PRESS RELEASE

Elegant Kitchen and Bath Publishes Kitchen Soffit Removal Guide

Elegant Kitchen and Bath

November 23, 2026



HERNDON, VA - Elegant Kitchen and Bath has published a planning guide on kitchen soffit removal. The article, dated November 17, 2026 and signed by Michael Reynolds, explains that a soffit can often come out, but what is hidden inside it determines the plan, the permits and whether taller cabinets should be ordered yet.

A kitchen soffit, also called a bulkhead, is the boxed section of wall or ceiling above the upper cabinets. In many Northern Virginia homes built from the 1960s through the 1990s, wall cabinets stopped short of the ceiling and the gap was framed and drywalled. Some of those boxes were only a finishing choice. Others were built to hide a range hood duct, an HVAC run, a plumbing vent or drain, wiring, or occasionally a beam.

The full planning guide says empty soffits are relatively straightforward to remove, while hidden mechanical runs have to be rerouted, often through the floor framing above. Virginia Residential Code rules limit notches and holes in sawn joists, and certain prefabricated joists and trusses cannot be cut unless the manufacturer or a registered design professional allows it. A cooking exhaust duct still has to run outdoors and meet the code standards cited in the guide.

“The right time to learn what is inside a soffit is before the cabinet order, not during demolition,” said Michael Reynolds, editorial contributor at Elegant Kitchen and Bath. The article advises opening a small inspection hole, or looking from the attic, basement or floor above, before taller cabinets are ordered.

Fairfax County lists kitchen renovations, relocated duct work and range hoods, and relocated electrical or plumbing fixtures among projects that need a permit. Replacing cabinets or countertops alone is listed as work that does not need a permit. In a home built before 1978, the article notes that paid work that disturbs paint is generally covered by the EPA lead-safe rule. The company also points readers to its cabinet installation guide and kitchen remodeling services .

Not every soffit should be removed. If a main HVAC trunk, a drain line from a bathroom above, or a structural beam is inside the box, the guide says it can be better to keep, shorten or reshape that section and finish it so it lines up with the new cabinets. Once the box is gone, upper cabinets can run to the ceiling, sit in a stacked row, or leave a finished gap.

Elegant Kitchen and Bath is based at 2445 Centreville Rd suite 46, Herndon, VA 20171, and can be reached at +1 703-763-4277. Showroom hours are Monday through Friday, 9 AM to 6 PM, and Saturday, 9 AM to 5 PM; the showroom is closed Sunday. Readers can locate Elegant Kitchen and Bath on Google Maps and review the article before a cabinet order is placed.

MEDIA CONTACT

info@elegantkitchenbath.com
2445 Centreville Rd suite 46, Herndon, United States