

4 types of plants to help cool down the house when the weather is hot

Plants with great effects such as absorbing toxic gases, increasing oxygen and moisture, etc. should be grown indoors when the weather is hot, which can help reduce temperature and maintain humidity for the house.

Here are the plants that have great effects such as absorbing toxic gases, increasing oxygen and moisture . should be grown indoors when the weather is hot, which can help lower the temperature and maintain the humidity of the house.

1. Aloe vera plant



Aloe vera can not only purify the air, providing more O₂ gas, but also has the ability to remove formaldehyde in the air to help us feel more comfortable on hot summer days.

2. Ferns



In addition to the effect of purifying the air, absorbing arsenic and toxic substances such as toluene, xylene, formic aldehyde, . Ferns also have a cooling effect, increase humidity, and bring cool air. Therefore, growing ferns indoors will help us feel more comfortable and comfortable in hot summer days. According to NASA, ferns are one of the most efficient "air purifiers".

3. Golden betel nut tree



This ornamental plant is chosen by many people to grow indoors due to its many effects such as purifying the air, absorbing radiation from electronic devices such as computers, phones, . to help keep the air fresh. , cool. Therefore, golden betel nut is also a great plant to grow indoors to help cool - clean - fresh air in the house on hot summer days.

4. The perennial tree of youth



Not only has the effect of cooling the air, but the perennial plant has the effect of absorbing toxic gases such as formaldehyde to help freshen the air, especially when the air conditioner is on for a long time.

The green color also helps the house space to be more youthful and fresh.

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