

# THE BEST PLANTS FOR A HAPPY & HEALTHY HOME

For centuries, plants have been used as a source of healing...



Ancient civilizations burned **aster** leaves to ward off evil spirits.

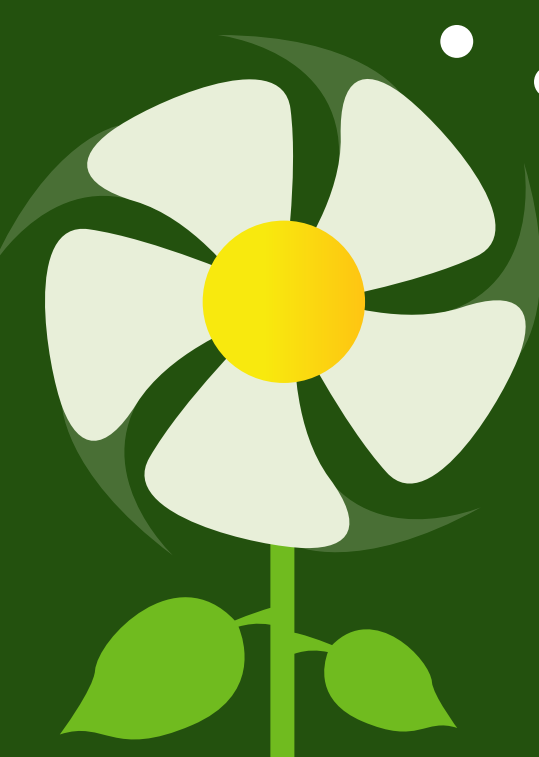


The Romans used **calendula petals** to treat everything from rashes to toothaches.



During the Middle Ages, **lady's mantle** was thought to have magic healing properties.

...But today, using plants for your health and home happiness is more than just urban legend!



DID YOU KNOW HOUSEPLANTS CAN REMOVE UP TO 87% OF AIR TOXIN IN 24 HOURS?

