

## Hearty interior plants

(even if you're not a green thumb)

- Spider Plant
- Peace Lily
- Rubber Plants
- Elephant Ear Plants
- Snake Plant
- Ferns
- Pothos
- English Ivy
- Succulents
- Cacti
- Herbs



House plants have healing powers, plants are pleasing to the eye and boost neurotransmitters (like dopamine and serotonin). By caring for these plants, you are priming your brain to interact with the plant again to get another boost from neurochemicals. Plants can also help purify the air inside your home, Snake plants, spider plants, rubber plants, peace lilies, ferns, and English Ivy are known for boosting oxygen levels in the air.