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Year in
Review
25





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ALPINE LIVING

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STROLL'S RETROSPECTIVE

2025

THE STORIES YOU TOLD

In this special retrospective, we retrace the footsteps of 2025 through the articles and features that graced the pages of *Stroll Alpine*.

FEBRUARY



1. Cover Story: Meet Valerie and Sofia

Stroll Alpine's Newest Contributors

Introducing Valerie Arciniegas, a lively and adorable just-turned-10-year-old Aquarius baby who reigns supreme in Alpine! Meet Sofia, an energetic and quirky 8-and-a-half-year-old who brings sunshine to Alpine!

2. Home of the Month: 887 Closter Dock Road

A magnificent estate in Alpine, majestically situated on an eight-acre knoll with stunning views of courtyards and manicured grounds.

3. Kids 2 Kids: Valerie and Sofia's Kids Guide

Top Five Things to Do in Bergen County This February

1. Ice Skating at the Ice House in Hackensack
2. Visit the Bergen County Zoo in Paramus
3. Enjoy some skiing, snowboarding, and tubing!
4. Explore the Tenafly Nature Center
5. Experience the Nickelodeon Theme Park at American Dream

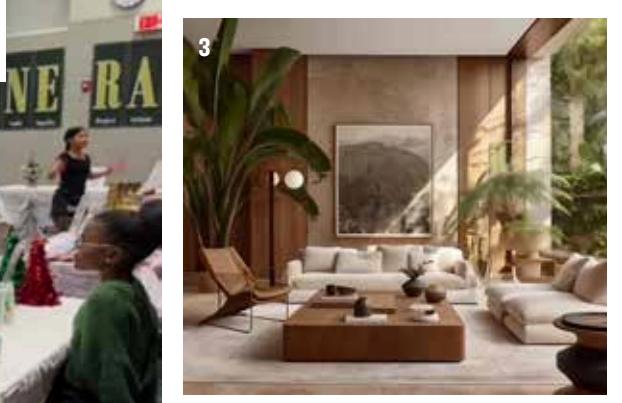
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1. Cover Story: Alpine School Students Participate in TREPs
On December 12, 2024, the sixth-grade students Alpine School participated in the TREPs Marketplace

2. Home of the Month: Gorgeous Mediterranean Colonial
Major Renovation includes the addition of an inground pool, eight completely new bathrooms, a new custom kitchen, a new bedroom suite on the main level, a new office, new wine room, and much more!

3. Home Matters: Spring Declutter for a Fresh and Stylish Home
Spring is the perfect time to refresh your home, clear out the clutter, and create a clean, comfortable space ready for some change on seasonal interior design updates

4. Talking With My Mouth Full: Stories From Our Family Kitchen; March Madness
Try one of my favorite soup/stews complete with green veggies to celebrate March Madness: Caldo Verde

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APRIL

- 1. Cover Story: Kids 2 Kids**
It's Valerie and Sofia here reporting on our recent adventure to a world of Slimee fun! We love bringing you new and exciting places to visit in Bergen County with our exciting Alpine Kids Guide.
- 2. Home Matters: Lighting is everything!**
Lighting is a crucial element in interior design, significantly influencing the ambiance, functionality, and aesthetics of a space.
- 3. Style File: Eco-friendly Fashion Through Sustainable Practices**
Designers, brands, and consumers alike are embracing sustainable practices, creating a rich tapestry of eco-friendly fashion that reflects both style and ethics.



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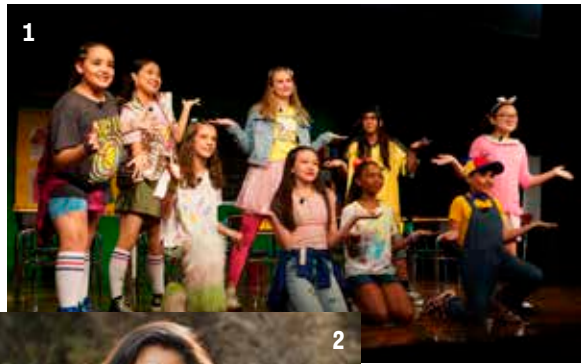
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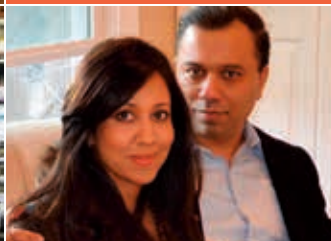
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1. Cover Story: The Alpine School Presents "Recess the Musical"
These students tackled challenging choreography, singing on stage, and brought their characters to life with emotion and depth. But more than that, they built a strong sense of community, lifting each other up and building new friendships both on and off the stage.

2. Making a Difference: Saddle River Valley Auxiliary; A Legacy of Support for Valley Hospital
Pooja Kumar a Saddle River resident was recently appointed as Chair for Valley Hospital Saddle River Auxiliary Branch. Pooja is involved in several non-profits, where she helps strategize community outreach initiatives, donation drives and fundraising efforts.

3. Home of the Month: The Cambridge Estate
Tucked away at the end of a quiet cul-de-sac and behind private gates, The Cambridge Estate unveils itself as a modern-day masterpiece—an estate where every detail whispers luxury and every space speaks to a life well-lived.

4. Home Matters: A Fresh Take on Spring Styling
With nature in full bloom and days growing longer, May offers a unique opportunity to refresh interiors with light, color, and comfort.



