

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

CALENDAR DEALS EAT SHOP TRAVEL TOWN GUIDES



It's a month into the new year, and already things feel like they're fraying

around the edges. I've got a lot on my plate (Oh! Yes! A new building! A new shop! Renovations! New employees! New systems! New everything---but so much fun!) which is sabotaging my efforts to remain healthy above all. I'm squeezing in my workouts almost daily but clean eating has gone out the window with little time to spend in the kitchen. So I'm refocusing in February and (although the word bugs me) indulging in a little more "self care". Here's how...

P.S. Happy Valentine's Day!

\$115
60 MINUTE MASSAGE
30 MINUTE SAUNA SESSION
60 MINUTE FITNESS CLASS



Private-Swiss Wellness presents:
HEALING WITH FOOD
Nutrition Program with Brigitta Jansen, MS, CN
Detox and Lose Weight in Time for Spring!

FEEL REVIVED, HEAL YOUR GUT
Weekly Program Starts January 25th!

REFINE
your natural BEAUTY
Refine
BY FARRELL
Suzanne Arcuni Farrell, APRN

PLAN A DAY WITH THE GALS
AT SANNO SPA



Reboot Your Resolutions

If you're rethinking a few resolutions too, here are some tips.

[Get the Tips!](#)

MASSIVE WINTER SALE
GOING ON NOW*
BRANFORD | OLD SAYBROOK
Denali

LISSETTE MONTREAL
BLACK DENIM WITH PEARLS
OPRAH'S FAVORITE
available in-store at *Elle*
WHERE SHE SHOPS
VISIT
OPEN 6 DAYS | GUILFORD GREEN

Moving from Change into Transition: A Psychologist's Perspective

By Cathleen Adams, Ph.D.

People sometimes think that they are resistant to change but, in fact, they really aren't. Instead, they are resistant to transition.

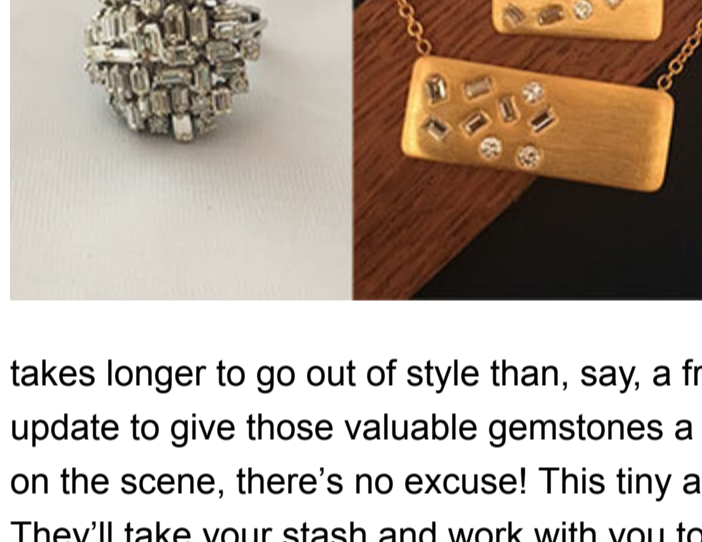
So what's the difference between change and transition? Change is a shift in something you are used to -- a variation in habit or routine, an unexpected event. Change is also situational. It can be as simple as a new diet or exercise program, or more eventful such as a break-up or divorce, a promotion or a move. Change can be positive as in starting a family, or painful as in losing a loved one. Transition, on the other hand...



[Read the Article](#)

Third Annual CROCK POT WARS
Sunday February 24th 1-3pm
at Page Hardware & Appliance Co.
Come taste and judge who is the best slow cooker on the Shoreline.
\$5 donation to benefit the Community Dining Room

JULIE VOS AT **the N Main ESSEX**
VISIT INM



A New Life for Old Gems at 21C Designs, Madison

Most of us have a little stash of jewels that haven't seen the light of day in a generation or two. Maybe it's a bejeweled brooch (don't you just love that word?) from great-grandma or your grandmother's engagement ring whose day has come and gone. While jewelry takes longer to go out of style than, say, a frock, sometimes all that's needed is an update to give those valuable gemstones a new life. And now that 21C Designs is on the scene, there's no excuse! This tiny and private atelier offers exactly that. They'll take your stash and work with you to design current, modern and oh-so-wearable works of gem art...

