

ULTIMATE GUIDE ON HOUSEPLANTS THAT IMPROVE OVERALL HEALTH AND WELLBEING



ABSTRACT

Fresh blooms and colorful cuttings are beautiful additions to your space, but despite the many tips to make flowers last longer, sooner or later, they fade. Instead of chasing petals and adding different species that bloom in various seasons, there's a better way to keep the color in your home: With plants that bear vibrant tones on their leaves year-round.

INTRODUCTION

Anyone who's ever shopped around for houseplants would probably admit to prioritizing the way they look and what their maintenance requirements are before deciding on one to bring home. Those are obvious things to keep in mind, but there's one more important aspect we sometimes tend to forget about when looking for an ideal houseplant: their health benefits.

I. Health Benefits of Houseplants



Allergy Relief

Researchers found that rooms with plants have less dust and mold than rooms without any foliage. Leaves and other parts of the plants act as natural filters to catch allergens and other airborne particles. Common low-light houseplants like Chinese evergreen or the peace lily can do the job. Violets and other plants with textured leaves might be even better trappers. Avoid plants with pollen or spores.

Happy Blooms

Plants not only can brighten up your surroundings, but they can lift your mood. Employees who work in offices with plants tend to feel better about their jobs,

worry less, and take fewer sick days. Flowers in particular are a good pick-me-up. So liven up your room with blooms, like a lipstick plant, or a fresh bouquet and see if your outlook improves.

Spider Plants for Moisture

Furnaces and air conditioners can sap humidity indoors, especially in the winter. That can raise your chances for catching a cold or the flu, or make your skin itch. Houseplants add moisture to the air. One study found a collection of spider plants boosted the relative humidity in a bedroom from 20% to a more comfortable 30%.



Air Purifiers

Carpets, paint, cleaners, printer toners and inks, and many other indoor objects give off pollutants called volatile organic compounds (VOCs). They can build up in the air and irritate your eyes and skin, worsen your asthma, or make it hard for you to breathe. Houseplants can soak up VOCs. Some good air-scrubbers are English ivy, asparagus fern, and dragon tree.

Herbs for Better Digestion

Mint may help tamp down bloating, gas, and other problems after you eat. Common varieties you can grow in containers include peppermint and spearmint (essential in mint juleps). Basil, another herb for cooking, also can help calm your stomach. Try steeping the leaves in hot water.



Relaxing Lavender

This fragrant purple plant has been an important herbal medicine for centuries. You can inhale lavender oil or massage it on your scalp for aromatherapy. You can also boil the leaves for tea. Some studies suggest it may help calm you and help lower any anxiety. But more proof is needed.

Aloe for First Aid

Gel from this plant is a popular home remedy. It can treat sunburns and other minor burns. It can soothe your psoriasis and other skin conditions. Juice from the aloe plant can even help you poop if you're constipated.



Restful Sleep

Plants take in carbon dioxide and give off oxygen. It's how they turn sunlight into food, a process called photosynthesis. Some, like gerbera daisies, keep giving off oxygen even after the sun goes down. Put a few cheerful pots in your bedroom and the extra oxygen may help you sleep more soundly.

Stress Relief

Feeling the weight of daily pressures? Try and add a heart-leaf philodendron or a snake plant to your décor. It may help you relax. Several studies have measured people's levels of blood pressure, heart rate, and the stress hormone cortisol while they handled a tough task or were under mental stress. Being around plants has a calming effect on people.



Sharper Focus

Plants may help raise your test scores, make it easier to concentrate on your tasks, and strengthen your memory. Students in classrooms with three potted plants performed better on math, spelling, reading, and science tests than kids in classrooms without any greens. Bring home a golden pothos or a bamboo palm and you just might clear that to-do list.



Faster Healing

Taking a bouquet of flowers or potted foliage to a loved one in the hospital can be more than just a thoughtful gesture. It may actually help them recover more quickly. Researchers found that people who had surgery got better faster if they had plants in their room or even a view of the nature from their window. They also tolerated pain better and needed fewer medications when surrounded by greenery. Try an orchid or a peace lily.

