

# Arcadia LIFE



LIVE, WORK, PLAY THE ARCADIA LIFE

## NEW YEAR, NEW YOU!

Start the new year off with a healthy vision of you. Check out some of these local spots to get a jump start.

### **RADI8 HOT YOGA**

3950 E Indian School Rd Suite 110, Phoenix, AZ 85018  
(602) 888-2288

What better way to start off the new year than with meditative hot yoga? Radi8's unique atmosphere (of 102 degrees fahrenheit, to be exact) has classes for all skill levels and even a class for the kiddos. Stop on by and clear your head!

[www.radi8love.com](http://www.radi8love.com)

### **CAMELBACK VILLAGE RACQUET & HEALTH CLUB**

4444 E Camelback Rd, Phoenix, AZ 85018  
(602) 840-6412

The Village provides a wide array of activities and benefits for people of all ages! Are you a swimmer? Perfect. They have a pool for laps. Tennis player? Great. They have multiple tennis courts ready for your convenience and offer lessons. Lifting weights? Or maybe you just want to take a spa day and relax in the sauna? Check and check. Whatever fitness goals you have in mind this new year, The Village has you covered.

[www.villageclubs.com/locations/camelback/](http://www.villageclubs.com/locations/camelback/)

### **I KNOW ME**

Sharon Brack, Genetic Nutritionist  
(480) 220-9822

If you want to truly personalize a new diet for 2020, I Know Me has an innovative solution for you. Taking your body's genetic makeup into account, I Know Me will work with you to tailor a solution which aligns with your fitness and health goals. Ultimately, the goal is to help you find a dietary and fitness solution to seamlessly incorporate into your daily life which will keep you feeling good. Hooray for science!

[www.iknowme.health](http://www.iknowme.health)

### **NEKTAR JUICE BAR**

4340 E Indian School Rd #19, Phoenix, AZ 85018  
(602) 833-8008

The saying goes that getting yourself into shape is 20% fitness and 80% diet. If you're looking for a healthy alternative to your daily eats, Nektar has it. This local juice bar provides organic and nutrient-filled juices, smoothies, and acai bowls that just make you feel good. Ask them about their "Nektar Cleanse"!

[www.nekterjuicebar.com](http://www.nekterjuicebar.com)

## AS WE TOAST A NEW YEAR, THE TIME TO SELL IS HERE!

As we set our sights on 2020, it's pretty clear that the Phoenix real estate market is in desperate need of inventory! I have several buyers ready to buy, cash in hand, and they can't find a home! For my sellers, as long as their home is prepped for sale and the price is right, homes are going under contract in days, sometimes hours!

Why is this? No one can pinpoint the exact reason, but I personally have seen an influx of out of state buyers flocking to Phoenix, particularly Arcadia, to get away from increasing property taxes, wildfires, power outages and cold weather. In addition, historic low interest rates and rising prices are encouraging local homeowners to capitalize on the increasing equity in their homes and either downsize, upsize or buy their first or second investment property.

In short, if no more homes hit the market we will run out of inventory in just over a month! So if you have been thinking this might be the time to sell, you are right! Time to give me a call!

Happy New Year!

*Debbie*



THE  
BROKERY

DEBBIE J. PONTIKAS  
Associate Broker, MBA

JOIN THE ARCADIA LIFE MAILING LIST!

Don't miss out on new restaurants, fun activities, and neighborhood updates. Visit [www.arcadialifeaz.com](http://www.arcadialifeaz.com) or email [info@arcadialifeaz.com](mailto:info@arcadialifeaz.com) to stay in the know!

