Indoor Plant List for Cleaner and Fresher Air

The following plants can brighten the office as well as removing common toxins from the indoor environment. Those marked with an asterix have been tested by NASA (www.zone10.com/nasa-study-house-plants-clean-air.html) in their research on purifying air in space stations using common house plants. With a little forethought you can choose the perfect plant to improve your work aesthetics and your health!

**Zanzibar Gem or Zamia (Zamioculcas zamifolia)**

The ideal office plants for busy workers as they are a striking foliage plant that is virtually indestructible. Zanzibar Gem's shiny, waxy leaves are divided into a number of smaller leaflets. New leaves emerge as upright spikes from which the leaflets gradually unfold. The Zanibar Gem requires infrequent watering and will tolerate very low light conditions. No direct sunlight.

**Xanadu (Philodendron xanadu) * **

Philodendrons were shown to be particularly effective in removing toxins in a NASA study. The Philodendron xanadu is a great tropical foliage plant with attractive lobed leaves that are richly green and lush. Compact and tidy, it is ideal as an indoor plant for tables and desks. Requires indirect light.

**Peace Lily or Madonna Lily (Spathiphyllum)* **

The Peace Lily is a great natural remover of indoor air pollution. This attractive glossy plant also produces frequent beautiful white half shaped blooms on long stems. This plant will thrive with bright indirect light. They prefer moist conditions and leaves will brown if the plant is not getting enough humidity.
Janet Craig (*Dracaena deremensis)*

The dark-green leaves of the ‘Janet Craig’ make it a most attractive plant. It is one of the best plants for removing air pollutants and is rated 5th on NASA’s official study of top air purifying plants. This plant works well as an office plant because it can thrive in the lower light conditions that are often found indoors. A location that receives bright but indirect light provides for best growth.

Boston Fern (*Nephrolepis exaltata)*

Ferns are probably one of the oldest groups of plants. This fern is the best for removing air pollutants, especially formaldehyde, and for adding humidity to the indoor environment. The Boston Fern’s stiff fronds arch out, drooping downward as they age. The Boston Fern requires a certain amount of attention. It likes frequent misting and watering or the leaves will quickly turn brown and begin to drop. This plant likes good bright indirect light.

Alii Fig (*Ficus maclellandii)*

This ornamental fig has slender dark green leaves which make it an extremely attractive plant. Its ability to help purify the air, ease of growth and resistance to insects make it an excellent choice for the office. Like all species of ficus, expect some leaf drop until the plant adjusts to its new location. Bright indirect light is best, however it still does well in medium light. The lower the light level the longer it takes for new growth to appear.

Mother-in-law’s Tongue or Snake plant (*Sansevieria trifasciata)*

This linear, architectural plant with stiff, thick upright leaves can grow up to two metres tall. It’s tall, attractive sword-like gold-edged leaves make it excellent for focal interest or screening in the officer. It’s the perfect desk plant for those who have little time because of its ability to withstand most conditions: it needs little water, is very hardy, and does well in low light. If treated right, a Mother-in-law’s Tongue can last for years.
Lady Palm (*Rhapis excelsa)*

The lady palm is a small fan palm that does exceedingly well indoors under the right conditions. Ranked equal first in the NASA plant study for air purifying this plant grows from multiple stems, each topped with upright fronds. The fronds are split into fan-like segments. The leaves are divided into five to 12 blunt-ended pieces and its stems are clothed in a brown fibrous sheath like hessian. This plant likes bright indirect sunlight. Too much sun will cause the leaves to turn yellow-green.

Parlour palm (*Chamaedorea elegans*)

The parlour palm is an elegant and attractive plant which will put up with dry air from air conditioning and a shortage of light in the office. The leaves are medium green and the fronds are divided into opposite pairs of leaflets.

Bamboo palm (*Chamaedorea seifrizii)*

The bamboo palm is easy to care for and is a popular office plant. In terms of its atmospheric benefits, the bamboo palm has an excellent overall rating and one of the highest transpiration ratings. It pumps much needed moisture into the indoor atmosphere, especially during winter months when heating systems dry the air. Each stem is long and slender with “nodes” very similar in appearance to Bamboo.

Please note that this plant list is to be used as a guide only. You do not have to choose plants only from this list for your greening the office initiative. Research the conditions required for each plant for your office. Visit [www.wikihow.com/Choose-a-Good-Office-Plant](http://www.wikihow.com/Choose-a-Good-Office-Plant) for a guide on choosing a suitable office plant for your space.

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