

## Plant Name: Aglaonema Siam Red

Care: Place in bright, indirect light, but can tolerate medium to low light. Avoid direct sunlight, which can burn the leaves. Water when the top inch of soil is dry. Water slowly until liquid flows through the drainage hole, then discard any excess water. Water more frequently in the summer. You can use a pebble tray or humidifier to increase humidity.

Benefits: Remove toxins like benzene and formaldehyde from the air. The presence of an Aglaonema plant can lower your heart rate and blood pressure. Low maintenance.  
Toxic to humans and pets if ingested.

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## Plant Name: Anthurium, Red

Care: Place anthurium in a warm, brightly lit room but out of direct light. An area with high humidity such as a bathroom is a good choice. Allow anthurium's soil to dry out between waterings.

Benefits: Air purification, Low maintenance,  
In Feng Shui, anthuriums are associated with good fortune, harmony, and well-being.

All plants within the Anthurium genus are toxic to cats, dogs, and even horses.

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## Plant Name: Alocasia

Care: Keep Alocasia in a warm indoor location with high humidity and bright indirect light.

Benefits: Enhances air quality and Feng Shui, purifying air and aligning energy. Reduces stress, boosts well-being, and symbolizes resilience and prosperity.  
Can be toxic to animals if chewed on, swallowed, or touched.

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## Plant Name: Arrowhead Plant

Care: Care: Bright indirect (diffused) light. Let dry between waterings. Loves humidity. Can be trained to vine up a pole.

Benefits: Air purification, natural detoxifiers.

Brings positive energy.

Mildly toxic to animals.

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## Plant Name: Black Rabbit Foot/ Davallia Fern

Light: Medium to Bright Indirect light. Water: Keep evenly moist during Spring to Summer and allow the soil to reach dryness in cooler weather. Humidity: Medium to high humidity is recommended. Place in a warm moist location such as a bathroom or kitchen.

Benefits: Benefits: Air purification: The fern's fronds trap airborne toxins like formaldehyde, dust, allergens, and mold, which can help with headaches, fatigue, and skin health. Natural humidifier: The fern releases moisture into the air, which can help with dry skin.

Non-Toxic to animals.

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## Plant Name: Calathea

Care: Indirect, bright light, and should be kept out of direct sunlight. Direct sunlight can burn the leaves and cause them to lose their vibrant colors. Water your calathea when the top two inches of soil feel dry. Calatheas prefer moist soil, but not soggy. You can mist the leaves daily, place the plant on a tray of moist pebbles, or use a humidifier.

Benefits: Low maintenance. Remove toxins from the air and improve indoor air quality. Release moisture into the air through transpiration.  
Non-toxic, pet friendly.

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## Plant Name: Copper Pilea

Care: Water every 1-2 weeks, allowing soil to dry out between waterings. Thrives in bright, indirect light but is sensitive to direct sun, which can cause its leaves to turn yellow or fade. Keep the leaves clean. The tiny flowers are pinkish and grow in clusters. It has a bushy growth habit and can get 10 to 12 in. tall.

Benefits: Air-purifying qualities, contributing to a healthier indoor environment. It also has a high transpiration rate, which can help increase indoor humidity.

Friendship plant or panamiga, this plant is also generally considered non-toxic to humans and pets.

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## Plant Name: Crasulla Mini Kitty

Care: Likes full sun; however, it only needs it for about six to eight hours. If your plant is in direct sun during summer heat for 12 hours, it can get sunburned. Thrives in dry soil and should be watered sparingly.

Benefits: Symbol of wealth and serenity, the jade plant enriches spaces with positive energy. Natural air purifier, it detoxifies indoor environments for a healthier home. Mildly toxic to humans and animals.

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## Plant Name: Croton Gold Dust

Care: Place the plant in a bright area with medium to bright, indirect sunlight. Too much direct sunlight can scorch the leaves, while too little light can make the leaves dull and green.

Water the plant when the top inch of soil is dry, but avoid overwatering.

Benefits: The Croton Gold Dust plant removes harmful pollutants and toxins from the air, improving indoor air quality and reducing allergy and respiratory symptoms. Low maintenance.

Toxic to animals.

