

HIDDEN GEMS • UNDER-THE-RADAR RESOURCES • FUN FINDS

# WESTPORT

weston&wilton

JULY/AUGUST 2019 | \$5.95

# 203

WAYS TO LIVE THE

# GOOD

SPECIAL COASTAL ISSUE

# LIFE

IN FAIRFIELD COUNTY

The fun doesn't stop at our borders! **Explore all that our neighboring towns** have to offer.

2019-2020  
EDUCATION  
GUIDE

213  
TOP  
DENTISTS



41.1415° N



73.3579° W

# IT'S TIME TO GET DIALLED IN!



**THE GOOD LIFE TEAM**  
 VENERA ALEXandroVA  
 GARVIN BURKE  
 CAROL DANNHAUSER  
 LAUREN FETTERMAN  
 BETH COONEY FITZPATRICK  
 MEGAN GAGNON  
 KIM GILBY  
 CAMILLA HERRERA  
 MARY KATE HOGAN  
 JULEE KAPLAN  
 ELIZABETH KEYSER  
 JOEY MACARI  
 CRISTIN MARANDINO  
 DONNA MOFFLY  
 JUDY OSTROW  
 KERRI RAK  
 DIANE SEMBROT  
 TAYLOR STROLLI  
 AMY VISCHIO

It's no secret that our corner of the world has a ton to offer in the way of family fun, great shopping, cool outings and myriad of specialty services. So we got to thinking that it'd be nice to go beyond just our town borders in search of **Gold Coast Treasures**. (And wouldn't it be cute if we came up with 203 of them?) What you have in your hands is the realization of that idea. With editors, art directors and freelancers all bringing their Fairfield County expertise to the table, it was a labor of love and, fittingly, took a village. We hope you'll hold onto this issue and refer to it frequently for inspiration and guidance. It runs the gamut—from fun and quirky to utilitarian and practical. After all, isn't that what makes for a good life?

# natural world

CLEAN LIVING IS NOT JUST ABOUT WHAT WE PUT IN OUR BODIES

## IT'S EASY BEING GREEN

No.  
63

**SHERWOOD GREEN LIFE**  
sherwoodgreenlife.com

It's a good thing that biomedical engineer Rhonda Sherwood moved her Sherwood Green Life shop up the Avenue a bit in Greenwich. Now in the former Jonathan Adler space at 88 Greenwich Avenue, there's even more room for nontoxic goodies. And this is most definitely the one-stop shop for it all. Stock up on amazing skincare from brands like Indie Lee, Josh Rosebrook and Juice Beauty, among others. The shop also houses chemical-free makeup, hair and body products. Look out for in-store events like mini-facials and appearances from brand owners. In addition to selling beauty products, Sherwood offers in-home consultations to help you live a healthy, nontoxic life.



64

### BEAUTY DETOX

**ORGÁNACHS** organachsfarmtoskin.com

You've cleaned out your closet—nothing but “spark-joy” left. You've cleaned up your diet—because you like avocados anyway. Now it's time to turn to beauty. Clean up your skincare, makeup and hair and body regimen with help from Siobhan McKinley, a local natural-products maven. The owner of ORGÁNACHS (Gaelic for organic), is driven by her former career in conventional beauty. Now she sources brands that, one, use pure organic and natural ingredients and, two, work. Stop in for a customized facial treatment with VOYA—organic seaweed skincare brand from Ireland and found exclusively at this shop in Connecticut. Otherwise squeeze in a fifteen-minute AHA skin peel from VOYA. Siobhan can guide you to the best choices in skincare, bath and body, makeup, hair care and more, just for you.

No. 66

### IT'S ALL ABOUT YOU

**NEW BEAUTY & WELLNESS** newbeautywellness.com

“**M**eh” is no way to go through life. So when your skin feels dry, your energy is misfiring, your back is tight or you're irked by some other cumbersome human condition, you need pampering, *pronto*. Consider a state-of-the-art luxury spa such as New Beauty & Wellness. Bliss, by unofficial definition, means spa essentials (hello, NB&W Signature facial); medical treatments (think Botox and fillers); natural healing options (yes, energy work); a full menu of body treatments, from wraps to scrubs; a soak with Sweet Birch Magnesium Bath Flakes; massages with or without reflexology—and much more. Consider the new Curated CBD Massage. Each treatment plan is customized and includes green options. Also, Dr. Carine Bonnist, N.D., can evaluate your needs and curate a naturopathic treatment plan, which could include nutrition counseling, homeopathy or ozone therapy—fingers crossed that it includes aromatherapy and a full-body massage.

## QUICK QUESTION

No.  
65

**NEFAIRE,**  
**A FRESH SPA**  
nefaire.com

The best pop quiz? It's the one we take about our skin before a facial. How does your skin feel midday? Without any moisturizer? Are you concerned about acne? Where's your stress level? With such info the licensed skin coaches at Nefaire, a Fresh Spa, can create a skin profile just for you and add expert advice on what to look for in products and how to design your skin routine. Their A+ answers are clean, natural treatments—they'll whip up a fresh, personalized, food-grade facial on the spot. Manuka honey, please. Go for the quick thirty-five-minute treatment or stay as long as seventy-five minutes to include time for extractions or for an acupressure massage. Additionally, they can recommend natural skincare products that, used over time, will address your specific needs. Go ahead, be needy.