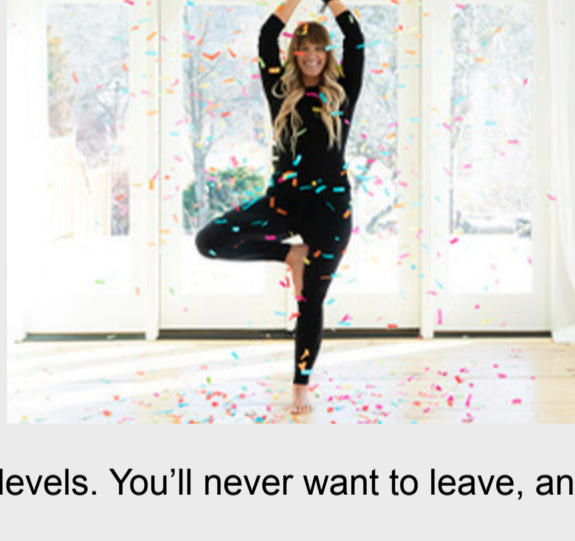
[See Before & Afters](#)

salonpure
149 Boston Post Rd
Old Lyme, CT 06371
860-598-9032
salonpurect.com

Thinking of divorce? Mediate! Don't litigate!
Resolve your case quickly, privately, and cost-effectively
Attorney Linda L. Mariani
83 Broad Street, New London
860.443.5023
marianireck.com

In case you missed it: The best places to consign online and new restaurants on last week's list. [Read it here.](#)

Sponsored Story



JUL Yoga

JUL Yoga wants to wish a "Happy Lovesgiving" to all beautiful yogis and yoginis!

It's JUL Yoga's favorite time of year: Valentine's Day and their first birthday. The intimate East Haddam studio, filled with natural light and a spa-like experience, welcomes students of all levels. You'll never want to leave, and JUL wouldn't have it any other way.

And there's more... invite JUL Yoga in to host your Corporate Yoga or Bridal Yoga Party. JUL will bring all the equipment and tailor a class to your event or weekly practice.

Saving the best for last, get your sneak peek, e-listers. Pre-order your JUL apparel, a line of athleisure and goodies that are drool-worthy and ready for your mat — www.julyoga.com/shop

Let's get it om!

[Visit JUL](#)

From The E List Events Calendar

Intro to Collage Quilting Retreat at Cate's Sew Modern, 2/15 - 2/17

Spend a cold, winter weekend making a one-of-a-kind still-life quilt at this workshop in Guilford. Basic quilting skills required. [Read more...](#)

Young Dubliners Perform at The Katharine Hepburn Cultural Arts Center, 2/15

Get tickets to see Celtic rockers perform during their "March to St. Paddy's Day Tour" at The Kate. [Read more...](#)

Ice Festival at Mystic Seaport Museum, 2/16 - 2/18

Visit Mystic Seaport Museum's first-ever Ice Festival! Learn about winter survival skills, see ice carving demos, listen to live music or warm up with a special Aurora Borealis show in the Planetarium. [Read more...](#)

Murder Mystery Show and Dinner at Historic Essex Station, 3/8 & 3/10

Enjoy an interactive Murder Mystery: Death Takes a Cruise plus a buffet dinner, dessert, and cash bar at The Oliver Jensen Gallery in the River Valley Junction Building at Essex Station. [Read more...](#)

Winter Wildlife Eagle Cruises on RiverQuest – CT River Museum, thru 3/17

Head out on the river for a 2-hour cruise (naturalists on board to narrate!) for a chance to see eagles, hawks, seals, loons and so much more. And don't miss the Eagles of Essex exhibit at the CT River Museum. [Read more...](#)

An Evening in Pink to Benefit Smilow Breast Center, 5/11

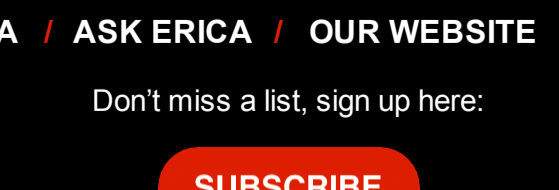
Save the date for an evening at Pine Orchard Yacht & Country Club in Branford and help Infinite Strength benefit the Smilow Breast Center. [Read more...](#)

p.s. from Erica

Looking for more to do? Find Valentine's Day events, yoga workshops, chowder festival, Oscar party, and so much more on our calendar:

[Browse the Calendar](#)

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