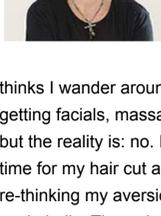


the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

CALENDAR DEALS EAT SHOP TRAVEL TOWN GUIDES



I'm the girl who always cringes a bit at the term "self care". I know everyone

thinks I wander around the Shoreline getting facials, massages and manis, but the reality is: no. I barely make time for my hair cut and dye. But I'm re-thinking my aversion. I'm a workaholic. There, I said it. I don't really know how NOT to work. After having to give my highly anticipated CBD (no pun intended) massage away to my lucky team member because, get this, pneumonia, I'm going to TRY to listen to what my body is saying. It's pretty loud and clear: enough. This list is full of healthy endeavors to perk us up mid-winter.

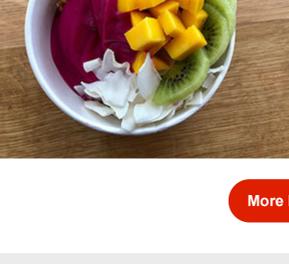
love, erica

Hope to see you on **Saturday, March 16th** for our absolutely stunning, springy store opening for E List subscribers only and HUGE thanks to my dream team for getting it done without me this week.



Furniture | Fashion | Lifestyle

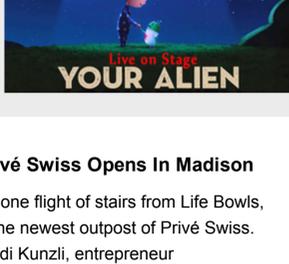
SAYBROOK HOME
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Life Bowls: A New Permanent Home for Bowl'd Creations

Whenever Bowl'd Creations food truck made an appearance at the Lyme Farmers' Market I'd make a beeline over for a healthy breakfast. While the truck still roams the Shoreline, these days the partners have laid claim to an actual brick and mortar location...

More Life Bowls

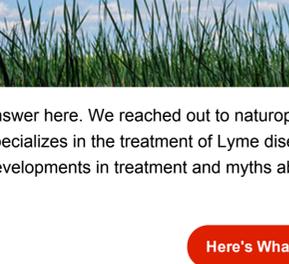


Privé Swiss Opens In Madison

Up one flight of stairs from Life Bowls, is the newest outpost of Privé Swiss. Heidi Kunzli, entrepreneur extraordinaire, continues her march down the Shoreline with this latest offering of luxury fitness centers. You'll find all the innovative classes Privé Swiss is famous for ...



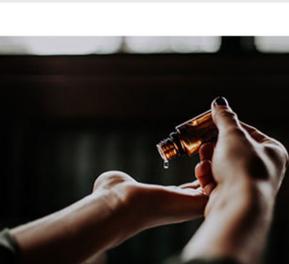
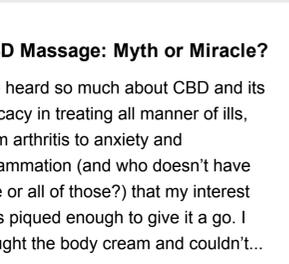
More Privé Swiss



Lyme Disease: What It Is, How To Prevent & Treat, Myths & New Approaches

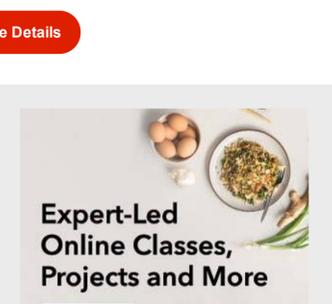
The Privé Swiss stable includes myriad wellness practitioners, ranging from life coaching, mindfulness training, and therapy to disordered eating and drug and alcohol counseling. If you're suffering, you may well find a holistic answer here. We reached out to naturopath Dr. Jonathan Goodman, who specializes in the treatment of Lyme disease and asked him about the latest developments in treatment and myths about Lyme.

