

# Long Island

Special Issue: Long Island at Its Best

## Getting Away From It All, But Still Staying Close By

*Quintessentials*  
A Lifestyle  
★★★★★ East Marion, New York  
631-477-9400 · www.quintessentialsinc.com

By MARCELLE S. FISCHLER

**T**HERE'S no need to travel far. Getting away from it all, even for just a day or two, is easy on Long Island. Enjoying the indulgences of a quick respite, the pleasures of the waters, the quaint charms of the Island's eastern tip, is the province of innkeepers. They won't let you leave stressed or hungry. Here are three of their stories.

### Realizing a Dream On the North Fork

As a Wall Street executive, Sylvia Daley traveled so frequently that the doorman at her Park Slope apartment always asked her to sign in when she returned. When she decided to pack in the fast-paced life to run a bed-and-breakfast in East Marion seven years ago, she knew success hinged on a good mattress, a fabulous breakfast and a relaxing massage.

Ms. Daley is the innkeeper at Quintessentials, a five-bedroom 1840's former captain's house. The gingerbread-trimmed Victorian in East Marion has a widow's walk cupola, wraparound porch and a feng shui garden. Ms. Daley greets guests with afternoon tea. After a lavish breakfast featuring her specialty — corned beef hash and eggs with herbs from the backyard garden — Ms. Daley, who is also a licensed aesthetician, gives massages, facials and Reiki treatments in the spa room.

Ms. Daley was sharing a summer house in the Hamptons when she first discovered the quiet pleasures of the North Fork.

"I was so upset that people were running in full makeup and matching jogging clothes that I complained to a friend of mine who lived over here," she recalled. "And then she said, 'Oh you should see the North Fork. I said, 'the North Fork, what's that?'"

Within months, she had bought a home there — sight unseen.

"The first time I came out I fell in love with it from the outside," Ms. Daley said.

The interior was another story. It took her



Photographs by Phil Marino for The New York Times

brother-in-law, Wilfred Joseph, and a crew of 12 about 10 months to renovate the house, started by jacking it up, putting in new bathrooms and sprucing up the wood moldings and railings. Even the barn was listing.

Ms. Daley furnished the house with yard sale and antique shop finds and a grand piano in the living room. Upstairs, the four bedrooms, each with private bath, are done in Caribbean tones and named for parishes in her native Jamaica. Rooms range from \$175 to \$195 per night, including breakfast.

During the renovation, Ms. Daley found a time capsule under the dining room floor from a

previous owner, noting that the house had a ghost with a good spirit. Two years ago, she left her job as a senior director of international marketing at American Express Bank to devote her attention to the inn full time.

"I haven't regretted it," said Ms. Daley, who speaks four languages fluently and spent two years as a business development consultant at the United Nations.

"I was always just working," she said. "I was working 24 hours a day because whatever happens in the market or happens exterior affects the market. I see my friends. I see my colleagues. I just don't have the same pressure."