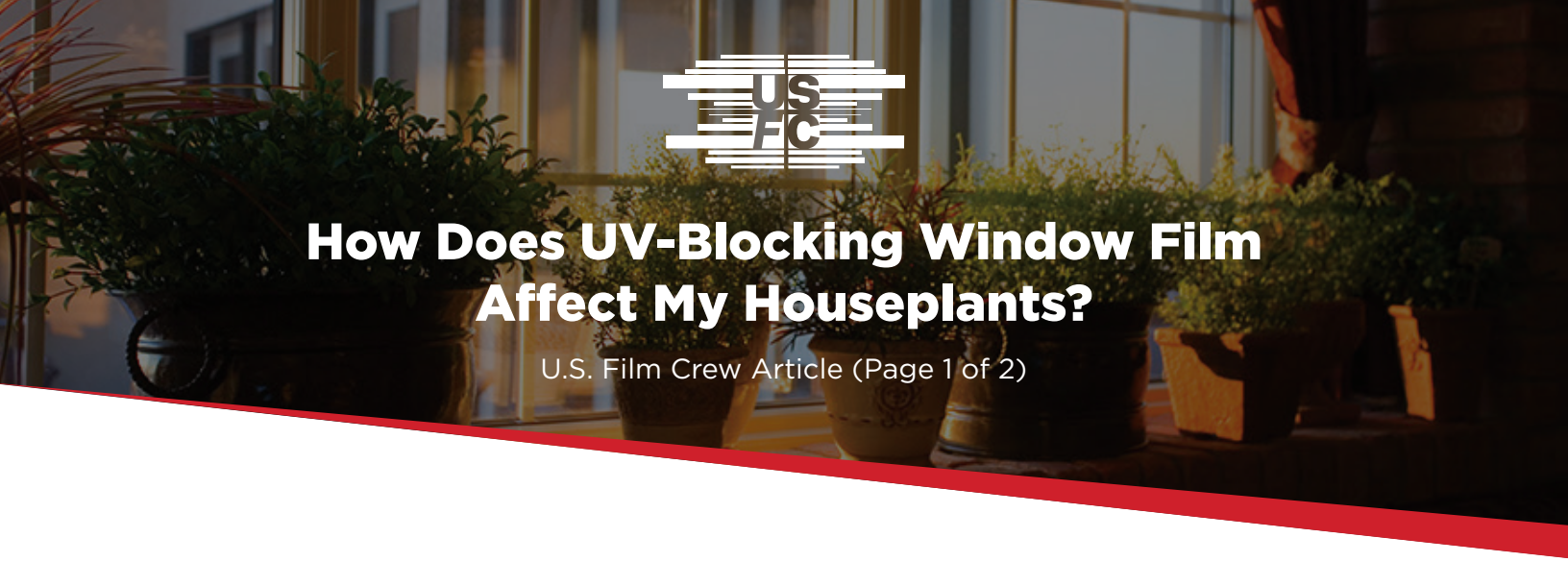

# How Does UV-Blocking Window Film Affect My Houseplants?



## UV-blocking window film can do wonders for a home. They can be the finishing touch on your interior design and improve your indoor lighting.

This type of window film can also help keep out the heat so that your HVAC can take a break and save you electricity, all while blocking out harmful UV radiation.

Since window film affects the way light enters a home, it's natural to assume that this could negatively affect the growth and health of your houseplants, but this isn't necessarily the case.

In this article, we'll explore the effect window film may have on houseplants.

### Your houseplants will still get plenty of light

Some homeowners believe that installing window film may darken their homes and prevent their plants from getting the nourishment they need.

Fortunately, modern, high-quality window film is designed to block heat and UV rays while still letting in plenty of healthy, natural light for houseplants and a home's occupants.

While houseplants require sunlight to grow, they don't need UV rays. This window film blocks out UV rays but it doesn't completely block out every component of sunlight—it still lets in red and blue light.

Red and blue light is vital for houseplants. Red light promotes flowering and blue promotes the healthy growth of leaves.

Certain colored window films, however, could block out blue and red light, which could affect the growth of houseplants. If this is a concern for you, opt for transparent film instead of the colored varieties.

### Different plants have different light requirements

If you want to install window film that gives your home more shade, you may need to research which plants are suitable for low-light environments.