Better Mental and Emotional Health

Some therapists use gardening to help treat depression, schizophrenia, and other psychiatric conditions. Learning to nurture a living plant may help lower anxiety, improve attention, and lessen the severity of depression. Plants also might help people recovering from trauma, as well as those with dementia or who live in long-term care facilities.

II. 14 Colorful Indoor Houseplants That Will Brighten Up Your Home

These bright, beautiful houseplants range from compact, low-light lovers to large, sun-soaking tropical species. Their eye-catching shades can liven up your indoor garden—with no vase needed.

Croton

- **Botanical Name:** *Codiaeum variegatum*
- **Sun Exposure:** Bright, direct light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 4.5 to 6.5

The leaves of these vivid, easygoing plants are speckled, striped, or veined with a rainbow of color. Some variants stay true to the classic two-toned look, while others marble together in a blend of several colors. Depending on the variety you choose, your croton's leaves can range from shades of red and green to yellow, orange, pink, purple, and more.

To grow croton in your home, choose a place near a south-facing window that receives lots of direct sunlight. Unlike many flowering plants (which can lose their colors in too much light), this hardy species tolerates the strongest rays of sun to stay bright. Without enough exposure, your croton's leaves can lose their signature color and fade to green—so be sure its place in your home sees plenty of direct sun.

Fittonia

- **Botanical Name:** *Fittonia albivenis*
- **Sun Exposure:** Medium indirect light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 6.5

Also known as nerve plant or mosaic plant, fittonia gets its name for its precise, intricate leaf patterns. This compact, low-growing plant can be found in shades of green, but it's also known for its bright variants with white, pink, and red colors.

To keep the oval-shaped leaves of your fittonia healthy, find a place with indirect light to maintain its tones. You'll also want to ensure this plant receives plenty of humidity and lives in a space with temperatures between 60 and 80 degrees. While fittonia can survive in low-light conditions, sun exposure is essential to make its colorful veining pop.

Prayer Plants

- **Botanical Name:** *Maranta leuconeura*
- **Sun Exposure:** Bright, indirect light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 5.5 to 6.0

These plants in the *maranta* and *calathea* families are known for more than uplifting their leaves like praying hands at night: Marked with plenty of colors, the prayer plant's foliage can easily bring a pop of color to your space.

With shades of pink, red, cream, and green, prayer plant leaves can resemble stained glass windows or animal markings. These humidity-loving plants are great for north- or east-facing bathroom windows. If you display your prayer plant in less humid areas of your home, be sure to mist its leaves with water regularly or set it atop a humidity tray.

- **Botanical Name:** *Dracaena draco*
- **Sun Exposure:** Bright, indirect light
- **Soil Type:** Loamy, well-draining soil with peat moss
- **Soil pH:** 6.0 to 6.5

Seeking a plant with a tropical look and eye-catching color? Look no further than the dragon tree (*Dracaena marginata*), which is known for its long, thin green leaves edged in bright red or pink colors. While this tree can reach heights of nearly eight

feet indoors, this tall plant is slow-growing with thin trunk spears and its leaves gathered at the top—so it won't overtake your space.

Dragon trees can bear deep, rich reds on their pointed leaves, or have a blend of pale green and pink colors. While dragon trees can adapt to high- or low-light conditions, keep yours near a window with bright, indirect light to maintain its red coloring. If you're looking for a specific shade, check your local plant nurseries or greenhouses to find a mature dragon tree with prominent colors.

Triostar Stromanthe

- **Botanical Name:** *Stromanthe sanguinea* Triostar
- **Sun Exposure:** *Medium indirect light*
- **Soil Type:** *Well-draining potting soil*
- **Soil pH:** *6.0 to 8.0*

While you may not recognize it by name, you've probably come across triostar stromanthe in your favorite interior design or plant blogs. This unique houseplant bears pastel pink, magenta, and green colors on its candylike-striped leaves.

Triostar stromanthe is a tropical plant native to the jungle. As a relative of prayer plants, this species grows best in plenty of humidity to mimick its natural habitat. Ensure your plant receives plenty of moisture with regular mistings, and place it in an area with indirect light.