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JUNE

1. Cover Story: Rooted in Heritage, Growing in Community: The Inspiring Life of Alka Chandra

Alka Chandra's journey is a vivid example of resilience, success, gratitude, and giving back—a true testament to the enduring spirit of immigrants who plant deep roots while blooming in new soil.

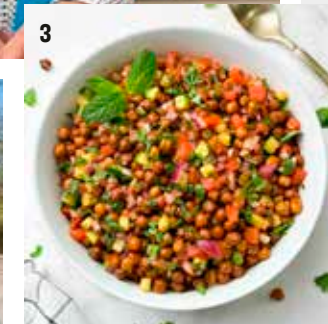
2. Home of the Month: Chateau Style Estate

Nestled in the serene community of Alpine, this French chateau-style estate exudes European-inspired elegance and timeless architectural beauty.

3. Resident Recipe: Alka's Kala Chana Salad (Black Chickpea Salad Recipe)

4. The Style File: Fashionable Gifts Ideas Celebrating Father's Day

As Father's Day approaches, it's time to celebrate the incredible dads in our lives with gifts that go beyond the ordinary.



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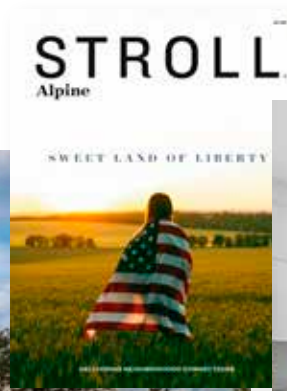
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1. Home of the Month: 5 Ellens Way

Gorgeous Mediterranean colonial offering top of the line construction and a four car garage on a private cul de sac.

2. Style File: Summer Fashion Trends

As the sun graces Alpine with its golden touch, let's embrace styles that echo summer fun with a touch of sophistication.

3. Talking with My Mouth Full: Stories from Our Family Kitchen Lemon Squeezy, Summer Easy

The summer heat is on and that means: days at camp, lounging by the pool, trips to the beach, and quick yet nutritious meals.

4. Recipe of the Month: Chorizo-Stuffed Zucchini

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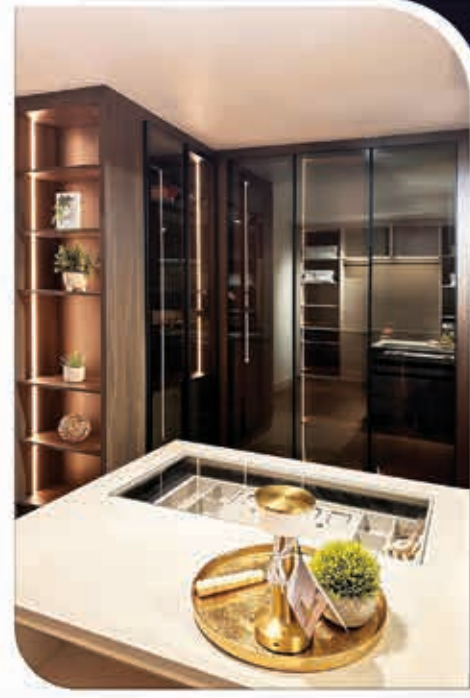


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AUGUST



1. Cover Story Young Achievers: Alpine Graduates Celebrate the Last Day of School

2. Home of the Month: 393 Anderson, Alpine

Set on over three acres of secluded, manicured grounds in prestigious Alpine, NJ, 393 Anderson is a masterfully designed estate by renowned architect James Paragano.

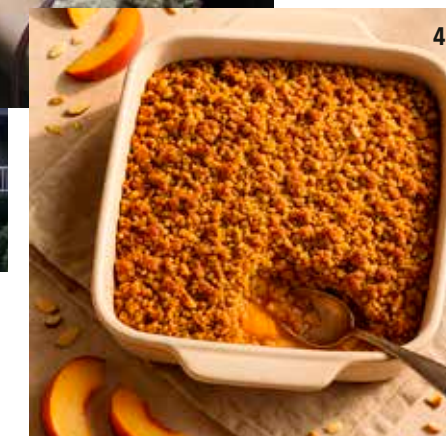
3. Precious Pets: Meet Otis, The Goldendoodle

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4. Talking with My Mouth Full: Stories from Our Family Kitchen "Peach Season and Sticky Fingers" Peach Almond Crisp (Gluten-Free)

August always tastes like peaches to me. Not the kind that arrive hard and bland in winter clamshells, but the real deal — golden, juicy, fragrant, and so ripe they drip down your wrist if you don't lean over the sink.

5. Recipe of the Month: Italian Chopped Brussel Sprouts Salad



SEPTEMBER



1



3

1. Meet Your Neighbors: Saddle Up, Alpine!

Dr. Tobi Petrocelli's 42nd Birthday Rodeo Rides High on July 12th, Alpine, NJ traded its quiet sophistication for some country-fried fun as the town threw down cowboy-style to celebrate Dr. Tobi Petrocelli's 42nd birthday in unforgettable fashion.

2. Business 2 Business: A Gathering at a Historic Aquatic Haven

Dozens of local business owners recently gathered for this month's Business-2-Business networking event, hosted by Stroll magazine and BeLocal Bergen at Fitz's Fish Ponds in Saddle River.