## PLANTS THAT IMPROVE AIR QUALITY



**English Ivy**  
#1 Air-Filtering House Plant!

**Boston Fern**  
Removes 1863 toxins per hour!

**Golden Pothos**

**Peace Lilies**

**Garden Mums**

**Bromeliads**

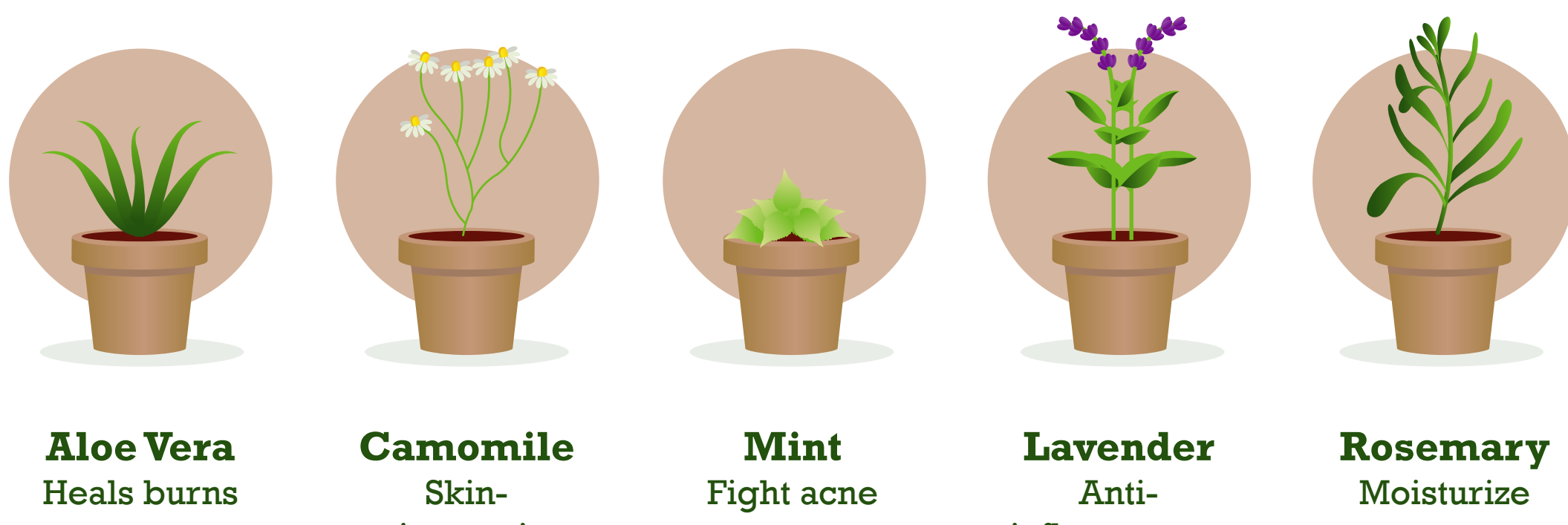
**Snake Plant**

**Philodendron**

**Red-Edged Dracaena**

**Bamboo**

## SKIN HEALING PLANTS



**Aloe Vera**  
Heals burns

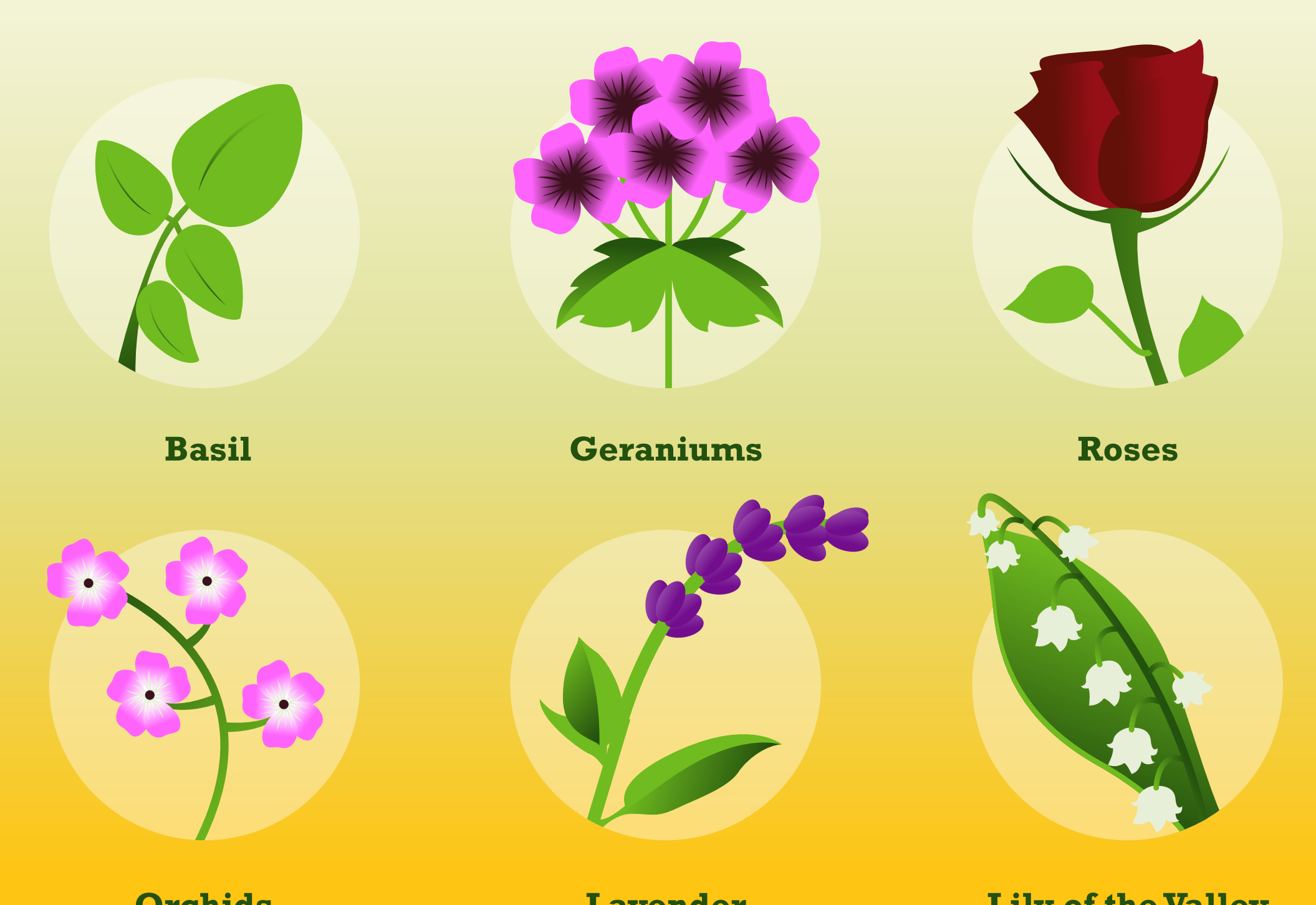
**Camomile**  
Skin-rejuvenation

**Mint**  
Fight acne

**Lavender**  
Anti-inflammatory

**Rosemary**  
Moisturize

## MOOD-BOOSTING PLANTS



**Basil**

**Geraniums**

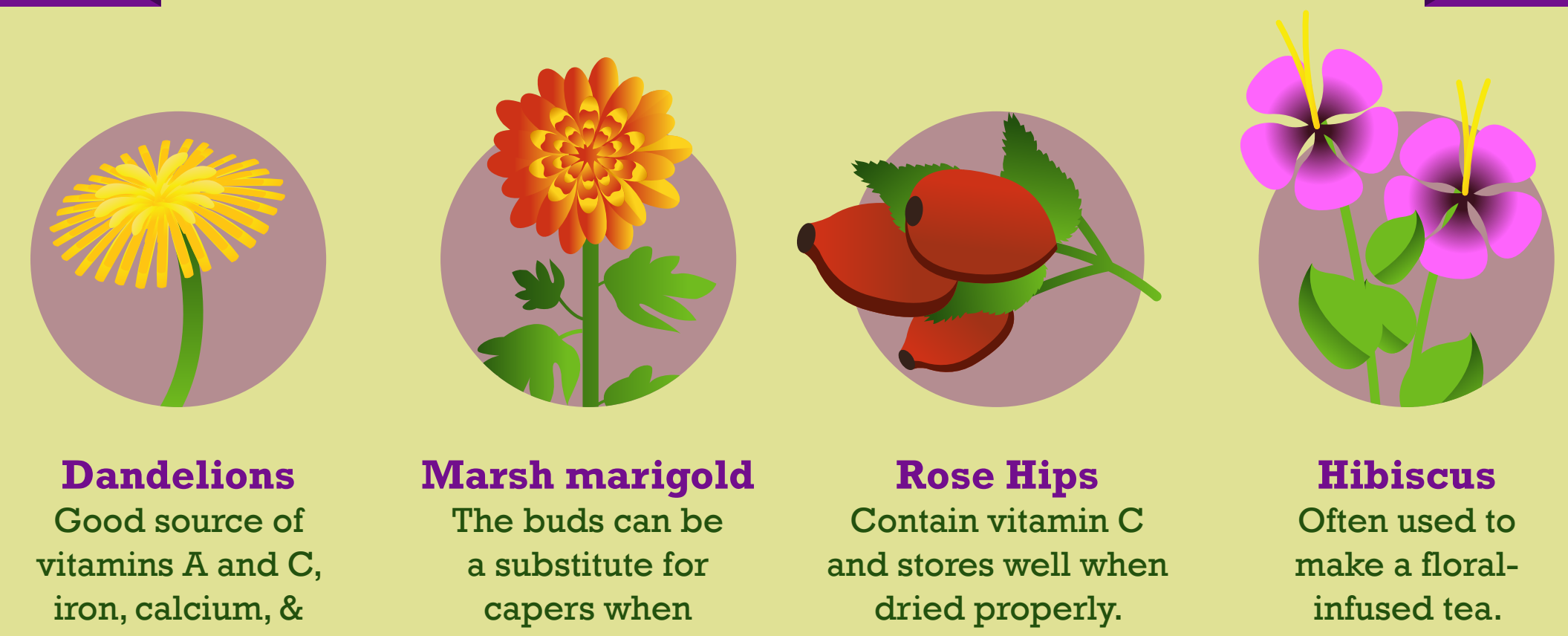
**Roses**

**Orchids**

**Lavender**

**Lily of the Valley**

## PLANTS FOR COOKING



**Dandelions**  
Good source of vitamins A and C, iron, calcium, & potassium.

**Marsh marigold**  
The buds can be a substitute for capers when pickled.

**Rose Hips**  
Contain vitamin C and stores well when dried properly.

**Hibiscus**  
Often used to make a floral-infused tea.

## PLANTS THAT EMIT OXYGEN AT NIGHT

(Put these in your bedroom for a better night's sleep!)



**Orchids**

**Aloe Vera**

**Snake plant**

**Tulsi**

**Orange Gerbera**

**Christmas Cactus**

**Areca Palm**

**Bromeliads**



## Sources

- <https://www.curejoy.com/content/9-plants-give-oxygen-even-night/>
- <http://www.housebeautiful.com/lifestyle/g3947/happiness-boosting-plants-flowers/>
- <http://www.thisisinsider.com/houseplants-that-are-good-for-you-2017-11#1-golden-pothos-1>
- <https://www.mindbodygreenv.com/0-20697/8-homegrown-plants-for-naturally-glowing-skin.html>
- <https://www.care2.com/greenliving/10-common-flowers-you-didnt-know-you-should-eat.html>
- <https://www.nbcnews.com/better/health/indoor-plants-can-instantly-boost-your-health-happiness-ncna781806>