Purple Passion Plant

- **Botanical Name:** *Gynura aurantiaca*
- **Sun Exposure:** *Gynura aurantiaca*
- **Soil Type:** *Well-draining potting soil*
- **Soil pH:** *6.5 to 7.5*

Purple passion plant is a common favorite of plant parents looking for bold colors in their indoor gardens. Technically, this plant has green leaves—but they're covered in fine, velvety hairs which give the plant a bright purple sheen that almost glows.

To keep yours looking its best, pinch back growth regularly. This keeps your plant from getting leggy (losing leaves on its lower stems) and encourages new, purple-toned growth. For even more color, look out for the variegated purple passion plant, which features leaves swirled with cream, pink, and light green.

Inch Plant

- **Botanical Name:** *Tradescantia zebrina* and *Tradescantia pallida*

- **Sun Exposure:** Bright, indirect light
- **Soil Type:** Well-draining potting soil with peat moss
- **Soil pH:** 5.0 to 6.0

This common name covers plants in the *Tradescantia* and *Zebrina* families, also known as spiderwort plants. Inch plant is grown very commonly in many homes, and even works great as a groundcover in outdoor gardens.

These vigorous growers are known for lush, trailing green foliage covered in elegant stripes of white, cream, pink, or purple. They're one of the easiest plants to propagate in water or soil, so you'll be able to multiply your collection easily once your plant reaches maturity.

- **Botanical Name:** *Bromeliaceae*
- **Sun Exposure:** Bright, indirect light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 4.0 to 7.0

If you want year-round color but don't want to leave the blooming look of flowers behind, a bromeliad plant is for you. Growing its leaves in a flower-like shape, bromeliads elegantly arch their green foliage beneath the plant's central rosette. This type of plant is known for its shades of red, orange, pink, and yellow.

Be sure to keep your bromeliad's central cup full of water, and place it in an environment with plenty of warmth and humidity. When a mature bromeliad is healthy, the plant will put out even more brilliant colors before growing pups that can be propagated into new plants.

Chinese Evergreen

- **Botanical Name:** *Aglaonema*
- **Sun Exposure:** Medium indirect light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 6.0 to 6.5

These upright, leafy plants with colorful speckled leaves are beloved by home gardeners because they're attractive and easy to care for. With marbled pinks, reds, silvers, and yellows on their green leaves, Chinese evergreens can bring beautiful patterns (similar to prayer plants) to your space. Their leaves are often streaked or spotted, and incorporate several colors in each plant.

The main challenge with Chinese evergreens is getting their water right—not too much, not too little—so let the soil dry out a bit between waterings.

Polka Dot Plant

- **Botanical Name:** *Hypoestes phyllostachya*
- **Sun Exposure:** Medium indirect light
- **Soil Type:** Well-draining potting soil
- **Soil pH:** 5.6 to 6.5

Unlike some colorful plants which need more sun to show their true colors, polka dot plants (also known as freckle face plants) look best in shadier conditions. However, this can cause the low-growing plant to get leggy—so bright, indirect light is the ideal compromise.

In addition to pink, these petite plants come spotted with white, purple, lavender, and red colors on their leaves. Most varieties at plant nurseries have the traditional pale pink color, so check out an online plant store if you're looking for a rare breed.

III. 8 Houseplants To Grow That Can Dramatically Improve Your Health

Good health depends on more than just diet and exercise. Without a doubt your environment affects your health too, and the right houseplant can actually make a big difference in your mood, your stress level, your sleep quality and even your breathing.

1. Spider Plant



Spider plants are great for removing formaldehyde from the air in your home. This is the stuff that comes from all sorts of things you bring into your home including paper bags, waxed papers, facial tissues, paper towels, napkins, particle board, plywood

panelling and synthetic fabrics. In addition to formaldehyde, snake plants target carbon monoxide and other toxic air impurities as well.

If you have poor indoor air quality and not much of a green thumb, a spider plant may be exactly what you need. It's one of the easiest plants to care for and can be kept in less sunny places in your home since it typically doesn't like to be placed under direct sunlight.

A spider plant can grow in any type of soil and only needs to be watered occasionally. If you can remember to water it often enough that its soil stays moist, then that's all you really need to keep this plant alive and thriving.

2. Aloe Vera



Chances are you've probably heard of or used commercially sold medicinal creams or ointments that say they contain aloe vera on their labels. Despite a lack of scientific evidence that aloe vera has any substantial healing properties, it's been used for thousands of years as a common natural remedy to soothe irritated skin.