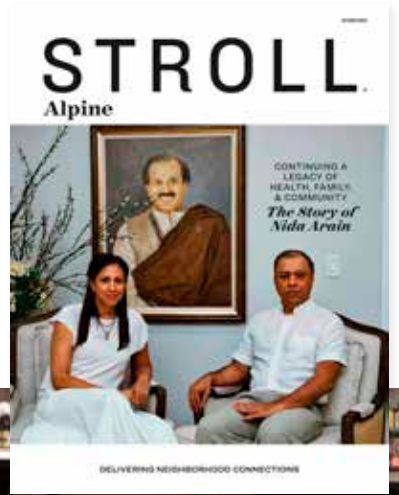
3. Home of the Month: Bold Contemporary in Alpine, NJ; Designed by Studio Jai Home

This 13,000-square-foot home is a bold, contemporary expression of form, color, and personality.

OCTOBER



1



1

1. Cover Story: Continuing a Legacy of Health, Family, and Community: The Story of Nida Arain

Rooted in Alpine, New Jersey, where her family home still stands as a cherished gathering place, Nida carries forward the legacy of her late father, Mansoor Arain, a beloved pharmacist and health advocate who left an indelible and continuing mark on the community.

2. Kids 2 Kids: Back to School!

3. The Style File: Alpine, It's Time to Turn Heads: Fall 2025 Is Your Runway

October in Alpine is fashion's most flirtatious month—sunlit enough for silk minis by day, cool enough for cashmere by night.

4. Resident Recipe: Spooky Snacks for a Fang-tastic Halloween!

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2

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1



2



3



1. **Home of the Month: Las Casa Royale**
Hidden behind stately gates along Alpine's legendary Route 9W, La Casa Royale reveals itself as both a work of architecture and a personal sanctuary.
2. **Talking with My Mouth Full: Stories from Our Family Kitchen; A Taste of Gratitude**
Harvest Lentil Soup with Roasted Vegetables
3. **Recipe of the Month: Easy Thanksgiving Recipes Kids Can Help Make**



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DECEMBER



1. Cover Story: Returning to Their Roots: The Boamah Family's Journey to Ghana

For years, Mariama and Leslie Kwame Boamah dreamed of traveling to Ghana—a trip that would take them not only across an ocean but deep into the heart of their family's heritage.

2. Kids 2 Kids: The Basics – Justin Kimbro

The Future & Beyond: Dream job: Football player; Ultimate life goal: Running fast and having a family; One thing on your bucket list: Swim with dolphins

3. Home of the Month: The Language of Luxury: Inside Alpine's \$24.75 Million Dream Estate

At 31 Rio Vista Drive in Alpine, every detail speaks luxury fluently because sometimes, a dream home is a love language.

