

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP CALENDAR EAT DISCOVER TRAVEL TOWN GUIDES



This year, more than ever, we've got to keep summer going as long as we possibly can!

We're fantasizing about summer houses and one of our favorites (we wrote about it a few years ago) is for sale; see below. We're also mixing up a delightful and light summery cocktail. If your feet have taken a barefoot beating this summer, we recommend a little self-care in the form of a fab foot facial. If you're feeling fall-ish, we recommend heading over to Yankee Cider Company in East Haddam. All this and more below.

Love, Erica

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P.S. If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here](#).

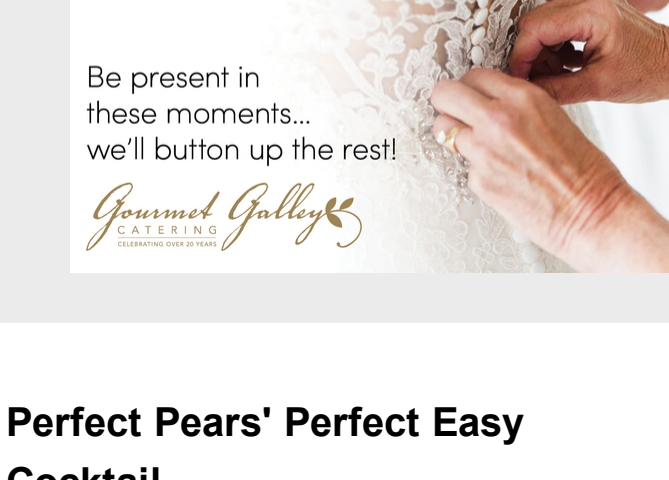


It's on the market! [See the listing here.](#)

THE FOOD CRATE
CHEF SOURCED DELIVERED TO YOUR DOOR

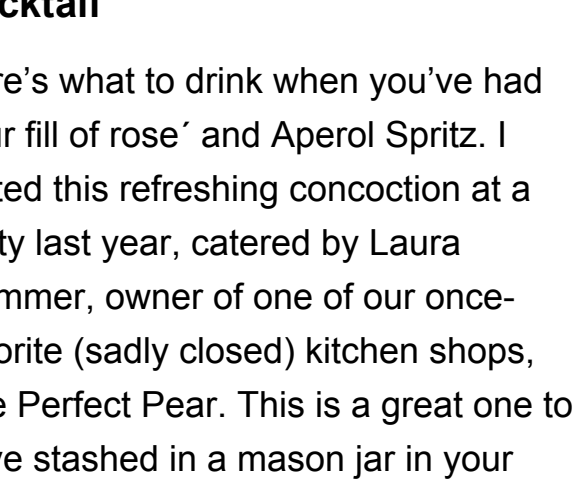
MEATS SEAFOOD CHEESE
CHARCUTERIE HORS D'OEUVRES
DESSERT + MORE

[See Hannah's House](#)



Hannah's Summer House

I have a beach house in my head. White (of course), high ceilings, rustic beams, simple kitchen with open shelves, scrubbed wood floors, outdoor shower. One stellar version belongs to my friend and Interior Designer, Hannah Childs...



Perfect Pears' Perfect Easy Cocktail

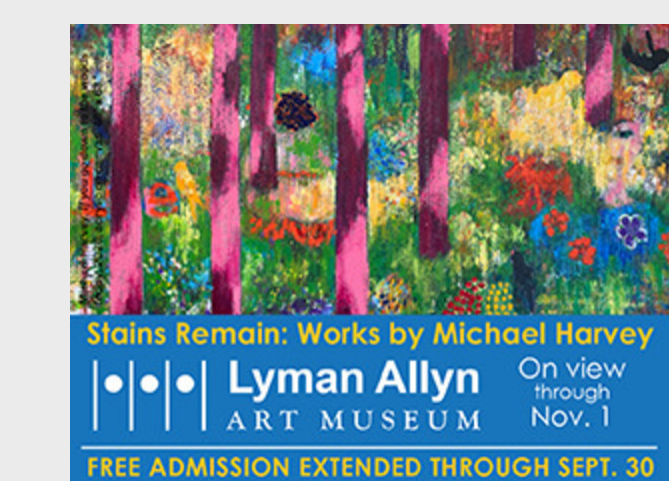
Here's what to drink when you've had your fill of rose and Aperol Spritz. I tasted this refreshing concoction at a party last year, catered by Laura Grimmer, owner of one of our once-favorite (sadly closed) kitchen shops, The Perfect Pear. This is a great one to have stashed in a mason jar in your fridge for impromptu cocktails...



