

# 24 HOURS

Actress, writer, and longtime Angeleno **Busy Philipps** breaks down her daily routine



32 ounces of chlorophyll water

2 daughters

**6:30 A.M.** As soon as I wake up, I make a Bulletproof Coffee, which is Brain Octane Oil, two tablespoons of grass-fed butter, collagen protein powder, and coffee. **7:15 A.M.** In the morning, my husband, Marc [Silverstein], who's a writer-producer, and I divide and conquer. He'll get our eldest daughter, Birdie, on the bus, while Cricket, our youngest, and I make breakfast. I usually let her watch one episode of a show, like *PAW Patrol*. We don't limit TV time in our house. I get why people do, but my husband and I both watched so much TV growing up and ended up with successful careers in entertainment—we turned out alright! Birdie was literally breaking down story structures when she was five years old. **9:15 A.M.** After I drop Cricket off at preschool, I do a high-intensity workout class called LEKfit run by my old trainer, Lauren Kleban. If I don't sweat every day, I suffer emotionally. **10:30 A.M.** I generally stop by Larchmont Village, which is just a street with little shops on it. Everyone makes fun of me for this, but I'll pick up a giant, 32-ounce bottle of this chlorophyll water that I'm obsessed with. It can't hurt, right? Then I might pick up the Kobb salad or Chinese chicken salad from Kreation, my favorite food and juice bar. I try not to eat too much gluten because I live in L.A. and those are the rules. **12:00 P.M.** After class I go home and take a steam in our new steam shower. Then I'll write, which I try to do for at least two hours before lunch. **4:00 P.M.** Figuring out what we're going to have for dinner is a two-hour process of text messages between Marc and me. We live in the Hollywood Hills and never really go west, unless it's for Petty Cash Taqueria, which has the most delicious cauliflower and kale nachos. **6:00 P.M.** If we stay home, Marc always cooks. He legitimately makes the best burger of all time. People will say to him: "This is what you need to do with your life! Stop writing movies and open a burger stand." After dinner we tend to go out, usually to support friends at their screenings or to see a concert. There's always something. If we're out, I have no limits. I'll stay out until 3 A.M. on a weeknight. The reason we're able to do this with the kids is our nanny, who's been with our family since Birdie was one. **8:00 P.M.** If we don't go out, I'm in bed pretty early. I have, like, a 47-step process when it comes to skin care, and I've really gotten into double masking. I use a toner, two liquid serums, a moisturizer, and two finishing sprays. Then maybe I'll watch *The Bachelorette*. I know—how thrilling. **As told to Brooke Mazurek**

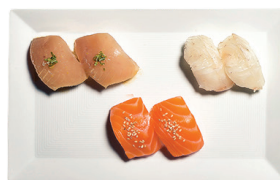
## BUSY'S MUST-HAVES



"The Now is a really chic and relatively inexpensive place to get a good massage."



"I'm obsessed with chlorophyll water in giant, 32-ounce bottles, which everyone makes fun of me for."



"Marc and I like to grab dinner at Sugarfish, Kazunori Nozawa's sushi spot. Everything's so fresh."



"Irene Neuwirth is one of my closest friends. I'm in love with her single earrings." Irene Neuwirth earring. 323-285-2000.