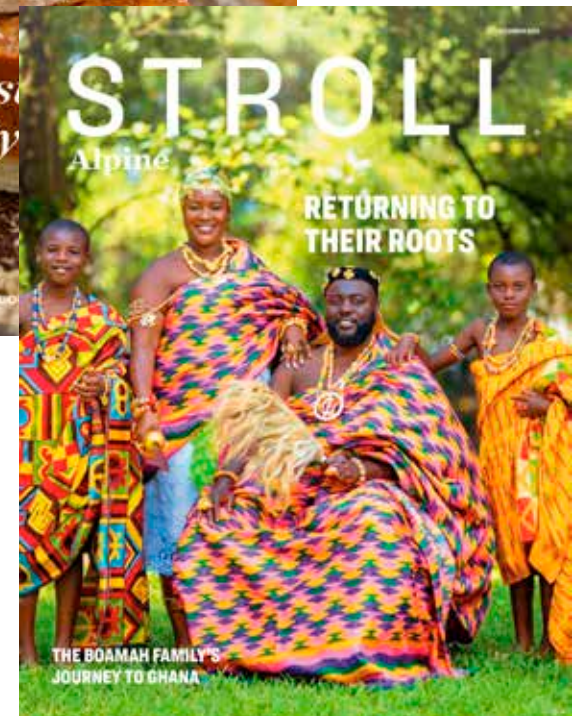
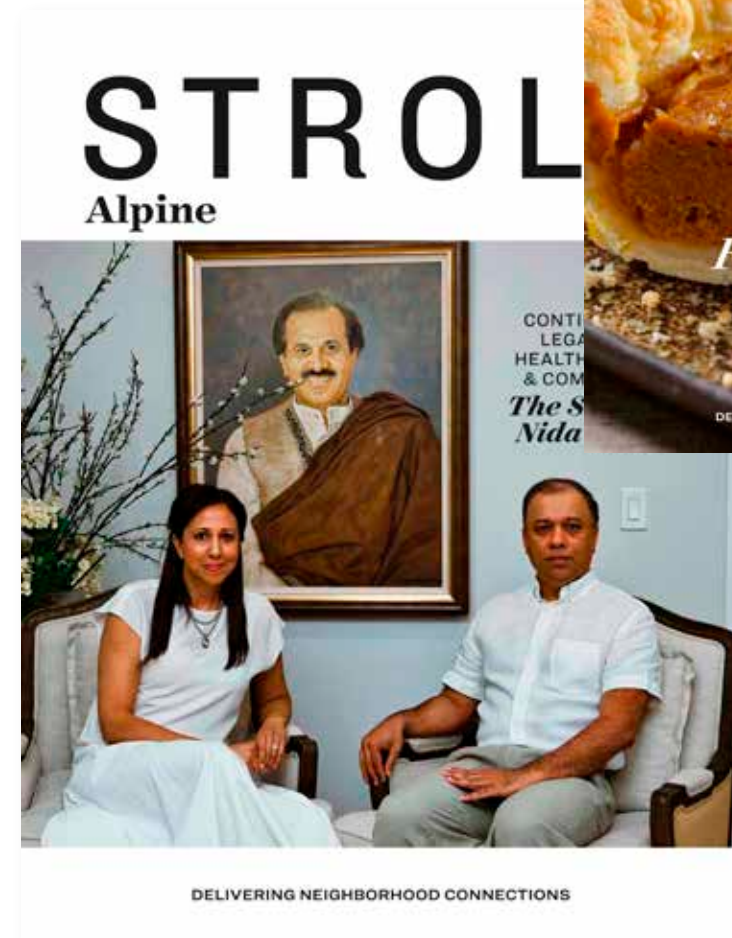
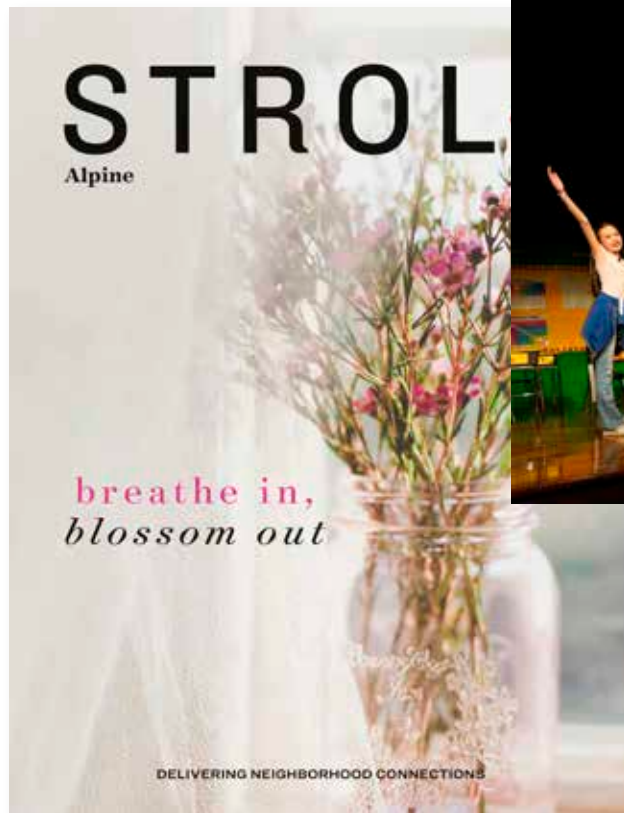
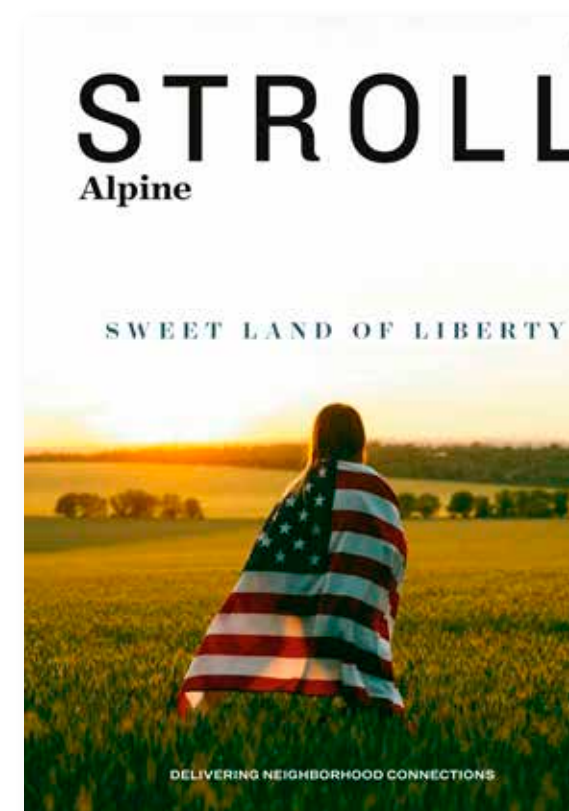
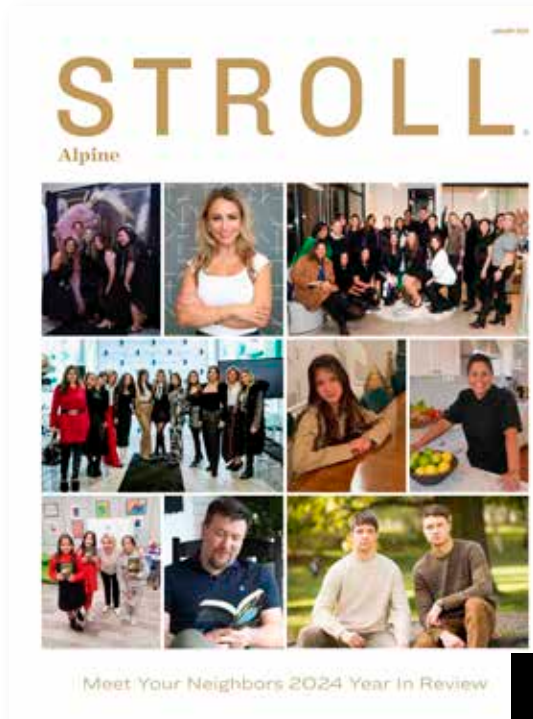
4. Resident Recipe Holiday Kids Recipes

5. Sponsor Spotlight: Building Healthy Confidence with Clean Simplicity

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**Client: Dumont Dental Professionals
Size: 1/4
Location: Standard**

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Client: Artist Made Shop
Size: Full
Location: Standard



Recently, I met with **TruRate Mortgage Company**, a New Jersey based institutional and hard-money lender for investors, developers, flippers, and builders. They also operate an online mortgage marketplace connecting homebuyers with a wide network of lenders from pre-approval to closing; check out their site at TrueRate.co or call them at **201.365.7100**. Their team has been closely tracking these proposals and what they could mean for affordability and long-term risk.