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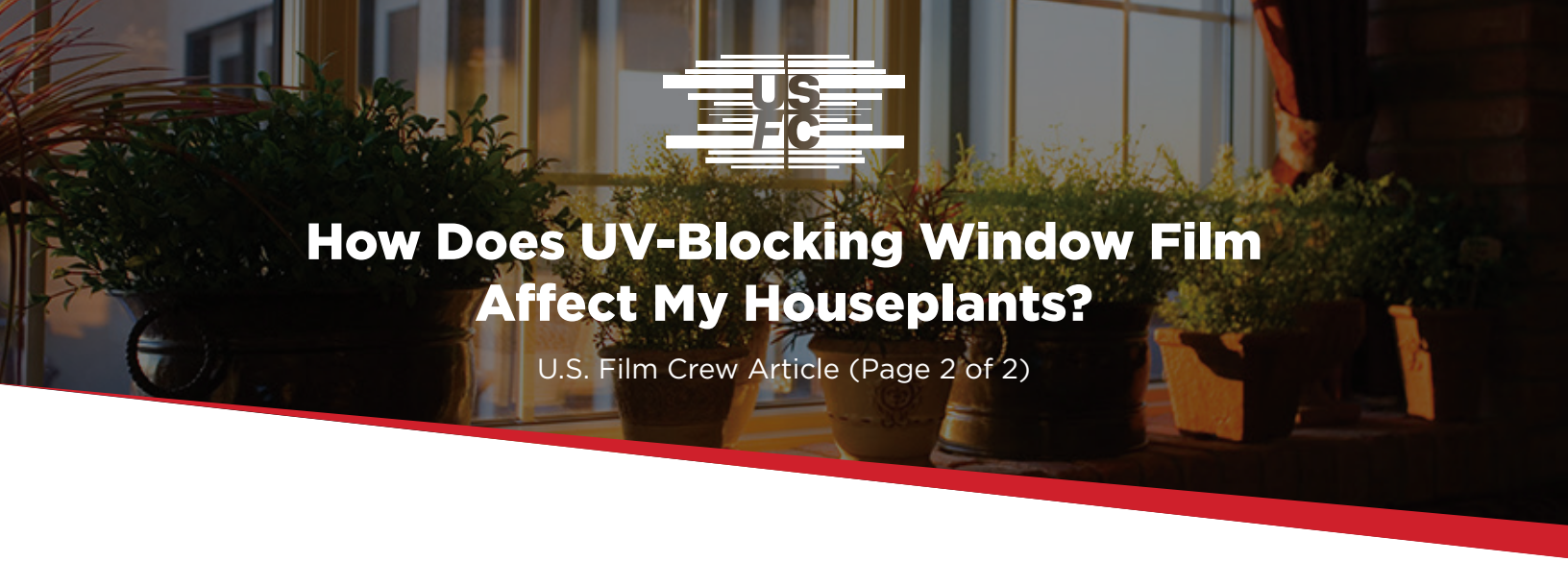

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For instance, plants with variegated leaves, in other words, plants whose leaves have a lighter color in the center, require a lot of sunlight. This would make them less suitable for homes with tinted windows, unless you decide to use transparent UV window film.

Houseplants with dark green leaves, on the other hand, have more chlorophyll. This allows them to use sunlight more efficiently even in low-light conditions, allowing them to thrive in a home with tinted windows.

## Window film may actually help your plants thrive

Some houseplants are more fragile than plants that may grow outside in your garden.

For example, harsh sunlight can dehydrate houseplants and cause severe heat damage to their leaves. UV radiation can also harm plant cells and stunt the plant's growth.

Houseplants with dark leaves are particularly vulnerable to harsh sunlight as too much sunlight could overwork their chlorophyll.

By installing UV-blocking window film, you can create the perfect environment for your houseplants.

The film will lower the intensity of light entering your home while still letting in a healthy amount of natural light, which will allow houseplants to photosynthesize normally without losing moisture from excessive heat.

Since the window film helps to keep your indoors cool, plants can retain moisture for longer periods, meaning that you also won't need to water them too often.

## UV-blocking window film is a great choice for plant lovers

UV-blocking window film can be the perfect choice for a home with houseplants.

Install them for your home windows, or on the glass panels in your sunroom, and you'll have yourself an environment that's both comfy and UV-free for you and your houseplants.

Speak to a professional window tinting service for the perfect, plant-friendly window film.

**These films will lower the intensity of light entering your home while still letting in a healthy amount of natural light, which will allow houseplants to photosynthesize normally.**