

• **THE GOOD WIFE** •  
airs Sundays at 9 p.m. ET/PT on CBS.

# Skin Deep

*The Good Wife* star **Julianna Margulies** sips and noshes her way to red carpet-worthy skin



MARGULIES: PATRICK ECHESSINE/CORBIS OUTLINE



s defense attorney Alicia Florrick on *The Good Wife*, **Julianna Margulies** manages to keep both her career and family afloat—by the skin of her teeth. But in real life, Margulies hardly looks a day older than she did when she turned in her scrubs to spend some time reassessing her life and career. (She later gave birth to son Kieran, and walked down the aisle with lawyer Keith Lieberthal in November 2007.)

How does the star keep her skin looking HDTV-ready and handle the pressure of carrying a hit series on her shoulders? Unlike the critically acclaimed CBS show that has earned her two Emmys (2011 and 2014), her solutions are surprisingly less dramatic. — *Michele Shapiro, reported by Susan Hornik*



## HELLO, H<sub>2</sub>O

Every morning, just after I wake up, I drink a mug of hot water and lemon before I put anything else in my body. There you have it—my secret to good skin. Hot water and lemon is also very good for digestion. But I didn't always drink it. It was so cold in New York a few winters ago that I realized I wasn't drinking enough water on the days I didn't work out. You need to stay hydrated to keep your skin looking young. So I thought, "Well, my water-and-lemon brew is still water, even though it's hot." I started drinking a cup in the morning before my coffee—I'm a big coffee drinker—and it's made a really big difference. I definitely notice the change in my skin's texture if I don't have my mug in the morning.



## SUPER SNACKS

Throughout the day, my snacks are antioxidant-rich salmon, almonds and blueberries. If I need an extra shot of caffeine in the afternoon, I'll have green tea. I don't eat any one food in excess. I think if you do, your skin suffers.

## LITTLE LUXURIES

There's not a lot of time in my day to luxuriate because, as any working mother knows, the few moments that you have downtime are spent with your family. So, honestly, there's a great nail place that opened up and I like to walk there and get a pedicure. While my nails are drying, I splurge on a 20-minute chair massage. So nice! At home, I unwind by reading books to my son. That's what we do together and we love it.





*The Good Wife's*  
Alicia Florrick  
(Julianna Margulies)

## SPA AAAH MELIPONE MAYAN SCRUB



Want to make your entire body as smooth and radiant as *The Good Wife's*? Try this recipe for a Mayan bath ritual, an ancient tradition symbolizing the cleansing of the body and soul, offered at the **Willow Stream Spa at Fairmont Mayakoba** at Riviera Maya, Mexico.

### INGREDIENTS:

2 tablespoons honey  
3 ounces cornmeal  
1 cup (or one individual sized)  
plain yogurt

### DIRECTIONS:

Combine yogurt and honey. Mix in cornmeal. Carefully rub scrub mixture over damp skin. Exfoliate by making small ascendant circles starting at your feet, paying extra attention on heels, elbows and knees. Remove scrub with warm water and moisturize with body lotion.

# HEALTH TRIP

*Fun fitness getaways that will keep your momentum and motivation moving*

Fitness vacations aren't just good for your waistline; they also help to zap frown lines. In fact, one study, published in the journal *Applied Research in Quality of Life*, showed that the simple act of planning a trip boosts happiness. If you stick with our 2015 quarterly getaway plan, chances are 2016 will be a happier (and healthier) new year. — *Michele Shapiro*



**WINTER**  
Elevate  
Women's  
Ski Camp,  
March 3-7

### COORDINATES:

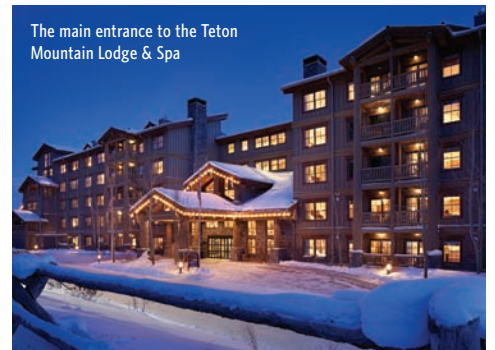
Teton Mountain  
Lodge & Spa,  
Jackson Hole, Wyo.,  
[tetonlodge.com](http://tetonlodge.com)