On the 50-year side, the logic is straightforward: stretch the loan term = lower the monthly payment. Using a Bergen County median home price of about \$1,000,000 at roughly 6% interest with 20% down, a 50-year loan would reduce the monthly payment by roughly \$400 per month compared with a traditional 30-year, which could help some buyers qualify or maintain better cash flow. The trade-offs, however, are: Equity would build more slowly, and total interest paid over the life of the loan would increase. There are also regulatory hurdles, since today's standard agency-backed loans are capped at 30 years, meaning true 50-year products would require changes in how those loans are classified and sold.

Portable mortgages aim at a different problem: the “golden handcuffs” of low rates. Many homeowners in markets like Bergen County still carry mortgages below 4%, while current rates have hovered in the 6 to 7% range. That gap has frozen a lot of potential sellers in place. A portable mortgage would allow a homeowner to transfer their existing balance and interest rate to a new property, then cover any additional price with cash or a second, higher-rate loan. In theory, that could unlock inventory and help families move without giving up their great rate. But TruRate's experts caution that this could disrupt the mortgage-backed securities market, where investors depend on predictable prepayments when people sell or refinance. Less prepayment risk for borrowers can mean more risk for investors, who may respond by demanding higher yields, pushing rates higher overall. There are also major legal and operational questions, since most mortgage contracts are written for a specific property address.

Whether 50-year or portable mortgages actually become mainstream remains to be seen, but the fact that they are on the table tells you something important: policy makers and lenders are actively looking for creative ways to address inventory shortage. For buyers, that may mean new tools to get into or move up in the market. For investors, it could change how deals are underwritten, how long financing is held, and how rental demand evolves if more people are able to move without rate shock.

As we begin 2026, this is a great moment to step back and review your own real estate strategy, whether you're planning to buy, sell, upgrade, or expand your investment portfolio.

I'm Sandra Garcia, and I remain dedicated to helping Bergen County buyers, sellers, and investors navigate every phase of the market, from today's realities to tomorrow's possibilities. Thanks for reading, and I wish you a very prosperous and blessed New Year.

If you'd like to explore how these emerging ideas could affect your plans, call me at 201.914.0234 and follow [@sgarcialuxuryhomes](https://www.instagram.com/sgarcialuxuryhomes) to keep your real estate business and investments moving forward all year long.

Are You Ready for 50-Year and Portable Mortgages in 2026?

Tips from your local real estate expert

SANDRA GARCIA, REALTOR® AT CORCORAN INFINITY PROPERTIES IN ALPINE NJ.



Happy New Year! And thank you for being a loyal reader. A special shoutout to some of our very kind recent reviews: Chris, who said this column “is the most relevant, factual and considerate real estate information I get every month,” and Michelle, who

shared, “Love that the articles are about the current points. I admire your unbiased opinions.” I truly appreciate your support. As we head into 2026, there are some big mortgage ideas being discussed that could shape how you buy, sell, and invest in real estate in the years ahead: 50-year and portable mortgages. **I'm Sandra Garcia, Alpine resident, Realtor® at Corcoran Infinity Properties, Real Estate Investor, and your trusted guide to the ever-evolving Bergen County market.**

Client: Kensington Vanguard
Size: Full
Location: Standard

THE POWERHOUSE WITHIN

Why Mitochondrial Health Matters for Your Energy & Longevity

NIDA ARAIN

Inside every cell of your body lives a tiny but powerful structure called the mitochondrion which is your body's energy factory. These "powerhouses of the cell" convert the food you eat and the oxygen you breathe into ATP, the fuel that drives every heartbeat, every thought, every breath, and every muscle contraction.

When your mitochondria are vibrant and healthy, you feel energized, focused, and resilient. When they decline, you feel the effects quickly: lower energy, slower metabolism, brain fog, inflammation, and accelerated aging.

Mitochondrial health affects far more than energy and can help regulate metabolism, protect cells from oxidative damage, influence inflammation, support detoxification, and activate important longevity pathways. Because they sit at the center of so many vital processes, caring for them is one of the most powerful choices you can make for long term health.

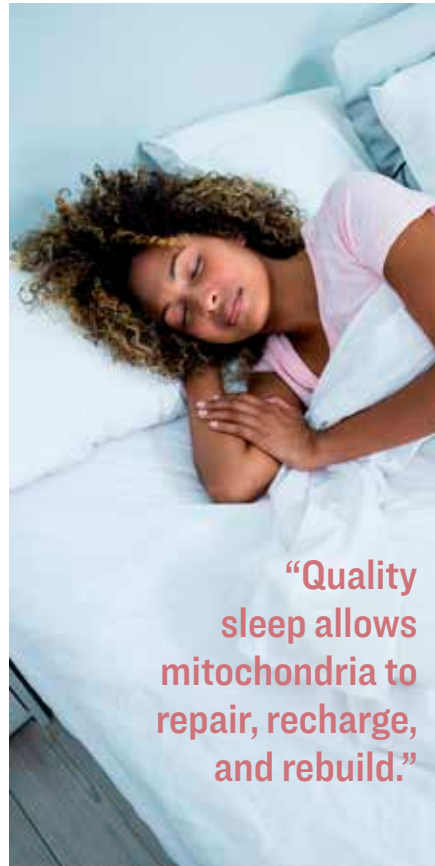
Unfortunately, modern life places heavy stress on these delicate structures. Diets high in sugar and processed foods overload them. Sedentary living weakens them. Chronic stress, poor sleep, toxins, alcohol, smoking, and nutrient deficiencies steadily break them down. Even natural aging reduces both the number and efficiency of mitochondria. But with the right daily habits, mitochondrial strength can be restored.

