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K E L O W N A



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The Real Estate Report

The Power of Plants for Home Wellness

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

RESIDENTIAL SALES BY PRICE

| Price Range | 2018 | 2017 |
|--------------------|------|------|
| 280,000 to 319,000 | 7 | 10 |
| 320,000 to 359,000 | 14 | 27 |
| 360,000 to 399,000 | 7 | 37 |
| 400,000 to 439,000 | 16 | 60 |
| 440,000 to 479,000 | 38 | 81 |
| 480,000 to 519,000 | 69 | 83 |
| 520,000 to 559,000 | 61 | 109 |
| 560,000 to 599,000 | 103 | 112 |
| 600,000 to 699,000 | 225 | 235 |
| 700,000 to 799,000 | 170 | 138 |
| 800,000 to 899,000 | 82 | 85 |
| 900,000 to 999,000 | 50 | 49 |
| 1 million and over | 84 | 80 |

REAL ESTATE STATS LAST MONTH

| | 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

| | 2018 | 2017 |
|--------------------------|-------------|-------------|
| Acreage/House | 38 | 42 |
| Townhouse | 308 | 410 |
| Condo | 626 | 692 |
| Lots | 105 | 188 |
| Mobile Homes | 91 | 98 |
| Residential | 929 | 1,118 |
| Residential (waterfront) | 18 | 14 |
| TOTAL | 2115 | 2562 |

ACTIVE LISTINGS (Current Total Inventory)

| Res | Mobiles | Strata | Lots |
|-------|---------|--------|------|
| 1,069 | 79 | 823 | 385 |

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:

Air Quality

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 cancer-causing 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.

Stress 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.



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