[Get the Recipe](#)

Ella New Fall Arrivals Everyday!
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Foot Facial at Blissful Beauty

If you're looking for a mini-escape and a little extra care for your feet, this sweet spa in Deep River offers a deluxe, waterless pedicure with lots of details. They'll indulge your feet with a charcoal foot mask, a detox scrub, and a warm stone massage...

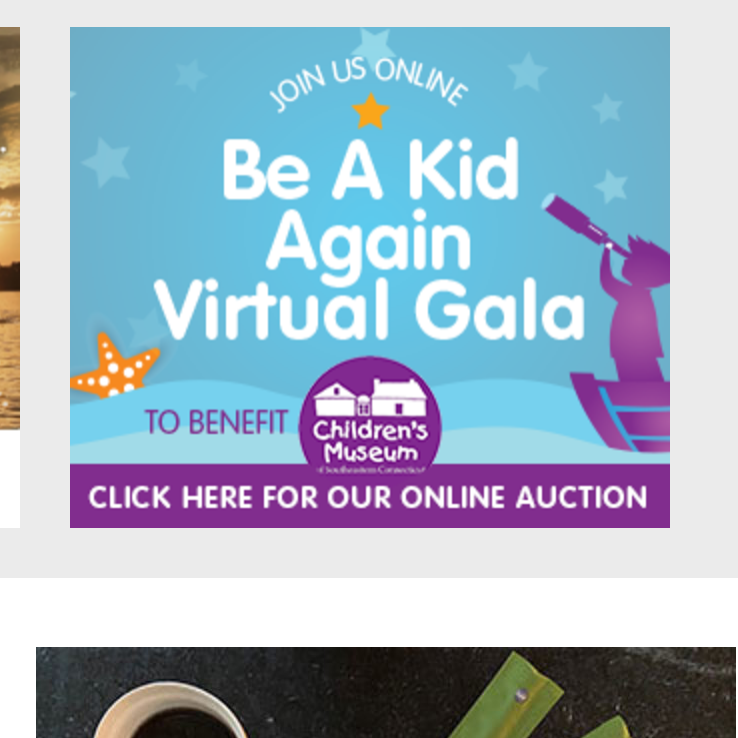
[Get the Details](#)

Stains Remain: Works by Michael Harvey
Lyman Allyn ART MUSEUM On view through Nov. 1
FREE ADMISSION EXTENDED THROUGH SEPT. 30
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A Visit to Yankee Cider Barn in East Haddam

Here's a spirited idea to while away an early-fall weekend afternoon: head to the Yankee Cider Barn in East Haddam. Last year, Staehly's Farm and Winery expanded down the street, with a renovated 100-year-old barn dedicated to tasting their wide variety of hard ciders...



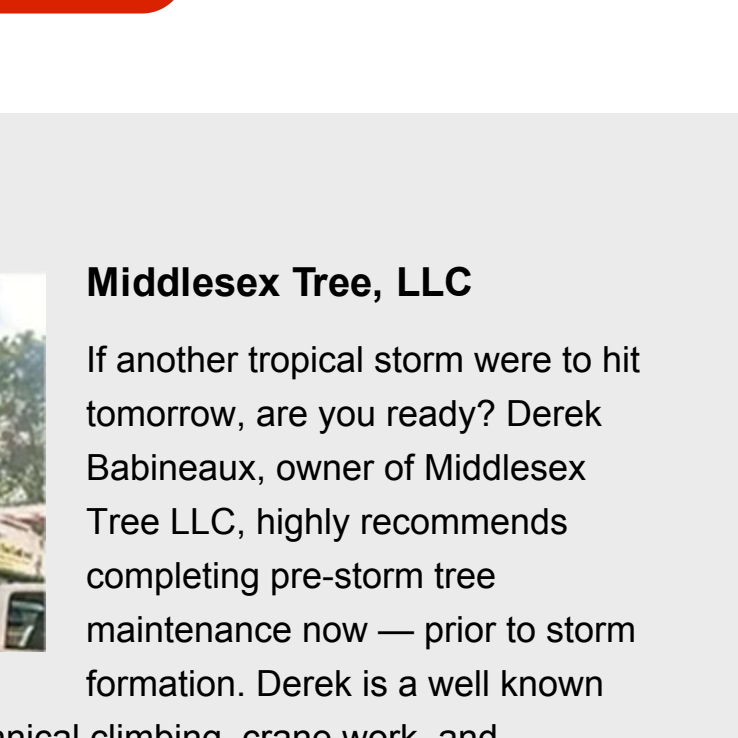
[More Cider Tasting Pics](#)

Bring your meditation practice to the Long Island Sound, or kick back & relax on a private cruise.
Raven WELLNESS CRUISES

JOIN US ONLINE
Be A Kid Again Virtual Gala
TO BENEFIT Children's Museum
CLICK HERE FOR OUR ONLINE AUCTION