DAILY HABITS THAT SUPPORT MITOCHONDRIAL HEALTH

Nutrition That Feeds Your Cells

A mitochondrial supportive diet focuses on lowering inflammation while providing clean, steady energy.

- Reduce sugar and processed carbohydrates
- Prioritize healthy fats such as olive oil, nuts, avocado, and fatty fish
- Eat colorful vegetables, berries, herbs, and polyphenol rich foods



- Include adequate protein to support repair and re-new mitochondria
- Choose whole, unprocessed foods whenever possible

Intermittent Fasting and Mitochondrial Renewal

Intermittent fasting is one of the most effective ways to support mitochondrial cleanup and regeneration. When you take a break from constant eating by doing a simple 12–14 hour overnight fast your body activates **mitophagy**, the process of identifying and removing old, damaged mitochondria.

Clearing out these weaker mitochondria creates space for healthier, more efficient ones to grow. Fasting also improves insulin sensitivity, reduces oxidative stress, and enhances cellular

repair, all of which contribute to more stable energy and healthier aging.

MOVEMENT, SLEEP & TOXIN REDUCTION

Exercises That Build New Mitochondria

- Brisk walking, especially after meals
- Strength training to build mitochondria rich muscle
- Interval training for powerful mitochondrial stimulation
- Steady to moderate cardio to improve metabolic flexibility

Restorative Sleep

Quality sleep allows mitochondria to repair, recharge, and rebuild. Consistent bedtime routines with reduced nighttime screen exposure, and magnesium glycinate can support deeper rest.

Lower Toxin Load

Minimize plastics, pesticides, artificial fragrances, and harsh chemicals to reduce oxidative stress on your cells.

KEY VITAMINS & NUTRIENTS FOR MITOCHONDRIAL SUPPORT

- **CoQ10** – Essential for ATP production and antioxidant protection
- **PQQ** – Stimulates the creation of new mitochondria
- **NMN** – Boosts NAD+ levels for improved cellular repair and metabolism
- **NAD+** – Vital for energy production and longevity pathways

Healthy mitochondria mean higher energy, clearer thinking, stronger metabolism, better sleep, and slower aging. By nourishing your mitochondria with smart nutrition, daily movement, restorative sleep, reduced toxins, intermittent fasting, and targeted longevity nutrients, you support the very engines that power your life today and for years to come.

This content is for informational purposes only and does not constitute for medical advice. Please consult a doctor when combining herbs and supplements with medications.

Holistic Nutritionist; Co-Owner of Healthway Natural Foods, Tenafly

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2026

May the new year bring you happiness, health and prosperity!

I am truly grateful for my clients, friends and family. Thank you for trusting me and allowing me to be a part of a very exciting time in your life.

I look forward to the opportunity to work with you in the new year.

ROSEMARIE CAMPI

Broker Associate

c. 201.741.9939 o. 201.768.9300

rosemarie.campi@sothebysrealty.com

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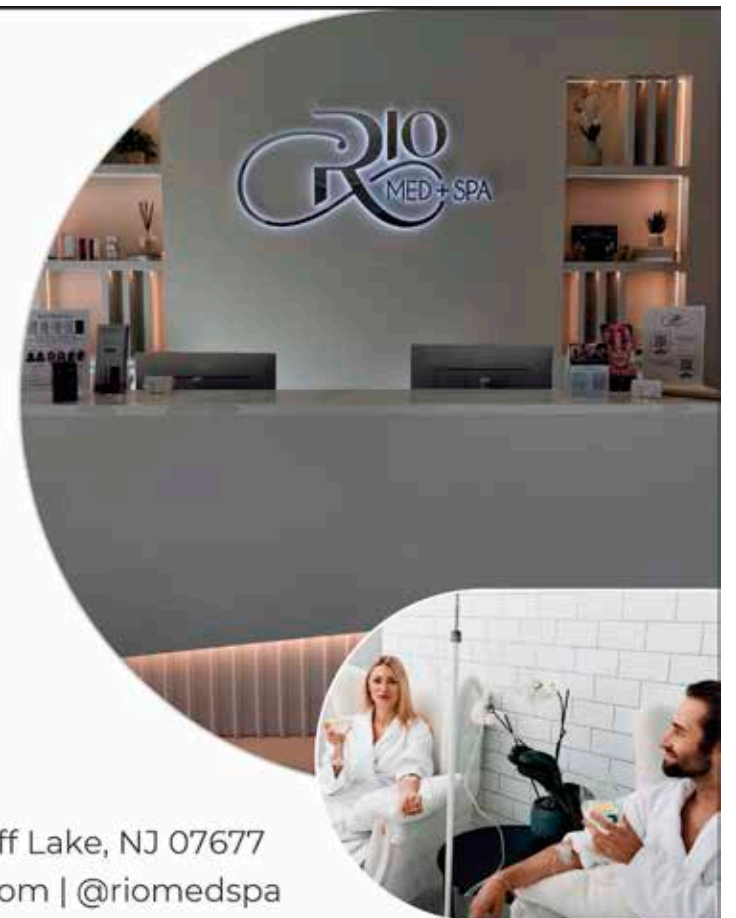
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Removal of Mandate to Publish Legal Notices in Newspapers

ELLIOTT MALONE, ESQ.

