

THE POWER OF A HOUSE PLANT



Mind Home and Body cares not only about keeping your closets and spaces organized—we care about the health of your home environment too. We know not everyone has a green thumb, but let's talk about one of the easiest houseplants to care for: the snake plant! If you're a beginner plant parent, no worries—this easygoing plant is the perfect place to start.

✨**Intention:**
Adding Zen to your room to help Zen your mood. ✨

Why a snake plant, you ask? For starters, they thrive in both sunlight and shade; they can also go long periods without water which means, it's a forgiving plant. And well, we all need a little forgiveness every once in a while. They also help purify the air and combat allergies. To top it off, they're a nice sleek plant which adds a little extra beauty to your space.

Tips For New Plant Parents

🌿 Find budget-friendly plants:

If you don't want to pay full price for a plant from the home and garden section at Walmart or your local nursery, check Facebook Marketplace. Many plant lovers enjoy propagating and sharing their plant babies for a fraction of the cost—or even for free. You might even get lucky and find someone who's moving and needs to rehome their plants. (I've had to let go of some real gems during my own moves!)

💧 Don't overwater:

One of the most common mistakes new plant parents make is overwatering. A simple trick is the finger test: gently stick your finger into the soil about an inch deep. If it feels dry, it's time to water. If it's still moist, wait a few more days.

🪴 Talk to your plants:

Yes, really! It's proven that plants respond positively to attention. Talk to them, touch their leaves gently, and give them some extra love. Over time, you'll form a little relationship with your plant, and you'll notice it thrives off your care. Fun fact—your plant can even become a quiet reflection of your own well-being. If it's looking neglected, it might be a gentle reminder to check in with yourself, too.