

Green
Tips

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Plants in the room



Multiple studies have proven that houseplants improve our mental and physical well-being, keep us healthy and happy!

Indoor plants can...

- relieve stress and fatigue
- boost creativity, productivity and concentration
- help clean indoor air



Pothos 綠蘿/黃金葛

Pothos (also called Devil's Ivy) can thrive in low-light, indirect sunlight and fluorescent lights.

Tips:

- Water it once a week.
- Put it in a hanging container as its tendrils can grow up to 10 feet long.
- Re-pot to an upsized container if the roots have consumed the pot.



Cacti 仙人掌

There are many different types of Cacti, tall and thin or round and short, with an average lifespan between 10 to 200 years! Simply place it in a well-lit environment.

Tips:

- Requires less water in late summer and best in an almost dry environment after mid-October.
- Plenty of sunlight with cool and dry soil will help.



Snake plants 虎尾蘭

Snake plants (also known as Sansevieria) tend to grow upwards and live easily with low light, and can survive for many days without watering.

Tips:

- Water it once in 10 days.
- They can be used for air purification so it is great to have by bedside.



Spider Plants 吊蘭

Spider plants (or *Chlorophytum comosum*) are easy to look after. They can grow well from no direct sunlight to lots of direct sunlight.

Tips:

- Water frequently in summer, but not in winter.
- They are fast growers and can also produce white flowers!



Read More:
[Where to buy indoor plants in Hong Kong - Hong Kong Living](#)

References:

- Hong Kong Housing Authority. Care of Common House Plants. 2019. Available: <https://www.housingauthority.gov.hk/mini-site/greenliving/ta/common/care-of-common-house-plants.html>
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- Localiiz. 10 easy-to-grow indoor plants to spruce up your home. 2020. Available: <https://www.localiiz.com/post/living-home-easy-grow-indoor-plants>



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