If your New Year’s resolution involved the word “detox,” digital or otherwise, we don’t blame you. Already fallen off the wagon and in full-on “retox” mode? We’re still cool. Instead of side-eye or shade, we’re throwing you something totally different: a guide to powering down, turning up, and discovering your newest, best self in the North End of Shaw.

A milestone on the passage from IKEA to adulthood, West Elm (1728 14th Street NW; 202.986.2165) has finally opened a second D.C. location on 14th Street. The two-level décor mecca offers contemporary furnishings and accessories (some from local makers), plus design services and in-store crafting events — some assembly required.

Hunting for the perfect gift? Look no further than the new Salt & Sundry (1401 S Street NW; 202.621.6647). Like its sister shop at Union Market, the Logan Circle spot offers a curated array of home décor, barware, personal items, and edibles for a well-stocked home. With regular visits, you’ll find yourself in the giving mood more often.

Beau Thai (1550 7th Street NW; 202.536.5636) debuts a second location with an expansive dining area, full bar, outdoor patio, dedicated takeout counter, and weekend brunch. Fortunately, that growth spurt hasn’t diluted the authentic flavors; instead, you’ll find numerous new dishes on the menu, like whole flounder, steamed sea bass, larb ped, and noodles with a heady Sriracha kick.

At the start of each new year, we commit ourselves to the same impossible task: hone our personal style, pare down to just the basics, and purge, purge, purge until our closet is Coveteur-worthy. This year, instead of setting ourselves up to #fashionfail, we’re setting our sights on attainable outfits — flip through for the photo play-by-play.
By early spring, the ambitious sartorial resolutions we set back in January tend to have crumbled under the weight of cold weather, office dress codes, and the comforting habit of wearing all black, all the time. But you — and your closet — deserve better. Take a cue from these style mavens and hit the reset button with colors, texture, and layers. Here’s to getting back on track!

Submit your selfie on your social media weapon of choice. If you’ve got it going on, we’ll get in touch and arrange for you to be at our next photoshoot. Finally, your big break into that modeling career.
STRETCH RELIEF

Spending eight-plus hours at a desk can leave you feeling tightly wound, with tense muscles and a solid case of mental fatigue. But you don’t have to finish your day with enough knots, kinks, and cramps to warrant a two-hour massage — instead, use our handy guide to stretches and simple exercises to keep you alert and focused until you walk away, free from tension.

THERE IS A SKIN CONNECTION TO YOUR MUSCLES

 lập on your skin is, in fact, a layer of fascia — the connective tissue that binds your skin to your underlying muscles. When this layer is tight, it can diffuse nervous tension, causing muscle tension, pain, and sometimes headaches. By stretching certain muscle groups, you can help relieve tension and soothe aching muscles.

THE GOAL: STRETCHING.

“Sit near the edge of your chair and place your right arm on the back of the chair. Let your left arm relax. Breathe deeply and raise your back muscles, deepen the twist if you can hold for 10 deep breaths, repeat on the other side.”

AMANDA MCCLEMENTS, OWNER & CREATIVE DIRECTOR OF AMANDA MCCLEMENTS}

“ONE DAY I'M EATING CLEAN AND THE NEXT DAY I'M HAVING CHOCOLATE CAKE FOR DINNER. TRY TO KEEP IT BALANCED BUT I'M PRETTY MUCH JUST CAKE FOR DINNER.

THE NEXT DAY I'M WANT. CALL IT A 'CLEANSE,' 'ETC. I PREFER THE 'ONE DAY I'M TOTALLY HYPOTHETICAL QUESTION.'

“WHEN I TRY TO KEEP IT ALRIGHT THROUGH NEW YEAR'S," AMANDA MCCLEMENTS, "I LIKE TO STRADDLE THE MIDDLE... SALADS, JUICING, AND LOTS OF SLEEP, Doused with Gobs of Chips and Guacamole, Mixed with a Healthy Serving of Whiskey."
MORRIS
ADJMI

The newest buildings shaping the skyline in the North End of Shaw are the residential properties at Atlantic Plumbing and 2030 8th Street, both of which bear the signature industrial-inspired flourishes of New York-based architect Morris Adjmi. Known for Brooklyn’s Wythe Hotel and the 9:317 Washington building near the High Line, Adjmi brings a deep reverence for history and neighborhood identity to his work. We caught up with him to discuss his creative process and what makes his new DC projects so exciting.

1. Can you talk a bit about your process as you approach a historic area—new construction?

Typically we begin our design process by looking at the project’s neighborhood and history. Our designs aim to be compatible with the area’s historic fabric and character, but not by copying the past. The buildings reinterpret, recontextualize, and reanimate historic architectural language in a form relevant to contemporary needs and technologies.

2. How do these buildings fit into the ideal of modern living?

Because there are a lot of different lifestyles in a city, we designed a range of apartment types—some buildings are robust, some have lots of windows. The gardens on the roof can be used to grow vegetables and herbs; there’s also a cinema screening room and fitness center. There is a good package of amenities, so the buildings can accommodate a lot of different types of living.