The clear, gel-like substance found in the inner part of the leaf can be applied directly to the skin. According to WebMD, people typically use it to help treat burns, sunburn, frostbite, psoriasis and cold sores. Make sure you speak to your doctor first in case you have any allergies.

Aloe vera plants need to be deeply watered and their soil left to dry just slightly (about 1 to 2 inches deep) between watering. They do very well with lots of sun but can turn brown if they get too much of it, so keeping your aloe vera plant under indirect sunlight is best.

3. Lavender



Lavender is a flowering plant that has a very gentle and pleasant aroma. Best known for its stress-relieving mental benefits, the scent of lavender is often used in spa products like bath salts, skincare creams, soaps and candles.

You can place a lavender plant anywhere in your home, but putting it in your bedroom is especially helpful since it may help you sleep better. Catching a whiff of lavender may help soothe restlessness, nervousness, anxiety, depression and insomnia.

Lavender plants prefer well-drained soil and lots of sunlight. They also need deep watering, but be careful not to water them very often. Aim to water your lavender plant when the soil is nearly dry.

4. English Ivy

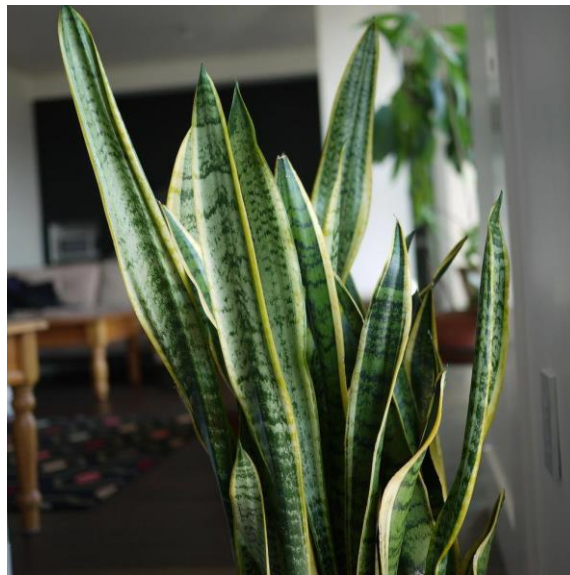


Nobody ever wants to think about the possibility of mold thriving in their home. If you're worried about it, bringing an English ivy plant into your home can help you rest easy since it's well-known to purify up to 94 percent of airborne mold particles that can trigger allergies.

Like the aloe vera plant, English ivy is another great plant to put in your bedroom. If you have asthma or difficulty breathing at night, it can help you breathe easier and get a restful night's sleep.

Be aware that English ivy is poisonous, so it should be kept well out of reach from children and pets. The plant thrives under fluorescent light but not direct sun, so it's the perfect houseplant for darker than normal bedrooms with artificial light. Soil should be kept moist at all times, but not soggy.

5. Snake Plant



Another great houseplant for the bedroom, the snake plant (also known as the “Mother-in-Law’s Tongue”) is among one of the most popular choices for improving indoor air quality. It actually gets most of its job done at night, converting carbon dioxide into oxygen as you sleep.

Snake plants also remove all sorts of toxins from the air including trichloroethylene, formaldehyde, toluene, benzene and xylene. To optimize its air purifying power throughout your entire home, you’ll likely need more than one plant. Plan to get anywhere from 6 to 8 snake plants that are of waist-high height for optimal air purification.

Considered to be one of the easiest plants to care for, snake plants do great when placed under indirect sunlight. You really don’t have to water them much at all, and they’ll actually grow better if you let them dry out quite a bit between watering.

