

How Indoor Plants Can Create a Positive Mindset

Reduces stress and anxiety

The connection to nature is soothing, comfortable, and can help boost our mood. Indoor plants can reduce physiological and psychological stress.

Improves air quality of indoor air

Indoor plants can help purify the air and humidity. This also helps improve respiratory and skin health.

Improve concentration levels

Indoor plants can increase focus, productivity and creativity



MONEY/JADE PLANT



Symbol of good energy and fortune
Purifies the air
Low maintenance
Provide bright indirect sunlight
Water once every 2 weeks

ALOE VERA



Medicinal and Beauty benefits
Low maintenance
Provide bright indirect sunlight
Water once every 2 weeks

PEACE LILY



Promotes Restful sleep
Purifies the air
Low maintenance
Provide bright indirect sunlight
Water once a week

SNAKE PLANT



Absorbs CO2 at night
Low maintenance
Provide bright indirect sunlight
Water only when the soil is dry or fortnightly