

All houseplants help improve air quality by absorbing carbon dioxide and releasing oxygen. However, there are a few plants that help filter specific toxins out of the air. According to the 1989 NASA Clean Air Study, the following plants are recommended, with one plant per one hundred square feet of interior space:

<i>Aglaonema modestum</i>	Chinese evergreen
<i>Anthurium andraeanum</i>	flamingo lily
<i>Chamaedorea seifrizii</i>	bamboo palm
<i>Chlorophytum comosum</i>	spider plant
<i>Dendrobium</i> spp.	dendrobium orchid
<i>Dieffenbachia</i> spp.	dumb cane
<i>Dracaena fragrans</i> 'Massangeana'	corn plant
<i>Dracaena marginata</i>	dragon tree
<i>Dyopsis lutescens</i>	areca palm
<i>Epipremnum aureum</i>	pothos or devil's ivy
<i>Ficus benjamina</i>	weeping fig
<i>Ficus elastica</i>	rubber tree
<i>Hedera helix</i>	English ivy
<i>Homalomena wallisii</i>	king of hearts
<i>Nephrolepis exaltata</i> 'Bostoniensis'	Boston fern
<i>Nephrolepis oblitterata</i>	Kimberly queen fern
<i>Phalaenopsis</i> spp.	moth orchid
<i>Philodendron bipinnatifidum</i>	split-leaf philodendron
<i>Philodendron cordatum</i>	heart-leaf philodendron
<i>Phoenix roebelenii</i>	dwarf date palm
<i>Rhapis excelsa</i>	lady palm
<i>Sansevieria trifasciata</i>	snake plant or mother-in-law's tongue
<i>Spathiphyllum</i> spp.	peace lily