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## Plant Name: Croton Mammy

Care: Place the plant in bright, indirect light or full, bright sunlight, but avoid burning the leaves in direct sun. Some say the plant needs at least 4–6 hours of full sun. Water the plant when the top 1–2 inches of soil are dry, but don't let the soil dry out completely.

Benefits: Benefits: Air purification, mood enhancement, natural humidification, Symbolism and cultural significance.  
Toxic to animals.

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## Plant Name: Chinese Money Plant

Care: prefer bright, indirect light. Direct sunlight can scorch their leaves, so it's best to place them where they receive filtered or diffused sunlight. Chinese Money Plants appreciate higher humidity, so misting can be beneficial, especially in dry indoor environments.

Benefits: Air purification: Removes toxins, pollutants, and harmful gases from the air.

Humidity: Has a high transpiration rate that can increase indoor humidity.

Non-toxic: Safe for humans and pets

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## Plant Name: Dieffenbachia

Care: Place in bright, indirect light, but avoid direct sun. If the plant is in low light, it may become leggy, and its leaves may lose their attractive patterns. Water thoroughly when the top 1–2 inches of soil is dry, and allow the soil to dry out completely before watering again.

Benefits: Benefits: Effective at removing pollutants from the air, such as formaldehyde, toluene, and xylene. These pollutants can come from furniture, cleaning products, and carpet.

Toxic to humans and pets if ingested.

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## Plant Name: Dracaena (Song of India).

Care: Place the plant in indirect sunlight. Provide moist, well-draining soil. Allow the soil to dry somewhat between waterings. Avoid putting song of India anywhere near a slightly cold draft.

Benefits: Air purifier and stress reducer, enhances indoor environments. Low maintenance and easy propagation, ideal for beginners.

Toxic to humans and pets if ingested.

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## Plant Name: Dragon Tree

**Care:** It benefits from bright, indirect light. If given too much sun, leaves are at risk of scorch. It's a good idea to grow them in a bathroom or kitchen for humidity. Dragon plants prefer underwatering to overwatering, so let the top few centimeters of soil dry out – test with your finger – before watering again.

**Benefits:** Air purification

**Humidity:** Thrive in humid environments, making them a good choice for bathrooms.

**Low maintenance:** Dragon trees are hardy plants that can tolerate a range of growing conditions and some neglect.

**Toxic to animals.**

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## Plant Name: False Aralia Plerandra Elegantissima

Care: Moist soil with partial sun exposure.

Provide even moisture and humidity to the plant, especially indoors during colder months. Place in front of a fairly bright window. Does not like the cold.

Benefits: Its leaves work overtime to filter out toxins, giving your lungs a break from indoor pollutants. Health benefits: False aralia may improve mental well-being and productivity.

Symbolism: In some cultures, false aralia symbolizes growth and prosperity.

Non-toxic: safe for humans and pets.

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## Plant Name: Fern

Care: Need good light, but not direct sunlight.  
You can use a humidifier or mister to help your fern.

Benefits: Air purification, humidity  
regulation, stress reduction.  
Can be toxic to humans and animals.

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## Plant Name: Fiddle Leaf Fig

Care: Place your plant near a window to receive filtered light. Avoid overwatering and aim to keep soil moderately moist.

Add support for the main stem.

Rotate the pot every few days so all foliage faces the source of sunlight.

Benefits: Better mental health: The plant's therapeutic qualities include effective stress management and mental well-being.

Can improve your overall focus and concentration, thus increasing productivity.

Toxic to animals.

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## Plant Name: Fittonia

Care: Prefer bright, indirect light. Too much direct sunlight can scorch their leaves, while too little light can cause them to defoliate. They will thrive best in an East or West window, or a completely diffused South window.

The soil should be consistently moist, but not waterlogged. Yellowing leaves often indicate overwatering, while wilting leaves signal the need for watering.

Benefits: Air purification. Stress reduction as some say that the presence of a Fittonia plant can help reduce stress levels and create a serene atmosphere.

Non-Toxic to animals.

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## Plant Name: Fittonia Ruby Red

Care: It's best to keep in indirect (but bright) sunlight and keep it away from a drafty door or window. Water every 3-4 days, but let the soil dry out between each watering.

Benefits: Reduces carbon dioxide levels, increase humidity, and lower nitrogen dioxide and benzene in the air.

Pest and disease resistance.

Shouldn't let cats ingest the plant, but it's not toxic.

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