

DUNCHEON'S NURSERY

HOUSE PLANTS FOR LONGEVITY

There are so many benefits of having house plants besides adding beauty to your home. For instance, detoxifying the air, emitting oxygen, being therapeutic, all of these are scientifically proven to make you live a longer more stress-free life...

Let's start with plants that cleanse and detoxify the air.

AMONIA, BENZENE, FORMALDYHYDE OH MY!!!!!!

Peace Lily

Heart Leaf Philodendron

Weeping Fig

English Ivy

Warneck & Others Draceanas

Bamboo Palm

Rubber Plant

Boston Fern

Spider Plant

Money Plant

All of these plants are great to rid your home of toxins.

Peace lily- removes numerous chemicals such as ammonia, acetone, benzene., also raises indoor humidity levels, a beneficial quality for dry climates.

Rubber Plant – Attractive plant that can reach up to 8', they like bright indirect light, requires regular watering, removes Formaldehyde from the air.

Weeping Fig – Tropical tree/ plant, clears toluene, xylene and other harmful chemicals, they prefer semi to full sun and regular watering.

***This is just a few descriptions of what these amazing purifiers can do.**

Let's get to the plants that GIVE you Oxygen.

Aloe Vera

Sansevieria (Snake Plant)

Holy Basil

Gerbera Daisy

Areca Palm

Neem

Orchids

Christmas Cactus

Aloe Vera, Sansevieria & Areca Palms, are also known to remove toxins.

Aloe Vera - absorbs Carbon Dioxide and releases oxygen both this and the next plant are extremely hardy and low water plants.

Sansevieria – Ranked as the # 1 air purifying house plant.

Areca Palm – Biologically engineered to take in Carbon Dioxide and release oxygen, also are great for humidifying the air. Due to being native to dense tropical forests, they are also well suited to areas with less sunlight.

Gerbera Daisy – While they simultaneously purify and perfume the air they have a multitude of health benefits along with emitting oxygen.

Christmas cactus – May only Bloom in December yet its succulent leaves and health benefits will make you Merry all year. This plant emits oxygen while you sleep and thrives in dark rooms making it the perfect bedroom plant.

Orchids – While beautifying your home orchids give off oxygen at night and banish xylene (a pollutant found in paint). Brown Thumb? Don't fret orchids thrive on neglect just not too much.

Holy Basil – Having this plant near you is beneficial in a way that it emits a very characteristic scent which can sooth your nerves and reduce anxiety. So put this plant near your bedside for a more relaxed sleep.

A study done by NASA recommends to have on average 10 – 18 oxygen and air purifying plants in an 1800 Sq Ft. home.

*Another side benefit of houseplants is there therapeutic effect on us. The color GREEN has a soothing, healing effect, and considering it is a predominant color in nature, people feel more at ease in a setting that contains this color.

*Note - We may not carry all of these types of plants.