

AIR-PURIFYING PLANTS

Air is life. Its quality is therefore important for our health, well-being and how we feel. This is about the outdoor air, but also the air inside. After all, that is where we spend a large part of our lives. At home, in the office, at work or at school.

Harmful substances spoil the air we breathe. These substances are given off by furniture, clothes, carpets, paint and printers, for example, but also by people themselves.

We all know that plants produce oxygen. Plants are also capable of absorbing pollutants, scientific research shows. Only a select range has strong air-purifying properties.

- ▶ Neutralises harmful gases by absorbing and breaking them down.
- ▶ Makes the air healthier by effectively converting carbon dioxide into oxygen.
- ▶ Improves humidity through the regulatory evaporation process.

How many air-purifying plants do you need in a room?

It is difficult to specify exactly how many plants you need in a room. It also depends on how many people are in the room, how many appliances are in the room, how often doors and windows open, etc. Basically, the more air-purifying plants, the better. A forest with 1 tree is not a forest either, so to green a space, you need enough plants.

However, estimates can be made for the number of plants needed. The more, the better. The stronger air-purifying the species, the better.

A rule of thumb might be: 350 grams of leaf mass per person of a reasonable to good air-purifying plant species. Depending on the species and thus much or less leaf.

Room surface area: 30m²

Number of plants: 4-6 pot diameter 13cm / 2-3 pot diameter 17cm.

Which varieties to look for

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|----------------|----------------------|
| ▶ Areca | ▶ Monstera Deliciosa |
| ▶ Calathea | ▶ Phlebodium |
| ▶ Dracaena | ▶ Spathiphyllum |
| ▶ Ficus Lyrata | ▶ Strelitzia Nicolai |

