

# Deer Park Newsletter

# Toronto's Finest

## Shades that save!

Looking to cut down on your energy bills but don't have the budget for re-insulating the house or putting up pricey solar panels? Well there are other more low cost solutions that are easy on your pocket and the environment. One solution that continues to impress with its return on investment is thermal shades. There are a variety of different insulated curtains on the market so make sure to do your research. However, they all tote the benefits of preventing heat transfer, blocking out light and even lowering noise. The insulating effect means that heat is kept in on those cold winter days and alternatively cool air is kept in during the blistering summer weather. The obvious benefit is lower utility bills for you, but there are a couple other benefits to consider. Ever wondered how light effects your sleep? Artificial light after dark can send rise and shine signals to your brain, suppressing your sleep-inducing melatonin, making it harder to both get to sleep and stay asleep. Thermal shades can help block out that annoying streetlight giving you a restful nights sleep. And for those environmentally conscious individuals out there, you understand the benefits of energy savings beyond your wallet. Energy savings means relying less heavily on oil, natural gas and coal that pollute our environment and



Lower your energy bill: Have you considered investing in insulating curtains for your home?

release more CO2 into the atmosphere. So there you have it, a simple and cost effective solution that will save you money, improve your lifestyle and help preserve our planet for the next generation of home owners!



### 2014 Sold Prices

(Jan 1<sup>st</sup> to Dec 31<sup>st</sup>, 2014)

Home Type	Duplex	Semi-Detached	Detached
High	\$1,309,100	\$1,995,000	\$4,400,000
Low	\$1,070,000	\$1,075,000	\$1,005,000
Average	\$1,202,367	\$1,437,083	\$1,563,848
# of Homes	3	6	23
Days On Market	8	12	19

\* The above statistics were compiled with the use of MLS data.

## Representing Toronto's Finest Neighbourhoods



**AY** ARMIN YOUSEFI

Sales Representative

Gairdner Award Winner 2014

CELL 416.873.6477

EMAIL Armin.Yousefi@gmail.com

Royal LePage Real Estate Services Ltd., JOHNSTON & DANIEL DIVISION, Brokerage

OFFICE 416.489.2121

FAX 416.489.6297

WEBSITE [www.ArminYousefi.com](http://www.ArminYousefi.com)



# Your New Morning Ritual

This simple and tasty little recipe should become a part of your morning ritual for its amazing health benefits alone. It jumpstarts your digestion, cleanses and detoxifies your system, balances your pH and boosts your immunities.

- You will need:*  
**1 cup of warm water**  
**5 mint leaves**  
**½ a lemon**  
**2 small ginger cubes**

Mix it all together, and for the best effects this should be consumed first thing in the morning. That means before you brush your teeth, before

you check your emails and comment on your friend's Facebook post. Your body is made up of 70% water so it's crucial to re-hydrate your muscles and most importantly your brain which is made up of 85% water. Studies show that drinking 4 glasses of water when you first wake up can cure a variety of mild to serious health problems. After your morning water ritual is complete you can brush your teeth and then try to wait 30-45 minutes before having a healthy balanced breakfast. After breakfast you should then wait 2 hours before eating or drinking anything else. Seems pretty specific, I know, but there is a science around the benefits and its easy to keep up with once you are in the routine.



# Your front door says more than you might think.



It's always important to consider which home improvements might have a positive effect on the value of your home. But some aspects of your home go way beyond it's resale value, and effect peoples buying decisions subconsciously without them even knowing it's an influencing factor. Did you know that the colour you paint your front door says a lot about the type of person you are and sends a message about your home? Well you may be surprised about the message your sending to potential home buyers. This is what psychologists say the various colours portray.

**Red Door** – According to Chinese Feng Shui principles, red conveys a welcoming message and sets the expectation that your home is vibrant and exciting.

**Green Door** – Conveys that your home is a place of health, peacefulness, and balance, which are all very positive things to portray.

**Blue Door** – Conveys that your home is a calm and relaxing refuge. A lighter blue give off a more playful and friendly vibe, whereas a darker blue can signal a desire for privacy.

**Yellow Door** – Conveys intelligence, clarity, confidence and a sense of humor. This is the colour an outgoing social butterfly paints their

door and they will always have curious neighbors coming by to find out more about them.

**Black Door** – Conveys power, sophistication and authority. The person who paints their door black is a self assured dominant individual.

**Brown Door** – A light brown conveys warmth and stability, while a darker brown could convey a need for privacy or isolation.

**White Door** – Historically speaking white conveys purity, virtue and values.

It's very interesting to consider what your current paint colour says about you as a person, but more importantly, if you're selling your home, what message are you sending to potential buyers? Make sure you are sending the message you want to your target market. If you have a cute townhome near the entertainment district, perhaps yellow is the perfect colour to showcase your hip and playful home. However, if you're selling a multimillion dollar home in Rosedale, maybe a black door will attract that sophisticated and savvy business man looking for his dream home. They might never know what really attracted them to the home in the first place, but you might have some ideas.



## ARMIN YOUSEFI

Sales Representative  
 Gairdner Award Winner 2014

**CELL** 416.873.6477  
**EMAIL** Armin.Yousefi@gmail.com

**Johnston & Daniel**  
 #1 Central Toronto  
 Brokerage for Units Sold\*

\*Based on value of listing sold from TREB MLS



Royal LePage Real Estate Services Ltd., JOHNSTON & DANIEL DIVISION, Brokerage

**OFFICE** 416.489.2121 **FAX** 416.489.6297 **WEBSITE** www.ArminYousefi.com