

5 BENEFITS OF INDOOR PLANTS

1. PURIFY THE AIR

Research conducted by NASA shows that indoor plants play an important role in air quality improvement.

2. INCREASE HUMIDITY

During transpiration, plants release moisture from the small pores in their leaves, increasing humidity levels around them. Helps prevent respiratory disease and the likelihood of common colds.

3. SHARPEN YOUR FOCUS

Indoor plants can improve memory and concentration.

4. ACCELERATE THE HEALING PROCESS

Researchers at Kansas State University found that the presence of plants in hospital rooms can speed up recovery of surgical patients.

5. MAKE YOU HAPPIER

Indoor plants have proven benefits to your mental health and overall outlook on life.

Source: AmericanForest.org