6. Rosemary

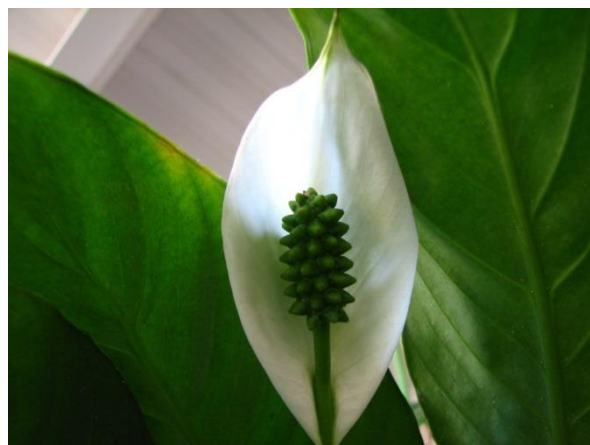


Rosemary is an herb that's been used in folk medicine for centuries to help improve concentration and memory. It turns out that there may be some merit to this claim since a study conducted by Northumbria University found that people who were exposed to the scent of rosemary essential oil performed better on questionnaires compared to people who were exposed to no scent at all.

The memory-boosting component of rosemary is thought to be caused by a compound called 1,8-cineole, which may cause increases in a neurotransmitter called acetylcholine. Although you may be able to take advantage of a more potent scent by using rosemary essential oil with a diffuser in your home, it doesn't hurt to keep a rosemary plant nearby in places like your home office or any other room where you could use a mental boost.

Rosemary can be planted in a pot and put in any spot where it has access to bright sunlight. It should be watered evenly throughout the growing season, but will need less water in the winter. Avoid over-watering and remember to trim your rosemary plant after it flowers.

7. Peace Lily



Peace lilies will really compliment your home decor in the summer when their beautiful white flowers are in full bloom, but that's not all that they can do. This pretty and powerful houseplant is a master of air pollutant removal – working hard to absorb ammonia, benzene, xylene, formaldehyde and trichloroethylene throughout your home.

Since this is a flowering houseplant, it will produce some pollen and a floral scent, which isn't always suitable for people with plant and pollen-related allergies. With that in mind, peace lilies can make a gorgeous addition to any dining table, side table or entryway table.

Peace lilies should be planted in a pot with all-purpose soil and kept slightly moist throughout the entire year (without overwatering). They can thrive in both low and bright light, but do best in shaded areas.

8. Boston Fern



If you live in a location where humidity tends to be a problem, the Boston fern may be the most ideal houseplant to bring into your home. Said to be a natural humidifier, Boston ferns are among the best air purifying plants that also combat formaldehyde, xylene and other unwanted toxins.

Place this type of fern in any air-conditioned room of your home. It may also indirectly benefit any dry skin you may suffer from, which can often be a side effect of highly air-conditioned indoor spaces.

Boston ferns are easy to grow and prefer indirect sunlight, but you should check the soil daily to make sure that it's kept moist. They're most efficient in rooms kept at a cool temperature with a humidity level of 50 to 80 percent.

Never discount the power of what a simple and innocent looking houseplant can do for your health. It's worth doing some further research on the type of plant you choose and how to care for it if it means it will make a difference in how you feel.

IV. 10 Best Air Purifying Plants For The Home

According to an experiment by NASA in 1989, indoor plants help absorb dangerous airborne particles like benzene and formaldehyde. This is because indoor leafy green plants absorb and filter your indoor air through photosynthesis and respiration.

In photosynthesis, the plants release oxygen and take in carbon dioxide from the air, and in respiration, the process is reversed.



But before you see the top 10 plants to make your home smell fresh and pure, you should also see some benefits of keeping indoor plants. Plants absorb carbon dioxide, carbonyl, volatile organic compounds (VOC), nitrates, particulate matter, sulphates, ozone, and ammonia.

Therefore, indoor plants can protect you from harmful compounds in the air and help you breathe fresh air. That is why bond cleaning experts in Melbourne recommend keeping air-purifying plants in your home to enjoy the beautiful fresh air.

Benefits Of Indoor Plants

1. Reduces Viral Transmissions

Besides purifying the air of harmful organic compounds, indoor plants also help in reducing viral transmissions. According to reports, indoor air humidity should be around 40–60% to prevent viral diseases. When the humidity level is higher than this percentage, it can lead to mould, bacteria and viruses that can harm your health.

Therefore it is good to keep indoor plants as studies show they absorb water vapour particles in the air and help reduce humidity levels.

2. Reduces Stress

When plants in your home surround you, you will feel less anxious and stressed, improving your mood. Your energy levels will also increase as you feel more relaxed and uplifted. Thus, it is good to have plants in your home to keep you in good spirits.

