

MY CITY

LIFE LESSONS

Not everyone gets the chance to have their own *Eat, Pray, Love* experience when they're burned out at work, but **Nicole Indelicato**, the owner of Life & Honey (lifeandhoney.com) in Ashburn, Va., got as close as you can get. Indelicato was working in New York City's grueling fashion scene when, through happenstance, she ended up on a trip to Africa led by Oprah Winfrey. It was after that life-altering reflective time—and a double diagnosis of lupus and Lyme disease—that Indelicato decided to leave New York and focus on health—both personally and professionally. Life & Honey, which offers healthy food in a quick-service setting, was born, and Indelicato is feeling better than ever. "I remember the before, which is why I appreciate the after," she says. Here, Indelicato shares her favorite haunts for mind and body in DC. —KB



DAY AT THE MUSEUM ↑
 "We live in the information age, where journalism has been refined to 140 characters. I love the scope, breadth and feel of the **Newseum** (555 Pennsylvania Ave. NW, newseum.org)."



SHOP ← "Coming from New York—and especially having spent time on the business side of fashion and beauty—I love the retail offerings at **CityCenterDC** (825 10th St. NW, citycenterdc.com). CityCenterDC isn't simply a beautiful destination by accident; it was brilliant planning and flawless execution."



RELAX ↑ "**Salamander Resort & Spa** (500 N. Pendleton St., Middleburg, Va., salamanderresort.com) is as scenic as it is soothing."



SPIN IT ↑ "My love of spin-specific studios started when I was in New York. You can't always find time to run or ride outside by yourself. **SoulCycle** (2301 M St. NW, soul-cycle.com) is that perfect balance: intensity, efficiency, energy and a sense of shared camaraderie."



STAY ← "There's something impeccably elegant about the interior and overall ambiance of **The Willard** (1401 Pennsylvania Ave. NW, washington.intercontinental.com). It's as elegant as it is engaging, which is perfect for a business brunch or a catch-up tea with girlfriends."