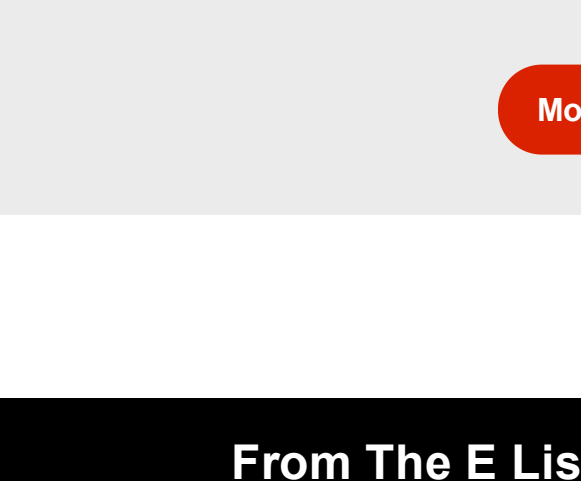
We shared a food delivery service, the best housedresses, and a cleanse on last week's list.

[Read it here if you missed it.](#)



[Read the List](#)

Sponsored Story



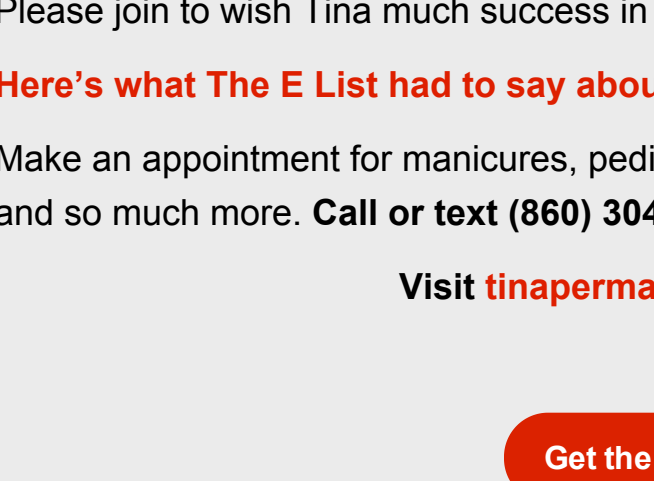
Middlesex Tree, LLC

If another tropical storm were to hit tomorrow, are you ready? Derek Babineaux, owner of Middlesex Tree LLC, highly recommends completing pre-storm tree maintenance now — prior to storm formation. Derek is a well known local Arborist that specializes in technical climbing, crane work, and hazardous tree removals. Derek strives to always maintain tree health first, however; over the past two years, there has been an influx in tree death. Compromised trees are extremely dangerous especially in poor weather conditions and high winds. Middlesex Tree LLC is a small family-owned business that is passionate about tree care. Derek is personally on every job. Please call him directly at **860-339-5605** should you need an evaluation or estimate. [Visit Middlesex Tree on facebook here.](#)

[More Info](#)

From The E List Events Calendar

Featured Event Listing



Grand Opening Celebration of Tina's Perma Beauty Spa

September 19, 10:00 am - 1:00 pm

Join the Grand Opening of Tina's Perma Beauty Spa on **September 19, 10:00 am – 1:00 pm: 15 Main Street, Old Saybrook.** Enjoy live music, free snacks, and a raffle of free spa services and discounts. The festivities will be held outside the Spa, in the parking lot next to Starbucks; masks are required. The Chamber of Commerce ribbon ceremony will be at 10:30.

Please join to wish Tina much success in her new business!
[Here's what The E List had to say about Tina's Perma Beauty Spa.](#)

Make an appointment for manicures, pedicures, brows, lashes, permanent makeup, and so much more. **Call or text (860) 304-3121.**
Visit [tinapermabeautyspa.com](#).

[Get the Details](#)

The THRIVEcircle™ - A Group Coaching Circle for Women That Want to Build Their Dream and Love Their Life

If you are committed to your personal and professional growth and you'd like to be with a group of women that are dedicated to helping you thrive, then join The THRIVEcircle™. In this 6-months together you'll explore the top habits of thriving and successful women and you'll benefit from loads of coaching, support, accountability and connection. [Read more...](#)

Onward Leaders: Child & Family Agency's Virtual Art Auction, 9/30 - 10/7

Peruse paintings, photographs, pottery, and more while supporting local CT (and beyond) artists to help support Child & Family Agency's programming. There's something for everyone at this auction! [Read more...](#)

Free Open Trails: Family Edition + Plein Air Paint-Out with Live Music at I-Park, 9/12

Tap into your creative side and enjoy live music, access to a unique system of art/nature trails, family activities, and Plein Air painting. [Read more...](#)

Wondering what else is open out there? Find alfresco dining, curbside pickup, outdoor activities, and more on The E List events calendar:

[Browse the Calendar](#)

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