### COMMITMENT:

A weeklong ski camp just for women, Elevate allows guests to improve their skiing skills at the world-renowned Jackson Hole Mountain Resort while relaxing and enjoying group dinners at the AAA Four Diamond Teton Mountain Lodge & Spa. Fit for all skill levels, the camp includes four days of world-class instruction, dinners, *après-ski* meals and Pilates classes to stretch and strengthen worn ski legs.

### CLAIM TO FAME:

Participants receive world-class instruction from female pro athletes Jess McMillan, Kim Havell and Crystal Wright, plus strategies for tackling any kind of terrain.



The main entrance to the Teton  
Mountain Lodge & Spa

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*Health Trip* continued from page 107



**SPRING**

**Sonki Fitness  
Maui Retreat,  
April 25–May 2**

**COORDINATES:**

Makena Beach  
& Golf Resort,  
Maui, Hawaii,  
[sonkifitness.com](http://sonkifitness.com)

**COMMITMENT:**

Sought-after Los Angeles trainer Sonki Hong takes an intimate group (no more than 20 guests) for a week in paradise. But don't expect to watch from a chaise as everyone else kayaks, swims, paddle boards, body surfs and climbs mountains with outrageous Hawaiian views. You don't need to be a daredevil to participate in the group activities—but if you are one, you'll live for the bamboo forest hike, which ends at a scenic waterfall. Jump off its 20-foot cliff into the cool water below for a refreshing thrill.

**CLAIM TO FAME:**

While sweating it out together, guests can expect to make new friends and form close bonds. Just *how* close is up to them. "We've had a few love connections during past trips that end up in marriages," Hong says.



Sonki Fitness Maui cliff jumping



The Lodge



**SUMMER**

**Mountain Trek  
Summer Retreat,  
May–October**

**COORDINATES:**

Mountain Trek  
Fitness Retreat &  
Health Spa, Nelson,  
British Columbia,  
[mountaintrek.com](http://mountaintrek.com)

**COMMITMENT:**

Since 1991, this 8,000-square-foot lodge, nestled between British Columbia's emerald mountain forests and glacier-fed lakes, has offered guests an opportunity to reset their metabolisms and participate in an intensive—but ultimately intensely satisfying—program that includes daily hikes, exercise classes and low-calorie gourmet meals. The hikes range from moderate to hard-core and, depending on your fitness level, the resort places guests in appropriate groups (each with its own guide).

To work out the posthike kinks, there are morning stretch sessions, evening cardio or strength-training classes, and dips in the infrared sauna, hot tub or plunge pool.

**CLAIM TO FAME:**

The personal attention that each guest gets on each weeklong "reboot" or two-week "renewal" sets this place apart. "We have 30 staff members supporting 15 or 16 people, and four guides leading the hikes every day," explains Kirkland Shave, program director and general manager.



**FALL**

**Canyon Ranch,  
The Berkshires**

**COORDINATES:**

Lenox, Mass.,  
[canyonranch.com](http://canyonranch.com)

**COMMITMENT:**

There's no better way to get your fall foliage fix while reintroducing your body to your mind than at Canyon Ranch's stunning Berkshires location. Guests take full advantage of autumn activities such as paddling a canoe along a pristine river, hiking Monument Mountain and cycling the picturesque Ashuwillticook Rail Trail. There are also healthy-cooking classes, creative arts like painting and, for adventurous types, a high ropes challenge course that includes a zip line and a giant swing.

**CLAIM TO FAME:**

When they say "all-inclusive," they mean it. Unless you choose to add extra services or make product purchases, your package rate will be your final bill. Better yet, Canyon Ranch is a no-tipping resort. Customizable health packages are available year-round.

