Compliments of: CHRISTINE WOLTER

Ph: 250.317.1782 od Service, Great Results

2018

7

14

7

16

38

69

61

103

# **The Real Estate**

# The Power of Plants for Home Wellness

The right houseplants can make a real impact on your family's health

We would instinctively tend to agree that time in nature is good for our overall wellness. But what about importing this wellness inside your home? Making some smart plant choices can make a difference in several areas of health:

**ROYAL LEPAGE** 

C

К Е

JUNE

2017

10

27

37

60

81

83

109

112

### Air Ouality

Indoor air pollutants have been shown to be a top 5 environmental factor in health risk. However, a famous NASA study showed that plants and the soil microorganisms in their pots can be used to scrub the air of cancercausing compounds. And while the air in your home is replaced more readily with outdoor air than a laboratory, houseplants can still make a difference. There are many options, but some favourites are the garden mum, the easy-to-grow spider plant and the Boston fern.

### tress relief

Nowadays we tend to have a tech-dominated lifestyle, answering emails and working from home, and even spending our leisure time looking at screens. Interaction with indoor plants was shown to reduce stress in young adults vs. working on computers. There was a subjective increase in their sense of well-being as they cared for indoor plants, as well as a decrease in blood pressure.

### Insect repellent

What's the most dangerous animal in the world? You may be surprised to hear that it's the mosquito. More people die from mosquitos transmitting diseases worldwide than any predator.

However (you guessed it), there's a plant for that. Many plants provide a natural repellent to keep away these and other bugs from your home. Herbs and the smell from the essential oils they contain can be quite effective. Mint, basil, lemongrass and thyme are just a few that can keep mosquitos and other bugs away. Some flowers, such as marigolds, allium, lavender and chrysanthemums are also potent repellents for a variety of pests. Plant them inside or out and see the results for yourself.

## Ice Cream = Happiness







**ACTIVE LISTINGS (Current Total Inventory)** 

Mobiles

79







2018 2017

Average house price	723,247	703,717
Median house price	677,500	649,900
Average Mobile home price	\$182,471	161,211
Houses Listed	587	524

### **RESIDENTIAL SALES**

**Residential** (waterfront)

Acreage/House

**Mobile Homes** 

Residential

TOTAL

Res

1,069

Townhouse

Condo

Lots

2017	St
	ЪT

42

410

692

188

98

1,118

14

2562

Lots

385

2018

38

308

626

105

91

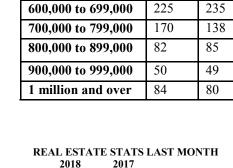
929

18

2115

Strata

823



**RESIDENTIAL SALES BY PRICE** 

**Price Range** 280,000 to 319,000

320,000 to 359,000

360,000 to 399,000

400.000 to 439,000

440,000 to 479,000

480,000 to 519,000

520.000 to 559.000

560,000 to 599,000