

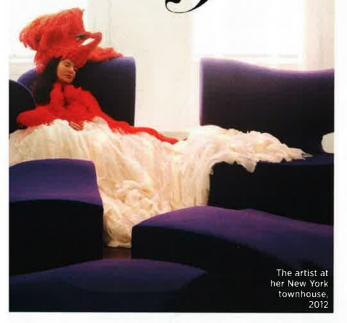
## 24 hours with Marina Abramović

The performance artist on her daily rituals, getting diamonds from Riccardo Tisci, and her new memoir, Walk Through Walls

348<sub>travel days a year</sub>

Owall hangings

**I** apple cider vinegar bath once a week



6:30 A.M. The time that I wake up is very complicated because I travel so much and it's always changing. Last year I spent 17 days in New York. I was everywhere around the world: Australia, Brazil, Tasmania, New Zealand... When I'm in the city, I wake up at 6:30 and exercise with my trainer, Mark Jenkins. He's not cheap, so I have to do it. He's very good and doesn't bullshit. We do a lot of boxing, weight lifting, and gym exercises. I also do TRX training; you use just a rope and your entire core strength. This month I'm turning 70 and want to be in the best possible shape. I don't want to be old and sick, I just want to feel good. 7:30 A.M. In the early morning, after training I have a lot of phone calls with my lover. I don't call him a boyfriend; he's a lover. I like "lover." He doesn't live in New York, and he's as busy as I am. Around 7:30 we talk and plan when we'll have time to see each other next. It's very free. We meet each other around the world. In

the memoir, I talk about visiting a clairvoyant [when I was young] who said that I would have success later in life and when I was not living with a man! It's so true. There's something about a woman, if she works, the man gets frustrated. In a way you feel guilty that you are working and are successful. So if you're alone, you don't feel this guilt. 8:30 A.M. I have a simple smoothie breakfast that I make with a Vitamix. The Vitamix is a very important part of my life. I put ground oats with some banana and berries, and this is my breakfast. I have been trying not to drink coffee for one month, which is very difficult. Only when you stop drinking coffee do you understand how addicted you are. I try not to be addicted in any possible way. 9:15 A.M. For me, a very big thing is my dermatologist, Dr. David Orentreich. He has taken care of my skin for the past 20 years. I use all of his products. I think a good dermatologist is absolutely essential. I've also been very blessed with clothes. When I was young I didn't have a penny. I would wear just a simple T-shirt and trousers. When I first started having money, I bought [Yohji] Yamamoto. And then came Riccardo [Tisci]. In the last seven years, I haven't bought anything. I am so nostalgic to go buy some things, but I don't because Riccardo gives me clothes and we work together, so it's been really wonderful. The one problem in my life is that everything is black; when you open my closet you cannot find anything. [Laughs.] I also have some white. Riccardo insists on red, but I haven't gotten that far. For perfumes, I love Wonderwood by Comme des Garçons, and Riccardo also gave me a traveling bag that I always have with me. I was never really into wearing jewelry, but for my birthday Riccardo got me these incredibly beautiful diamond earrings. So I made an appointment to get my ears pierced. Can you imagine, at 69, going to the tattoo place to put a hole in your ear? Now I have the holes, but I have the stupid little things in to heal them. As soon >



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as this is done, I can put the diamond earrings in for my birthday. I'm going to celebrate at the Guggenheim in New York, by the way. It's going to be a celebration of my memoir [Walk Through Walls] and turning 70! American women are not so crazy about 70, but I have to tell you the secret of what's on my invitation: "70 is the new 40." Let's be happy and celebrate. 10:00 A.M. I have six people in the office working very hard. The office is like my family. Sometimes we do workshops together, like we go to the countryside and I put them in training for three days, no food or talking, just for the mental peace of mind. I think, for us, it's important to have a healthy attitude. Like, for holidays, they get to decide when they go for holidays. They have their own schedule. If they need to finish the job, they

12:00 P.M. When I'm at my house upstate [New York], where I am now, I make lunch myself, which I love. I have five baskets (like the ones you use to steam dim sum) that I bought in Chinatown, and I use them to steam five different vegetables. Then I add lemon, roasted pignoli and walnuts, and sprinkle them with sesame oil and sea salt. This is my lunch. 6:00 P.M. I work like hell from the morning to the evening. There is so much to do, not just the projects I'm working on now, but I have almost everything booked until 2020. Some projects require meetings for a year, then I need three or four years to develop them. I need to prepare a lot for 2017, which will be mostly museum shows in different countries. 7:00 P.M. A few months ago I was in France and ate everything without thinking about it. Now, in the evening, what is the best way to take care of yourself and lose weight when you have to? You have to try on the clothes that don't fit, talk to your friends, and have a cup of soup. That's it. That's the best deal, especially trying on clothes that don't fit. You don't feel hungry anymore. 9:00 P.M. One of my rituals is taking a bath in the evening. There are two types of baths: One is with really hot water, a pound of baking soda, and a pound of kosher salt. You put that in and soak yourself for 20 to 30 minutes, and it takes away all the impurities. This is at least twice a week. Then, once a week I do a bath with a liter of apple cider vinegar—it's supercheap stuff, and it's great for detoxing. I take care of my hair a lot too. I don't know why women cut their hair when they get older. I don't want to cut my hair, I want good hair. So I use Shu Uemura. That conditioning is really great. The important thing is to clean from the inside of the body to the outside, then you can use all the other products you want. My doctors believe in alternative medicine, and they take care of my well-being in that I have enough minerals in my body and no metals! People don't understand how much metal we collect. When you're flying on a plane, you get radioactivity in your body. So when you analyze the metals in your body, you'll find that you have iron, plutonium, arsenic—everything. It is really important to take it out. Once a year I go to this place in southern India, which is a cross between a prison, a sanatorium, and a monastery all in one because you go there and leave your world behind. It's incredibly minimal and pure. Not many people can actually endure this for a month. At home there is nothing on the walls. I need to have empty spaces. Like now, I'm sitting here in this room and everything is white. [Laughs.] My head is so full of things, and I need to have the opposite of that. 11:00 P.M. Before bed I like to watch cartoons or anything that makes me sleepy. Also, I like the old movies. I watch Fellini, Bertolucci, Godard, old Italian cinema. I have some good selections. The absolute thing that I cannot live without is a very big cashmere blanket. A big shawl that is so big, you can cover yourself, turn it into a coat if you need to, or sleep with it. I bought it from Chrome Hearts in L.A. It was very expensive, but it's really the best thing. As told to Sarah Cristobal