

Heart-Leaf Philodendron

- If you're looking to add clean air to your home, consider adding a heart-leaf philodendron to your decor. This plant variety has evergreen vines that are easy to grow and maintain, and it is recommended as one of the top houseplants for improving indoor air quality by Clean Air Gardening. On mature plants, the dark-green leaves can grow up to 12 inches long. Three varieties of philodendron were used in NASA study concerning the effects of houseplants on indoor air quality, and all were shown to significantly improve the oxygen content of air in enclosed spaces: Philodendron scandens, Philodendron domesticum and Philodendron selloum. All three varieties of philodendron used in the study were remarkable for their efficient production of oxygen, particularly in areas of low light, making them ideal for offices and bathrooms

Peace Lily

- The peace lily is another recommended plant for clearing indoor air. With long, oval foliage, there is plenty of leaf surface to add oxygen back into the air. The peace lily is easy to care for and blooms beautiful white flowers.

Bamboo Palm

- The bamboo (or ladyfinger) palm is an excellent indoor plant and helps to create clean indoor air and fresh oxygen. Its trunks are reed-like, and perhaps its most distinctive feature is the foliage that resembles fingers on a hand. This slow-growing plant can reach up to 10 feet tall.

Sansevieria

- Sansevieria, also called snake plant or mother-in-law's tongue, is a common houseplant found at most garden supply stores. The plant, although not rare, is remarkable in its ability to convert large amounts of carbon dioxide into oxygen, as well as its effectiveness in removing certain indoor pollutants from the air. Studied extensively by and environmental scientists, sansevieria is shown to filter out benzene, which is a chemical linked to Sick Building Syndrome (SBS). Sansevieria is most effective at producing oxygen at night, making it a perfect plant to keep in the bedroom.

Dracaena

- Dracaena is among the most popular houseplants, with over 40 varieties of diverse shapes and sizes. The NASA study showed that three varieties were particularly effective at producing oxygen and alleviating indoor air pollutants: Dracaena fragrans, Dracaena deremensis and Dracaena marginata. According to the study, dracaena is particularly effective at filtering formaldehyde out of the air, which is an irritant and has potential cancer-causing properties

Areca Palm

- Areca palm is a tall, graceful variety of houseplant that was utilized in the study of the healthful effects of houseplants on work environments. His study showed that areca palms are among the most effective plants at oxygenating small, enclosed areas. To receive maximum benefits, it is recommended that four shoulder-high plants be provided per person.

Money Plant

- Money plant is a delicate houseplant that is often sold with a braided stem and hand-shaped leaves. Rumored to be good luck, new evidence supporting the plant's efficacy at removing harmful chemicals from the air might lend credence to that popular belief. Of the plants utilized in a study, money plant showed the most promise in removing formaldehyde and other volatile organic compounds (VOCs) from the air.

Others



- Spider plant is effective at oxygenating indoor air.

were Among the other plants proven to be effective at oxygenating air in the NASA study were English ivy, spider plant, ficus, chrysanthemum, devil's ivy and gerber daisy, which were all proven to have a positive effect on the oxygen content and chemical content in indoor air.