# Living IN ARCADIA

NEIGHBORHOOD STATISTICS (LAST 90 DAYS\*)



*Featured Listing*

4236 N 27TH ST #20 | 4B/3.5 MODEL END UNIT

## ARCADIA PROPER

		90 DAY TREND
NUMBER OF SALES	50	↑
AVERAGE PRICE	\$1,509,052	↑
DAYS ON MARKET	138	↑



## ARCADIA LITE

		90 DAY TREND
NUMBER OF SALES	40	↑
AVERAGE PRICE	\$814,734	↓
DAYS ON MARKET	80	↓



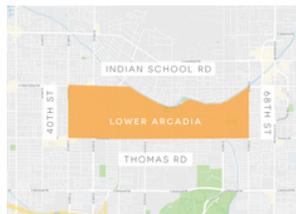
## UPPER ARCADIA/CAMELBACK

		90 DAY TREND
NUMBER OF SALES	49	NC
AVERAGE PRICE	\$1,999,361	↑
DAYS ON MARKET	156	↑



## LOWER ARCADIA

		90 DAY TREND
NUMBER OF SALES	69	↑
AVERAGE PRICE	\$725,494	↑
DAYS ON MARKET	110	↑



## BILTMORE

		90 DAY TREND
NUMBER OF SALES	26	↑
AVERAGE PRICE	\$949,904	NC
DAYS ON MARKET	142	↑



\*Data pulled from MLS (Multiple Listing Service) from 09/15/19 - 12/15/19. Only listings classified as single-family detached were included. All numbers are deemed reliable, but not guaranteed.



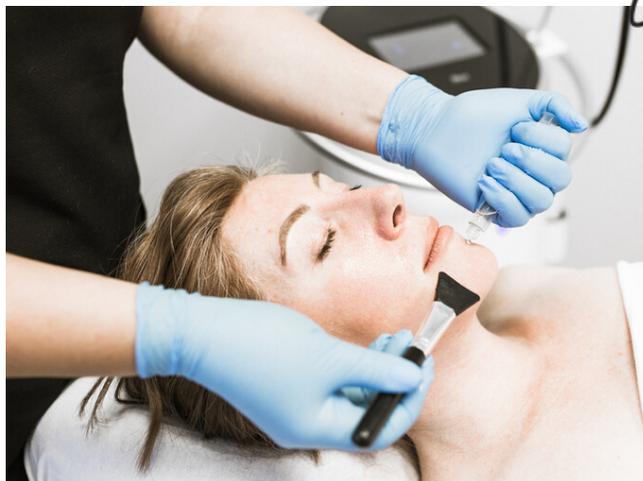
WHAT IS YOUR HOME WORTH?

visit [www.arcadiahomevalues.com](http://www.arcadiahomevalues.com)

playing

# IN ARCADIA

THINGS TO DO, EAT, AND EXPERIENCE



welcome to Arcadia!

## I KNOW A CHEF



## FIVE STEPS TO HEALTHY SKIN IN THE NEW YEAR!

BY FELICIA TAGHIZADEH | ARIZONA FACIAL PLASTICS

4602 N 16th St, #301 | [www.arizonafacialplastics.com](http://www.arizonafacialplastics.com) arizonafacialplastics

Most of us focus on health for some part of our body. Maybe we drink enough water or work out three times a week. Some of us take vitamins or drink micro-green smoothies. But when have you made skin health part of your "New Year New You" resolutions? This is your year! Here are 5 easy commitments so that 2020 will be your best skin year ever.

**HEALTHY HABITS** | Make sure that you have a great home-care routine. Use an effective cleanser, a robust moisturizer, and a Vitamin C serum.

**SUNSCREEN** | Protecting your skin is a HUGE plus. When you use a mineral-based sunscreen, you allow your skin to focus its energy on healing and rebuilding existing damage. Your skin cells will be healthier which will look better for your face!

**HYDRATE** | Yes, drink water but also hydrate your skin. You can accomplish this by scheduling a Hydrafacial treatment every six weeks. You should also incorporate a hydrating hyaluronic acid serum into your routine. These will both lock moisture into the skin, making it glowy and bright.

**EDUCATE YOURSELF** | How much do you know about what's going on with your skin? Advanced aesthetic offices will have a Visia camera that will show you how much damage you have, and where in the skin it is located. This helps the provider develop tailored treatments to address your unique skin challenges.

**REPAIR** | You don't buy a car and then never get the oil changed. Similarly, if you'd like to keep your face youthful, you will need to invest in it. You don't have to spend a lot but create a budget for the year. Will you invest in high-quality skin products? Maybe you'll schedule quarterly appointments with an aesthetician? Or perhaps you will get a monthly membership so that you can stay on top of your skin goals. When you understand your skin health, you can then make the best decision to repair and protect your beautiful face!

