to low light areas
- One of the few air-purifying plants that flowers indoors



QUICK SUCCESS TIPS

Start small: Pick 2-3 plants for your most-used rooms

Match light: Check your room's lighting before choosing

Group plants: Multiple plants = better air cleaning effect

Size matters: Bigger plants = more air filtering power

Keep leaves clean: Dusty leaves can't absorb toxins effectively



Thank you for downloading this plant guide. Don't forget to follow
@helloherbal.world on Instagram for a non-toxic home and natural remedies.