

Houseplants

a breath of fresh air
in our homes

Plants absorb carbon dioxide and produce oxygen, they are what keep us alive, this is one of the first scientific facts we learn about the world around us, but did you know that some plants offer so much more?..

Indoor gardening or potted plants can be traced back to the early Greeks and Romans, however, houseplants became increasingly popular in England in the 1800's, when long, gloomy winters meant the home needed brightening up. Although we are fortunate not to experience the harsh winters of the 1800's we can certainly appreciate the positivity that Houseplants bring to our homes, especially of late, having spent much more time 'staying home'. With the improvement of domestic heating and conservatories the range of plants able to flourish in our homes has been expanded and plants from robust ferns to tropical Orchids and Strelitzia now grace our homes.

As well as adding interest, colour, fragrance and texture to our indoor spaces, research shows that caring for plants can reduce stress and anxiety and boost productivity and feelings of well-being. Learning and reacting to your plants needs and watching them mature and thrive is an incredibly satisfying and therapeutic process. And it doesn't stop there, scientific studies show that indoor plants are proven to benefit a lot more than coping with 'the winter blues', they improve physical health (fitness and general health) as well as psychological (mental) health. Psychological benefits of indoor plants include improving mood, reducing stress levels, increasing productivity, reactions and attention span whilst physical health benefits include reducing blood pressure, fatigue, headaches and even pain!

Research into the benefits of indoor plants prompted the likes of NASA to conduct their Clean Air Study in the 1980's, looking for ways to improve air quality in their space stations, they concluded that certain houseplants reduced airborne volatile organic compounds (VOCS) significantly.

Pollution levels are often higher indoors than they are outdoors. Indoor air quality is contaminated by chemical substances that are not only released from furniture, clothing, floor coverings, wall covering, detergents, paint and printers but also by people themselves. Additionally, bio-aerosols (i.e. fungal spores and bacteria) can also add to indoor pollution. Extensive scientific research has shown that some plants are capable of absorbing these substances from the air.

Indoor plants can also improve sound quality by diffracting or reflecting noise creating a more peaceful atmosphere, especially in busy offices, hospitals or classrooms.

Keep an eye out for more Top Tips from our staff on our website and at the garden centre!

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So, we know that houseplants act as natural air-purifiers and sound barriers, improve our health mentally and physically as well as adding interest to our homes, I think we can conclude that houseplants are amazing! but which houseplants are most beneficial to the home?

[Areca](#) - this plant excels in air purification! Easy to care for and perfect in homes and offices - or even home offices!

[Nephrolepis, Boston Fern](#) - a strong, lush plant that radiates health and air-purifying qualities.

[Chlorophytum, Spider Plant](#) - Considered one of the most adaptable houseplants, easy-to-grow and highlighted by NASA for their reported air-purifying ability.

[Dracaena](#) - Brings a touch of the tropics and clean air too! A great addition to light draught free interior.

[Spathiphyllum, Peace Lily](#) - Graceful and low maintenance, this beauty removes toxins from indoor air including formaldehyde and ammonia.



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