

Gail & Ingrid's...

NEIGHBORHOOD NEWSLETTER

Monthly Tips & Timely Advice For June

3 Summer Beauty Foods

These delicious summer foods help you look and feel your best

1) Strawberries and other fruit

Strawberries are a prime example. These sweet berries are one of the best sources of vitamin C out there, with 163% of the daily value per cup.

2) Zucchini

Zucchini is very low in calories, with only 20 calories per cup. Use it for veggie crudites, cut into batons or coins, also you can use it in a light summer pasta.

3) Red Bell Peppers

Bell peppers are really high in antioxidants. They have a whopping 317% of the daily value of vitamin C. Vitamin C is so important for collagen in our skin. We lose collagen as we age, so getting the nutrients that support it, like vitamin C, is an important anti-aging trick

We've Been Busy!

Gail & Ingrid's Closed June Sales

4205 Bellingham Ave Studio City \$1,450,000

5114 Encino Ave Encino \$2,695,000

17655 Vincennes St. Northridge \$1,065,000

12938 Valleyheart Dr. Unit#8 \$415,000

17204 Otsego St. Encino \$1,450,000



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Fun Pool Game for the Family Invisi-bottle!



Take an empty clear 2 liter plastic bottle. One with a white cap, or the same color as your pool tiles is also a good idea. Fill the bottle with pool water and line the players up on the pool deck, backs to the water. When they hear the splash they can turn around and try to find it. It's harder than it seems as the bottle camouflages to the bottom.

What's Your Best Sunscreen?

Are you sporty?

If so, go for a gel. They'll stick with you while you move and sweat, says dermatologist Joshua Zeichner, MD, of Mount Sinai Hospital in New York City.

Do you break out?

You'll want an oil-free sunscreen.

Do you have dry skin?

Use a creamy sunscreen.

Do you have sensitive skin or rosacea?

Choose sunscreens made with zinc oxide or titanium dioxide, which sit on the skin's surface. Your skin absorbs the chemicals in other sunscreens, which can be irritating.

Are you shopping for your kids?

Look for a stick sunscreen. The waxy material won't drip into their eyes.

Do you have a baby or toddler?

Opt for a sunscreen made with zinc oxide or titanium dioxide that may be less irritating to the skin. If your baby is less than 6 months old, keep them out of the sun. Babies that young have "much more sensitive skin than adults," so don't put sunscreen on them, the American Academy of Dermatology's web site states.

Are you bald?

It doesn't matter what kind of sunscreen you use, as long as you slather it all over your head. Or better yet, wear a hat. Even better? Do both, says Whitney Bowe, MD, assistant medical director for cosmetic and laser services at Advanced Dermatology PC in Westchester, NY.

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