3. How is Atlantic Plumbing different from your other projects in DC?

The project was very different, besides just being our first in Washington DC. To begin, the neighborhood around Atlantic Plumbing has historic elements, but it is not technically in a historic district. In some ways, the allowed more freedom than we usually encounter working with historic area with new construction?

4. How is Atlantic Plumbing different from your other projects in DC?

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5. What kind of role do you think the development will play in the evolution of the neighborhood?

The neighborhood sits in the middle of a transition. A number of surrounding sites will be developed in the coming years, including another phase of the Atlantic Plumbing project that we are currently working on. AP’s introduction of new retail and residential to the area will serve as a backdrop for the anticipated change. Additionally, the revitalized artist workspace on site will hopefully stimulate new creative activities and encourage more visitors to the area.

6. What do you hope tenants will appreciate/enjoy most about living at Atlantic Plumbing?

Both buildings have the advantage of enormous windows without the ‘glass box’ aesthetic that normally accompanies buildings with this much glass. Residents will hopefully enjoy the enormous amount of natural light within the apartments, as well as the distinctive design of the buildings’ exteriors.

The buildings also have generous amenity spaces, including the panoply of single rooms. These social spaces are unique to what is typically available in DC. Apartment buildings and include amazing views of the city.

7. Another new experience was designing two buildings that are across the street from each other. Our goal was to create a dialogue between the two buildings, and between the buildings and the neighborhood. We did that with an industrial aesthetic for each building that acknowledges the area’s history. On the larger building, we have the large x-bracing, which is a structural element but it also gives the building a sense of scale. On the smaller building, there’s the brick pattern, which breaks up the slick, glass look and references all the brick buildings in the area. We wanted each building to have a strong identity, but also sit within the neighborhood.

8. How do these buildings fit into the ideal of modern living?

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If your 2015 goals revolve around saving, not spending, you might want to plan your next trip to the 14th & Shaw neighborhood carefully. After all, a handful of new stores have opened in the last five months, and more are on the way — the corridor is becoming a veritable shopper’s paradise. To prove it, we’ve compiled a lust list of local goodies — from shaving your floors to enjoying the piney trees on the Shaw block. High-energy tunes, slick décor, and a calorie-crushign workout will have you spinning your wheels in the best way possible.

THE FIND: SPOTLIGHT METAL TRIPOD
LOCATION: ZENGO CYCLE
PRICE: $15-45

End the eat/Netflix/sleep cycle with a new spin on fitness at Zengo Cycle’s Logan Circle location. High-energy turntable stick discs, and a calorie-crashing workout will have you spinning your wheels in the best way possible.

THE FIND: WEST ELM FLOOR LAMP
LOCATION: WEST ELM
PRICE: $15-45

It’s tricky to add both high-impact drama and functionality to a small space with a single purchase. Luckily, West Elm has you covered thanks to a stunning Old Hollywood-inspried floor lamp that provides plenty of light and style without sacrificing square footage.

THE FIND: PONYTAILER SET
LOCATION: JRINK JUICERY
PRICE: $35

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THE FIND: DON CICCIO & FIGLI LIMONCELLO
LOCATION: GALLAGHER & GRAHAM FINE SPIRITS
PRICE: $18

If you’re craving summer, we suggest a taste of Don Ciccio & Figli liqueur, handcrafted and distilled in D.C. Founded in 1910 in Italy, the company offers an all-natural, lemon-steeped infusion, which will transport you to the Amalfi coast, no passport required. We know: The thirst is real.

THE FIND: CHERRY BOMBE ISSUE 4
LOCATION: 1401 S STREET NW; (202) 621-6647
PRICE: $18

This biannual mag is the girl-gang take on farm-to-table, celebrating food, style, and the women who make it happen. A feast for the eyes and the stomach, the “New School/Old School” issue features fresh faces like Kristen Kish and Leigh Kellis, veterans Mimi Sheraton and Ina Garten, and everyone in between.

THE FIND: JRINK “GET WELL” CARE PACKAGE
LOCATION: JRINK JUICERY
PRICE: $35

Sharing is caring, unless it’s flu season. Send that sickly someone a little bit of TLC with an immune-bracing kit of four juices and two healthy soups from Soupergirl — from a safe distance, of course.

THE FIND: GOLDEN BEAR MEN’S CLASSIC VARSITY JACKET
LOCATION: SHINOLA
PRICE: $169

The rad result of a collaboration between Detroit-based leather pros Shinola and San Francisco brand Golden Bear, this classic varsity jacket looks equally smart over a button-down or a vintage tee. (Ladies: It also looks pretty darn good over your favorite floral mini dress.)

THE Find: Spotlight Metal Tripod
Location: Zengo Cycle
Price: $15-45

End the eat/Netflix/sleep cycle with a new spin on fitness at Zengo Cycle’s Logan Circle location. High-energy turntable stick discs, and a calorie-crushing workout will have you spinning your wheels in the best way possible.
2030 8TH STREET AT ATLANTIC PLUMBING FEATURES
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