Here's What He Had To Say

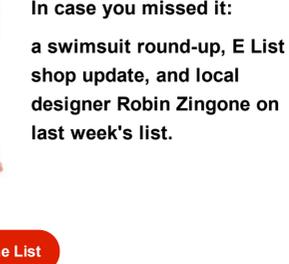
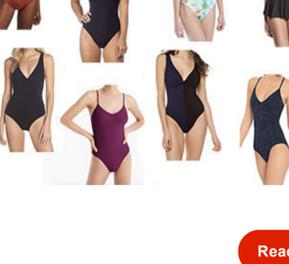


CBD Massage: Myth or Miracle?

I've heard so much about CBD and its efficacy in treating all manner of ills, from arthritis to anxiety and inflammation (and who doesn't have one or all of those?) that my interest was piqued enough to give it a go. I bought the body cream and couldn't...



Get the Details



In case you missed it: a swimsuit round-up, E List shop update, and local designer Robin Zingone on last week's list.

Read the List

Sponsored Story



Burt & Me at Ivoryton Playhouse, 3/20 - 4/7

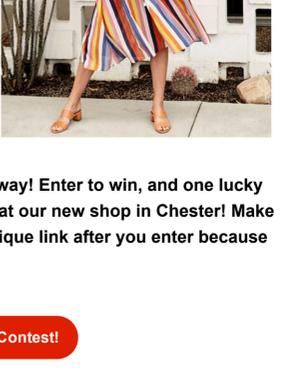
The Ivoryton Playhouse opens its 2019 season with a dazzling parade of hits by the songwriting team of Burt Bacharach and Hal David in the musical BURT & ME by Larry McKenna. BURT & ME-of-age story is narrated by Joe who tells the story of his obsession with the music

of Burt Bacharach alongside his high school romance with Lacey. The old story of boy meets girl, boy loses girl, boy finds girl again, develops a new life in this nostalgic paean to the music and culture of America in the seventies.

Tickets are available by calling the Playhouse box office at 860-767-7318 or by visiting the website at www.ivorytonplayhouse.org

103 Main Street in Ivoryton

Purchase Tickets!



You know how much we love a giveaway! Enter to win, and one lucky gal will snag \$500 of Spring clothing at our new shop in Chester! Make sure to spread the word with your unique link after you enter because you'll earn more chances to win.

Enter the Contest!

From The E List Events Calendar

Subscriber Saturday Launch Party! March 16th, 11am - 8pm

Join us for a full day of fun at our new shop in Chester for E List subscribers only! [Get details and see the invitation here.](#)

Essex go Bragh Irish Parade, 3/9

Celebrate St. Patrick's Day at this Irish themed parade through the village of Essex, featuring fife and drums, Irish step dancers, tractors, floats and more. [Read more...](#)

St. Patrick's Day Parade in New Haven, 3/10

Engage in all things Irish at the largest single-day spectator event in the state held annually in New Haven. Family friendly! [Read more...](#)

Essex Winter Series presents The New Haven Symphony Orchestra with Violinist Tai Murray, Fenton Brown Emerging Artist, March 17th

A concert NOT to be missed! Tai Murray is an "inspiring talent with a silky and sweet tone from even the highest registers of her instrument, impeccable intonation, dexterity, subtlety yet always vigorous and dramatic, the well-schooled and hugely musical Tai Murray has become an essential personality in today's classical musical world." Enjoy a Sunday afternoon of Mozart, Haydn, Prokofiev, and Barber with the New Haven Symphony Orchestra, under the direction of William Boughton. [Read more...](#)

Spring Into Art! at Susan Powell Fine Art in Madison, 3/8 - 3/30

Celebrate the change of season at Susan Powell Fine Art's new exhibition, Spring into Art! Opening Reception on Friday, March 8th from 5 - 8pm. Wine and hors d'oeuvres will be served. [Read more...](#)

Healthy Whole Foods Cooking Class at White Gate Farm, 3/10

Get creative and healthy with easy gluten-free baking! This cooking class will include three desserts and one dinner that you can flawlessly recreate in your own kitchen. [Read more...](#)

Mystic Restaurant Week continues until the 10th! [See participating restaurants here.](#)

Looking for more things to do? Find wildlife cruises, wine dinners, musicals, and more on The E List events calendar:

Browse the Calendar

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