A DECADES-OLD LAW requiring towns and government agencies in New Jersey to publish meeting notices in newspapers was abolished, raising concerns that some local publications covering the state may be forced to close.

Print and online newspapers have long been paid by state and local governments to publish everything from town council meeting notices to planning board applications and other announcements.

On June 30, 2025, Governor Murphy signed Senate Bill No. 4654 into law, marking a sweeping reform of the State's legal notice laws, significantly changing how public notices are published and accessed. This legislation represents a pivotal change for New Jersey's notice regime, offering faster publication, greater flexibility, and modernized access for the digital age.

Public notices have a long history. In medieval Europe, important information was often announced by ringing church bells or displaying documents on church doors. The invention of the printing press resulted in a dramatic shift in how all information was disseminated, including legal notices. The Oxford Gazette, later renamed the London Gazette, was the first newspaper to publish public notices.

In Colonial America, public notices helped spur a revolution and establish a new government. In 1789, the Acts of the First

Session of the First Congress mandated that the Secretary of State publish all bills, orders, resolutions and congressional votes in at least three publicly available newspapers. Over time, publishing public notices became a common legal requirement.

The decline of print newspapers is currently driving another evolution. With many publications moving online, public notice requirements have also been forced to modernize. In New Jersey, the measure comes after the Star-Ledger, the state's largest daily newspaper, announced it would cease printing in February, along with other smaller papers the company owns. That left several municipalities and counties without an official newspaper to publish notices of town meetings, planning board applications, foreclosures, and bid solicitations, as mandated under the state's Open Public Meetings Act. Advance Local, which owns NJ Advance Media and NJ.com, also ended print publication of dailies The Times of Trenton and the South Jersey Times, as well as the weekly Hunterdon County Democrat.

Effective March 1, 2026, New Jersey will require that most legal notices be posted online, which is a shift away from traditional print newspapers in favor of government websites and online news platforms.

According to the new law, all public entities, including municipalities, counties, and state agencies, must publish

legal notices on their official websites. These websites must be accessible to the public free of charge, and a prominent hyperlink to the legal notices page must be placed on each website's homepage. In addition, the Secretary of State is tasked with creating a centralized webpage that links to every public entity in the State's legal notices to further ensure public access. Public entities must also maintain an online archive of their legal notices for at least one year.

Importantly, private parties, such as developers, corporations, and other non-public entities, stand to benefit from new framework. Private parties have legal requirement to post public notices in most land use matters, and in legal proceedings when ordered by Courts or as required by statute. Under the new requirements, non-public entities may publish public notices on a qualifying online news publication. Online publication will likely eliminate the long lead times for print publications that hindered developers and other private parties. The new law does not designate a specific list of qualified news publications, however, any online news publication must meet eligibility criteria, including audience size, geographic reach, free public access, searchable access, and archive notices for at least one year, to qualify under the new requirements.

The legislation, however, does not eliminate the use of traditional media. Until March 1, 2026, legal notices may be

published in eligible print newspapers or in accordance with the new online standards.

The law requires that the websites be free and accessible, with a direct hyperlink to legal notices placed "conspicuously" on the homepage. The secretary of state also would help set up a website to include notices from public entities statewide.

Public agencies will be required to display notices on the website for at least one week and store them in an online archive for at least one year afterward. Local governments will not be required to maintain an archive until July 1, 2026, according to the measure.

Local governments could still publish legal notices in online news sites. Beginning Jan. 1, 2026, public entities will have to publish an advertisement twice a month in online news outlets, and the ads must include links to their legal notices webpage.



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REAL ESTATE REALITY TV SHOWS

ELLIOTT MALONE

The allure of the real estate reality show is two-fold: showcasing luxury real estate in the world's most desirable locations for an aspirational viewing experience and encouraging audiences to shamelessly indulge in their inner voyeur. There's no denying the pleasure of seeing the interiors of the homes of the rich and famous, or, in what may be a more compelling draw for many viewers, granting access to the private dramas and personal conflicts of those on the show.

New York City, with its vibrant energy and diverse population, has always been a captivating backdrop for reality television. From the bustling streets of Manhattan to the eclectic neighborhoods of Brooklyn, reality shows about New York offer a fascinating glimpse into the lives of New Yorkers. These programs showcase everything from high-stakes business ventures to personal dramas and unique jobs.

Whether it's following ambitious entrepreneurs or watching everyday people navigate their extraordinary lives, these reality shows capture the essence of what makes New York so special. Each series provides an authentic look at the challenges and triumphs faced by its residents. Check out these top picks and vote for your favorite shows to help shape our list.

HERE IS A GUIDE TO SOME REAL ESTATE REALITY SHOWS:
Million Dollar Listing New York (Bravo):

These real estate agents lead stressful lives because there is so much money on the line. Selling real estate is a cutthroat business, especially in New York City. Snatching high-priced listings, negotiating deals, and living a life outside of work keeps the realtors running.

In addition to the stress of selling luxury homes and the high sale prices, the social dynamics of the workplace are simultaneously a thrill and a stress point for many of the show's agents.

Million Dollar Listing New York aired on Bravo from March 7, 2012, to August 26, 2021. It is a spin-off of Million Dollar Listing Los Angeles.

Million Dollar Listing Los Angeles (Bravo):

Premiering in 2006, Million Dollar Listing Los Angeles is the show that started it all. The series follows three realtors who sell extravagant homes to the West Coast elite. The show chronicles their careers and personal lives as they negotiate deals and life's hurdles.