3. Calms The Nervous System

Studies show that plants tend to soothe your nerves and make you feel more relaxed and at ease. It is the perfect sight to look at when you feel drained and need to calm down.

Top 10 Air-Purifying Plants For Your Home

Now that you know the benefits of these plants, it is time to look at the top ten air-purifying plants you should keep in your home.

1. Devil's Ivy (Epipremnum aureum)

One of the most aesthetic-looking plants you should keep in your home is the Devil's Ivy plant. This plant is also easy to maintain as it can grow well in low-lighting situations and requires minimal weekly water.



You can also hang this plant on your upper shelves, and it will keep growing downwards and lend your home a graceful look. The best part is that it is known to absorb and rid your home of harmful compounds like benzene, xylene, trichloroethylene and formaldehyde.

Important tip

You must keep this plant out of your pet's reach as it is toxic for them.

2. Snake Plant (Sansevieria trifasciata)

Forget about that air purifier and buy a snake plant instead, as this succulent plant filters out carbon dioxide and the harmful formaldehyde chemical. The dagger-like leaves of this plant can grow up to two meters in height and should be placed in direct sunlight for just two to three hours daily. You will love how easy it is to maintain this plant thrives in dry conditions and requires little water.

3. Parlour Palms (Chamaedorea Elegans)

Parlour palms are great indoor palms as they not only filter your air but are also not harmful to your pets. These large plants should be placed in medium indirect sunlight so you do not scorch the leaves. You should also be careful not to overwater them and wait for the soil to dry before adding more water.

4. Peace Lily (Spathiphyllum)

Just like their name, peace lilies are harmless and gentle glossy plants that sprout beautiful white flowers in the spring season. You can use a slow-release fertiliser for these plants to help them grow and keep them in low lighting conditions. They also remove toxins like carbon monoxide and benzene and make your air smell fresh and pure.



5. Weeping Fig (Ficus Benjamina)

The weeping fig plant is a beautiful-looking plant that will complement your home decor and help purify your air of harmful compounds like trichloroethylene and benzene. This plant requires direct sunlight so keep it in a bright spot in your home, and it can grow anywhere between two to ten feet in height.

6. English Ivy (Hedera helix)

According to NASA, the English Ivy plant is the best air-purifying plant as it effectively eliminates cancer-causing agents like formaldehyde and benzene. This indoor plant can grow well in small pots with adequate water and will look fantastic in any part of your home.

7. Boston Fern (Nephrolepis exaltata)

Cleaning experts who offer reliable end of lease cleaning Melbourne recommend keeping the Boston fern in your home as it maintains the proper amount of humidity. The sword-shaped fronds of this plant grow well in indirect sunlight and humid conditions. To keep the soil moist, you must consistently spray this beautiful aesthetic plant with water.

8. Chinese Evergreen (Aglaonema)

If you live in humid conditions with moderate sunlight, the Chinese Evergreen plant is perfect for your home. You will enjoy the fresh air in your home with these plants as they help remove harmful toxins like formaldehyde and xylene. It is also good to fertilise this plant at least twice a year and drain the soil to keep them growing.



9. Spider Plant (Chlorophytum comosum)

If you are new to gardening, then the spider plant is your best option. These plants are the easiest to maintain and can survive in low light and temperatures. They will also help keep your indoor air quality free from toxins like formaldehyde and can be placed anywhere to add a decor element to your home.

10. Flamingo Lily (Anthurium andraeanum)

Lastly, if you want to add some colour to your home, the Flamingo lily is the perfect plant for your home, as it has beautiful red flowers throughout the year.

Bond cleaning experts in Melbourne recommend watering these plants one to two times a week and keeping them in moist areas like the bathroom or kitchen. The best

part is that, along with beautiful flowers, these plants also keep your air free of ammonia and toluene and are perfect indoor plants.

You can choose from the above plants or include all of them in different parts of your home to make your home look and smell good.

These plants help purify your air of harmful compounds, reduce viral transmissions, keep you in a good mood, and are thus ideal for any home. Your bond cleaning experts in Melbourne can help you take care of and maintain these indoor plants to have fresh air in your home.

