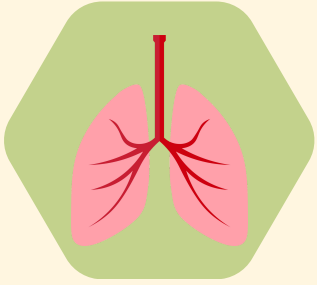


# > BENEFITS OF SUCCULENTS



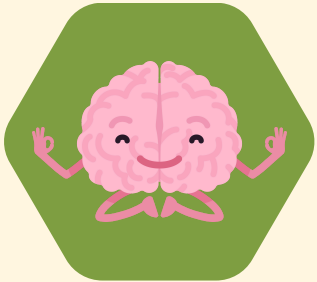
## THEY HELP YOU BREATHE BETTER!

During photosynthesis, plants produce oxygen, but most respire at night, releasing carbon dioxide. Succulents, however, continue to produce oxygen at night, making them great for bedrooms to boost oxygen while you sleep!



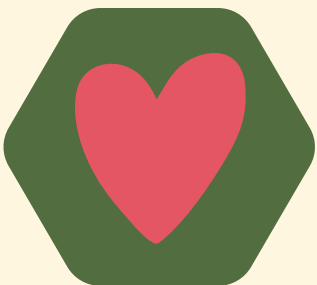
## THEY CLEAN THE AIR!

Succulents take in yucky stuff (volatile organic compounds) from the air and turn it into food, making your room air fresh and clean!



## THEY HELP YOU FOCUS & REMEMBER BETTER!

Having succulents around can help you concentrate and improve your memory! A University of Michigan study found that memory retention improved as much as 20% when plants were present.



## THEY MAKE YOU FEEL BETTER!

Succulents can help you feel less stressed, happier, and even help with headaches and coughs. Research shows that people who have plants in their room feel less tired and use less medicine to feel better.



## THEY BOOST YOUR MOOD!

Succulents can help you relax and feel more calm. Taking care of your succulent can bring you joy and make you feel proud!