AIR-PURIFYING PLANTS THAT HELP REDUCE VOCS AND FORMALDEHYDE INDOORS

Modern interiors constantly release VOCs (volatile organic compounds) from paints, furniture, flooring and cleaning agents. Several indoor plants can help reduce traces of formaldehyde, benzene, toluene, xylene and even mold, supporting fresher, healthier indoor air.

Aloe Vera
Helps absorb **formaldehyde** and **benzene** from paints, varnishes and some cleaners.

Spider Plant
Known to reduce **formaldehyde, xylene** and **toluene**; extremely hardy and low-maintenance.

Peace Lily
Filters **formaldehyde, benzene, trichloroethylene** and several other VOCs from common household products.

Snake Plant
Helps remove **formaldehyde, benzene, xylene, toluene** and converts CO_2 to oxygen even at night.

Bamboo Palm
Reduces **formaldehyde, benzene** and **trichloroethylene**; also slightly increases indoor humidity.

Areca Palm
Helps lower **formaldehyde, xylene** and **toluene**; acts as a natural humidifier through transpiration.

Lady Palm
Filters **formaldehyde, ammonia, xylene, toluene**; often recommended for office environments.

Dracaena
Multiple varieties help absorb **formaldehyde, benzene, trichloroethylene, xylene, toluene.**

Rubber Plant
Effective at capturing **formaldehyde** released by MDF, laminates, adhesives and synthetic furniture.

Philodendron
Helps reduce **formaldehyde** from pressed-wood furniture, flooring and interior composites.

English Ivy
Can reduce airborne **formaldehyde** and other VOCs; sometimes noted for helping with odor-rich areas.

Chinese Evergreen
Filters **benzene** and **formaldehyde**; suitable for lower-light interior zones.

Adviro

Weeping Fig
Helps remove **formaldehyde, xylene** and **toluene** emitted by furniture and office equipment.

Golden Pothos
Reduces **formaldehyde, benzene** and **xylene**; extremely easy to place and maintain.

Gerbera Daisy
Removes **benzene** and **trichloroethylene** often found in paints and industrial solvents.

Daisy
General varieties
Can help lower **benzene, formaldehyde** and **trichloroethylene** traces in indoor environments.

Boston Fern
Effective at reducing **formaldehyde** and benefits from higher humidity conditions.

Lavender
While not a top VOC absorber, can help reduce **airborne bacteria/mold** and support perceived air freshness.

Gerbera jamesonii
Known for absorbing **benzene, formaldehyde** and **trichloroethylene**; *frequently referenced separately due to higher VOC uptake compared to standard gerberas.*

Flamingo Lily
Helps reduce **formaldehyde, ammonia, toluene** and **xylene**; *commonly referenced in air-quality studies for its ability to absorb multiple indoor VOCs.*

Dendrobium Orchid
Filters **xylene, toluene,** and **acetone** while uniquely releasing oxygen at night, unlike most common houseplants.

WHY THIS MATTERS FOR INDOOR DIAGNOSTICS?

Houseplants offer a simple, low-cost way to reduce small amounts of VOCs and formaldehyde, refresh indoor spaces and support overall wellbeing. However, their effect is limited: plants cannot detect or resolve elevated VOC levels, hidden moisture, mold growth, material emissions or ventilation imbalances.

This is where Adviro becomes essential. We provide independent indoor air quality diagnostics.

Used together with professional testing and recommendations, these plants can form a small but meaningful part of a healthier indoor environment.