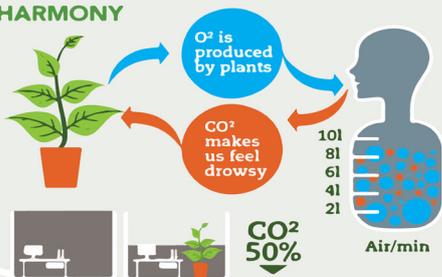


Why have plants?

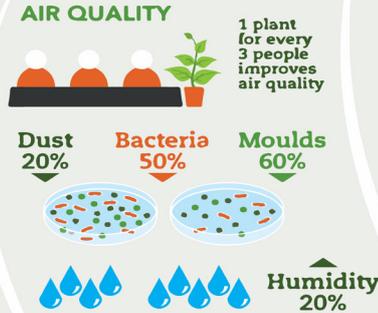
People have always intuitively sensed that contact with plants and nature is a calming tonic for body and soul

The Benefits of Plants

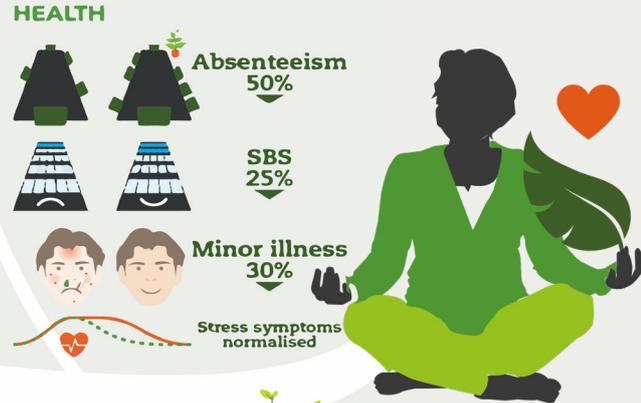
HARMONY



AIR QUALITY



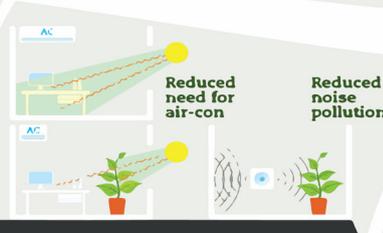
HEALTH



PRODUCTIVITY



GREEN



For more than 25 years, academics and scientists have been researching why houseplants are so good for us.

In doing so, they have established that plants:

- Improve air quality
- Raise humidity
- Reduce stress
- Make people calmer and happier
- Reduce workplace negativity
- Reduce symptoms of discomfort and minor ailments
- Reduce absenteeism
- Speed up recovery from illness
- Improve concentration, productivity and creativity
- Save energy
- Absorb noise
- Increase shopper stay-time by half an hour when used in shopping malls

★ Trustpilot

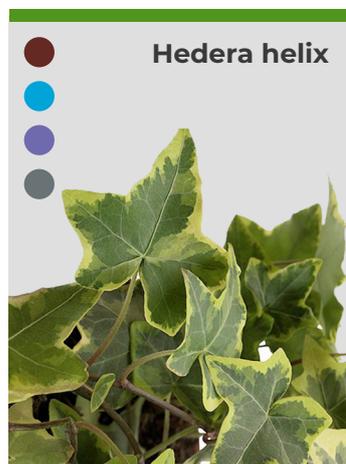


Air-Filtering Houseplants

It won't surprise you that the majority of people spend the bulk of their time indoors, whether at home, work or having fun.

This means that it is more important than ever to ensure that air quality is of a high standard, something that indoor plants can help achieve. Back in 1989, NASA conducted a Clean Air Study in association with Associated Landscape Contractors of America, in an effort to find the most effective common indoor plants for filtering harmful toxins and pollutants from the air.

The results still hold true today: Here are NASA's 10 most effective air-filtering plants for your indoor space.



<p>Trichloroethylene Found in some printing inks, paints, lacquers, varnishes, adhesives & paint remover/stripper.</p>	<p>Formaldehyde Found in some paper bags, waxed papers, facial tissues, paper towels, table napkins, particle board, plywood panelling and synthetic fabrics.</p>	<p>Xylene Found in printing, rubber, leather & paint industries, Tobacco smoke & vehicle exhausts.</p>	<p>Benzene Used to make plastics, resins, synthetic fibres, rubber lubricants, dyes, detergents, drugs & pesticides. Can also be found in tobacco smoke, vehicle exhausts, glue, paint and furniture wax.</p>	<p>Ammonia Found in window cleaners, floor waxes, smelling salts and fertilisers.</p>
<p>What's in our air? These are the most common toxins that contaminate our indoor air and have been found to impact on our health..</p>				