

# The Best Indoor Plants

TO CLEAN THE AIR AND IMPROVE MENTAL HEALTH



Peace Lily  
(*Spathiphyllum Wallisii*)



Janet Craig  
(*Dracaena Decremensis*)



Ficus  
(*Ficus Macleilandii 'Alii'*)



Areca Palm  
(*Chrysalidocarpus Lutescens*)



Lady Palm  
(*Rhapis Excelsa*)



Bamboo Palm  
(*Chamaedorea Erumpens*)



Dwarf Date Palm  
(*Phoenix Roebelenii*)



English Ivy  
(*Hedera Helix*)



Rubber Plant  
(*Ficus Elastica*)



Boston Fern  
(*Nephrolepis Exaltata*)

Source: ([Environmental Health Perspectives](#))