The current cast consists of Josh Flagg, Josh Altman and Tracy Tutor.

Selling Sunset (Netflix):

Follow the elite realtors of L.A.'s Oppenheim Group, which sells luxury homes along the Sunset Strip to the wealthy. The series centers on new realtor Chrishell Hartly as she joins the Oppenheim team.

Selling New York (HGTV):

Competition in New York City real estate is fierce, but the realtors on Selling New York are razor-sharp. Go behind the scenes and find out what it takes to close a deal in a city of eight million people, where the average listing price is \$2 million. A solid reputation, nerves of steel, and a never-say-die attitude will take these realtors to the top.

Owning Manhattan (Netflix):

Owning Manhattan is a real estate show that is taking Netflix by storm. The show follows New York broker Ryan Serhant and his team as they try to sell dreamy multi-million dollar apartments and penthouses in one of the most expensive and high-demand housing markets in the world: New York City.

Owning Manhattan is not just a real estate show; it's a reality TV show with all it entails. Without drama, nobody would be

watching. There are multiple rivalries and gossip between employees to gain higher commissions and have their hard work recognized by Serhant. Serhant is the leading head of the show, the guiding line to look out for, and the center of the web of his employees, and he's likable, especially for audiences who have seen his previous shows.

In trying to sell the most expensive apartments in the world, a beginner broker will just not cut it. If the show is staged like all reality TV is, it doesn't take place in any old town; it takes place in New York City. Serhant's employees must genuinely do their best to keep their place in the company. The show goes well into the real estate process, from getting a property to sell to closing the deal.

Here are some recent sales in the area during October 2025 (from NJMLS):

ALPINE: No Sales

CLOSTER: 6 Sales ranging from \$650,000 to \$1,831,875

15 Division Street \$650,000
 454 Closter Dock Road \$975,000
 100 Johnson Court \$1,831,875

CRESSKILL: 12 Sales ranging from \$650,000 to \$1,850,000

38 Delmar Avenue \$650,000
 39 Pershing Place \$1,325,240
 31 Holly Lane \$1,850,000

DEMAREST: 3 Sales ranging from \$795,000 to \$4,900,000
 11 Holland Avenue \$795,000
 54 Everett Road \$4,900,000

ENGLEWOOD CLIFFS: 5 Sales ranging from \$1,150,000 to \$4,050,000

502 Summit Street \$1,150,000
 241 Lyncrest Road \$1,995,000
 550 Summit Street \$4,050,000

TENAFLY: 10 Sales ranging from \$950,000 to \$7,000,000

9 Woodhill Road \$950,000
 10 Sussex Road \$1,925,000
 9 Woodhill Road \$7,000,000

UPPER SADDLE RIVER: 5 Sales ranging from \$1,300,000 to \$3,200,000

24 Holly Drive \$1,300,000
 85 Locust Lane \$1,750,000
 24 Holly Drive \$3,200,000



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Rejuvenation of the Eyes

BY DAVID FOLK, MD



Reversing the signs of aging around the eyes, or periorbital rejuvenation, focuses on restoring a youthful, refreshed appearance to the upper and lower eyelid area. This is often among the first to show signs of aging. Because changes here can include skin laxity, volume loss, fine lines, shadowing, and puffiness, effective rejuvenation typically involves a combination of non-surgical and surgical approaches tailored to an individual's anatomy and concerns.

Non-surgical options are commonly the first step, especially for mild to moderate aging changes. Botulinum toxin injections can soften dynamic wrinkles such as crow's feet by temporarily relaxing the underlying muscles responsible for repetitive creasing. Dermal fillers, particularly hyaluronic acid-based formulations, help restore lost volume in the tear trough or upper cheek transition, reducing the appearance of hollows and improving shadowing that contributes to a tired look. Advanced energy-based treatments—including fractional lasers, radiofrequency microneedling, and intense pulsed light—can target fine lines, hyperpigmentation, and mild skin laxity by stimulating collagen remodeling and improving skin texture.



One of the newer, cutting edge treatments that I promote in my practice these days is platelet rich fibrin gel (PRF gel) injection to the under eyes. Known as an "all natural filler," this material is harvested from one's own blood, drawn in the office and processed through our special equipment to prepare the "liquid gold" filler which is then injected into areas of concern. We have been seeing great results with this technique.

When age-related changes are more pronounced, surgical procedures may be recommended. Upper eyelid blepharoplasty addresses excess skin that may cause heaviness or hooding, enhancing eyelid contour and improving the visual field when functional impairment exists. Lower eyelid blepharoplasty can correct under-eye bags caused by fat protrusion and tighten lax skin to achieve a smoother, more youthful transition between the eyelid and cheek. In some cases, fat repositioning or conservative fat removal is performed to reduce puffiness while maintaining a natural contour. Complementary procedures such as brow lifting may be considered when brow descent contributes to upper eyelid heaviness.

Successful periorbital rejuvenation requires a comprehensive evaluation of eyelid anatomy, skin quality, and facial harmony. A personalized treatment plan—whether non-surgical, surgical, or a combination—ensures safe, natural-looking results while preserving the delicate balance of function and aesthetics in the periorbital region.

If you have any questions, please feel free to reach out and follow @drdavidfolk or www.drdavidfolk.com!



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Rest	Try	Confidence
Calm	Happy	Strength
Focus	Routine	Progress
Dream	Planner	Refresh
Start	Healthy	Encourage
Smile	Balance	Energy
Move	Mindful	Motivate

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J L E A R N H S R R R C O J B N T Z X G
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