

Plant one on me!



we are
aspire



Health benefits of house and garden plants



Spider Plants

Spider plants are excellent for reducing the amount of formaldehyde in a living space and will improve both the quality of the air in your home and your health.



Lavender

If you have a south-facing window in your house, take advantage and put your lavender plant here. The fresh aroma will lend a sense of calm and reduce any stress that you might feel.



Aloe

Due to its soothing, moisturizing, and cooling properties, aloe vera is often used to treat burns. Aloe gel can also be used on the skin to help with psoriasis, frostbite, and sores.



Lily

According to NASA, the lily removes formaldehyde, benzene and trichloroethylene. Peace lilies can also help reduce toluene and xylene in the air. Keep away from pets and children as they are poisonous.



Gerbera

Gerbera daisies are those large, colourful orange or pink daisy blooms found in expensive floral arrangements, but you can have them year-round in your own indoor health garden.



Chrysanthemum

Chrysanthemum also called mums, are effective at removing benzene, trichloroethylene, formaldehyde and ammonia from the air in your home.

