PLANET PALA
TUVÉESH • PÁL • TEMÁL • ÉTAX'EM

HOUSE PLANTS & INDOOR AIR QUALITY

PLANTS GIVE US OXYGEN FOR THE LUNGS AND FOR THE SOUL

Indoor air quality is affected by environmental changes, including climate change. Plants are a fun way to help mitigate some of these effects.

FOR HEALTHY INDOOR AIR

To help keep the air in your home healthy you can: keep your house tidy; change filters regularly; let the fresh air in; and some days keep the bad air out.

THE BENEFITS OF HOUSEPLANTS IN YOUR HOME

IMPROVED AIR QUALITY

Through photosynthesis plants create oxygen that means they can act as air purifiers. Plants reduce pollutants found in the air, like benzene, formaldehyde, and nitrogen dioxide.

LOWER BACKGROUND NOISES

Plants naturally act as a dampener for loud noises and ambient sounds. Plants absorb, diffract, or reflect background noises and high frequencies.
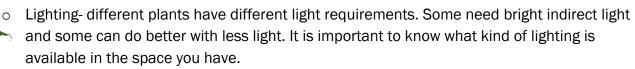
REDUCES STRESS & IMPROVED MENTAL HEALTH

Being surrounded by plants can help reduce stress levels and increase productivity and concentration. Plants can help regulate humidity in the environment and even contribute to lower blood pressure levels.

CHOOSING THE RIGHT PLANTS FOR YOUR HOME

Things to consider when choosing a new plant:

- Room conditions-
  - Lighting- different plants have different light requirements. Some need bright indirect light and some can do better with less light. It is important to know what kind of lighting is available in the space you have.
  - Temperature- Some plants are more sensitive to drafts and temperature changes than others. It is important to know where you plan on putting the plant before buying it so that it can be set up for successful growing.
- Water requirements-
  - Some plants need to stay moist all the time, some light to dry out between watering. Knowing the watering requirements before you buy can save a lot of heartache (and dead plants) in the end.
- Know yourself-
  - It is also important to know how much time and care you are willing to devote to your plants before purchasing. If you are forgetful and may only water once a week or so it is a good idea to get a plant that thrive on neglect. If you like to check you plants daily then there are ones that will love you for it!

See our plant list for suggestions!