V. 7 Lucky Plants That May Bring Big Abundance Energy Into Your Space

1. Rubber plant



“A native of Asia—specifically India, Malaysia, and Java—rubber plants have rounded leaves that are known to symbolize abundance, happiness, and wealth,” says Tobore Oweh, owner of Los Angeles floral design shop The Petal Effect.

Rubber plants are also said to remove toxins and negative energy from the air, Oweh adds. The recipe for keeping a rubber plant flourishing? Bright, indirect sunlight, well-draining soil, and a good watering every week or two.

2. Snake plant



If you're a forgetful plant mom like me, you'll love the snake plant—also known as Sansevieria—because it's so easy to care for. From full sun to low light, snake plants thrive almost anywhere, says Joyce Mast, a horticulturist and online plant emporium Bloomscape's resident plant mom. Oweh adds that you only need to water your snake plant every three to four weeks.

"This is an amazing plant since it absorbs toxins from the air during the night and releases oxygen, enabling good health and positive energy to those within its space," Mast says.

3. Jade plant



Nika Vaughan, owner of Chicago-based beauty and plant boutique Plant Salon, says jade plants are associated with money and good fortune due to their small, coin-shaped leaves. Jade plants are succulents that store water in their plump leaves, so they don't need to be watered often, she adds. "These plants love indirect, bright light and for the pot to dry out well before the next watering," Vaughan says.

4. Eucalyptus



Whenever your space needs an energy refresh, consider eucalyptus your BFF. "Because of its therapeutic properties, the smell of eucalyptus is associated with fresh starts and cleansing," Vaughan says. Pro tip: Hang some branches of dried eucalyptus in your shower to cultivate major spa vibes. Once the bathroom gets nice and steamy, Vaughan says, the eucalyptus will release its minty fragrance.

5. Lucky bamboo



A native to Southeast Asia and tropical rainforests in Africa, Oweh says lucky bamboo symbolizes good fortune and prosperity in feng shui. "It is believed that the

luck associated with this plant is determined by the number of stalks in the arrangement,” she says. “For example, one stalk represents unity. Two stalks represent love. Three stalks represent happiness, wealth, and a long life. And seven stalks represent good health.” Lucky bamboo is easy to care for, too. It can be grown in water or soil, says Oweh—all it needs is bright, indirect light, and a warm space to grow.

6. Money Tree



With its braided trunk and lush leaves, the money tree is an is believed to bring good luck, positive energy, are reduced stress and anxiety. To best care for your money tree, Mast advises giving it deep but infrequent waterings, adding some extra moisture with a pebble tray or humidifier in the winter months.



7. Ficus ginseng



“Ficus ginseng is a bonsai-type plant, which is said to bring good luck and harmony,” Mast says of the glossy, green beauty. “If you receive a bonsai-type plant as a gift, fortune is believed to doubly smile on the gift receiver.” In other words, this plant makes a great housewarming gift, even for newbie plant parents. All it needs, Mast says, is bright light, humidity, and occasional watering.

CONCLUSION

A nice looking plant is great, but a nice looking plant that quietly works its magic in the background on your health as you go about your regular routine is even better. This complete guide on houseplants can help solve a few common health-related problems.

REFERENCES

By Carol DerSarkissian | Health Benefits of Houseplants | Webmd, Retrieved 4 November 2021 from

<https://www.webmd.com/a-to-z-guides/ss/slideshow-health-benefits-houseplants>

By Alexandra Jones | 14 Colorful Indoor Houseplants That Will Brighten Up Your Home | My Domaine, Retrieved 11 March 2021 from

<https://www.mydomaine.com/houseplants-with-colorful-leaves-4797391>

By Elise Moreau | 8 Houseplants To Grow That Can Dramatically Improve Your Health | Life Hack

<https://www.lifehack.org/363824/8-houseplants-grow-that-can-dramatically-improve-your-health>

By Angila | 10 Best Air Purifying Plants For The Home | Bond Cleaning in Melbourne, Retrieved 20 October 2022 from

<https://www.bondcleaninginmelbourne.com.au/10-best-air-purifying-plants-for-the-home/>

By Jessica Estrade | 7 Lucky Plants That May Bring Big Abundance Energy Into Your Space | Well and Good, Retrieved 4 May 2021 from

<https://www.wellandgood.com/lucky-plants/>