

5 plants that can be grown indoors Help relieve stress. Plus a beautiful house

Anyone who is a tree lover must listen. There are some planting tips that will help brighten up your home. It also helps to relieve stress as well. who is stressed Change to solve the problem by turning to plant these trees better. All of which are trees that can be grown in the house.

**Gerbera and Daisy:** These two plants are good for sleeping. Because most plants tend to release oxygen during the day. But both plants release oxygen both when you are asleep and when you are awake. Just try to put it in your bedroom. You'll sleep a lot better.

**Bamboo and palm** are two plants that help with moisture. It also helps absorb toxins in the house. 'Formaldehyde' or a substance in cleaning products. including carbon monoxide It also helps to expel hot and dry weather. but leave the moisture make you feel more comfortable

**Chrysanthemums** Chrysanthemums are good for keeping clean. The study from NASA found that This flower can remove benzene. Compounds in paints and plastics can be in the air.



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