**Here's to your glowing and healthy skin in the New Year!**

Arizona Facial Plastics is the leading plastic surgery practice and med spa in Phoenix. Dr. Farhan Taghizadeh and his wife Felicia opened Arizona Facial Plastics in 2016 where they specialize in plastic surgery, sexual rejuvenation, skin care, and overall aesthetics.

## PAUL LINDSAY EXECUTIVE CHEF | OWNER

"I Know a Chef" is a small, chef driven, ingredient-inspired, passionate company, that looks at food as opportunities to express love and foster healing. Not unique in its concept, but rather unique in practice.

True "concierge level" cooking is what my clients experience, I'm the one shopping and cooking for you, there's a true relationship and connection with my clients and guests.

Meal prep, in-home coursed dinners, larger catered gatherings and in-home cooking classes are the core of my business platform.



**Meal Prep - Private Chef - Cooking Classes**  
602.245.0101  
[Wellseasoned77@gmail.com](mailto:Wellseasoned77@gmail.com)

**HAVE AN ARCADIA BUSINESS YOU WANT TO SHARE?**  
Email us at [info@arcadialifeaz.com](mailto:info@arcadialifeaz.com) to be considered for a future issue!



## ASK A PRO...

WEALTH MANAGEMENT TIPS

### 3 TIPS FOR FINANCIAL PLANNING

By Vickie Garcia, CFP® | Wealth Manager  
AmeriFlex Financial Services | [www.ameriflex.com](http://www.ameriflex.com)

Life can become overwhelming. Knowing where you stand financially is important so you can live the life you dream of in retirement.

- 1 **Assess Your Current Financial Situation** | Evaluate your income, expenses, debt, and budget. It's important to know where your money is going each month.
- 2 **Take Advantage of a Retirement Plan** | Ask your employer if they have a 401(k) or other retirement plan and if they have a company match.
- 3 **Understand Your Risk Tolerance** | Everyone has a different level of risk they can afford and knowing your risk tolerance is important when assessing your asset allocation.

For more information on planning your financial journey, contact Vickie Garcia at **480-990-9100**. We would love to chat with you!

\*Securities and advisory services offered through SagePoint Financial, Inc., member FINRA/SIPC. Insurance services offered through AmeriFlex® Financial Services, which is not affiliated with SagePoint Financial, Inc. Address: 1490 S Price Rd, Suite 107, Chandler, AZ. Phone: 480-990-9100.



**\$250.00 OFF YOUR INITIAL FINANCIAL PLANNING FEE IF YOU MENTION ARCADIA LIFE.**



## HOME HEALTH...

TIPS FOR KEEPING A "HEALTHY" HOME

### TIME FOR A SAFETY CHECK-UP ON YOUR HOME!

By Debbie Pontikas, Associate Broker at The Brokery

It's a new year and a new decade, but before you hit the ground running, it's time to do a much needed annual home safety check!

- 1 **Change & Test Batteries** | Change the batteries in all smoke and carbon monoxide detectors and give them a test to make sure they work.
- 2 **Replace Filters** | Although you should change your air filters once a month, it's a good time to do a double check and replace all of your dirty filters with fresh new ones.
- 3 **Check for Leaks** | Take some time to inspect the areas around your shower, tub and toilet for leaks and recaulk them as needed. You should also check for dripping or leaking faucets, which can make your water bill add up.

For more safety tips and ideas, email me at [debbie@thesuitsaz.com](mailto:debbie@thesuitsaz.com).

THINKING OF BUYING OR  
SELLING A HOME?

Let's chat! 480-335-8604

**ARIZONA FACIAL PLASTICS P.C.**  
(480) 296-0488 | [arizonafacialplastics.com](http://arizonafacialplastics.com)  
4602 N 16th St #301, Phoenix, AZ 85016

Mention 'Arcadia Life' when you book and attend a consultation and receive 40% off one product or 20% off your service!

**IRMA'S ALTERATIONS**  
Your neighborhood seamstress.  
**602-695-6037**  
(by appointment)  
Mention Arcadia Life for 20% off a pant or skirt hem.

**THE BROKERY**  
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Arcadia LIFE

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