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Pancakes, no exercise and £7 face cream - how Barbra stays stunning at nearly 70

By RICHARD PRICE

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Six months from now, Barbra Streisand will celebrate her 70th birthday, yet recently she was pictured on the red carpet looking every bit as radiant as 42-year-old Jennifer Aniston, who was at her side.

With her glossy hair, clear skin and enviable figure, she looked more like Miss Aniston's sister than a woman three decades her senior. Here, we take a look at the beauty secrets of an evergreen icon...



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Barbra Streisand will celebrate her 70th birthday, yet recently she

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Exercise Your Brain

Games You Didn't Know Existed to Fight Brain Decline

was pictured on the red carpet looking every bit as radiant as 42-year-old Jennifer Aniston

THE 'NO EXERCISE' WORKOUT REGIME

Unlike modern stars such as Madonna and Gwyneth Paltrow, Barbra is almost pathologically averse to exercise.

More...

- We're proof you can be foxier at fifty than you were at 20 - But then, 80s style could be so cruel!
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In the Sixties, she briefly worked out with London-based trainer Lotte Berk, known as The Ogre of Yoga, who devised a punishing regime of yoga, ballet and orthopaedic exercises. Barbra quickly dropped out of the classes.

The following decade she attended the infamous Beverly Hills aerobic studio, Body Design. Fellow star Cher noted that Barbra grudgingly did very few workouts ('She would do two little things and then walk around and talk').

In the Eighties, she flirted with Pilates, but 17 years ago she finally admitted her antipathy towards working out, when personal trainer to the stars Kathy Kaehler took her on as a client.

Barbra installed exercise equipment in her Malibu mansion, then threw it out claiming it looked tacky. 'Exercise had to go in favour of aesthetics,' she said.

She even hates doing vocal exercises, admitting: 'I'm terrible about warming up. That's just too boring for me.'

STODGE, STODGE AND MORE STODGE

When she started out in Hollywood it was not a crime to have curves, so Barbra has never denied herself in the same way as the younger generation. Interviewers have noticed over the years that she constantly nibbles at cheese while talking.

More recently, however, she has tried her hand at a few fad diets. Celebrity nutritionist Carrie Wiatt (who also counts Jennifer Aniston among her clients) tried to introduce her to a high-protein, low-carbohydrate diet, with plenty of



Supplied by Alpha

Barbra working some moves in

father?
Dad Kurt died when she was just two



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Looked classic in a black roll neck sweater and mini skirt



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Jewellery exec Courtney Crangi



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At boutique store in New York



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vegetables and fruit and no processed foods. But failed.

the 1979 comedy The Main Event

Her attempt to cut back on carbohydrates faltered due to her love of pancakes, which she eats for breakfast every day when she's not working. Barbra and her husband, the actor James Brolin, also dabbled with the Jenny Craig diet (an American diet system which delivers healthy meals direct to wealthy clients). But within weeks she admitted: 'I've been eating like a pig.'

BARE-FACED CHEEK

Ever the individual, Barbra is not afraid to go out without make-up, despite the ever-present paparazzi.

The same goes for her underwear, as seen in a famously unflattering 2006 red carpet image of a bra-less Babs (cue numerous headline-chasing plastic surgeons volunteering their services for a boob lift).



Barbra's favourite skin product is Gale Hayman Night Cream at just £7 a pot (left) and she can't live without pancakes (right)

She shunned the sun long before it became fashionable to do so, today favouring SPF 45 protective cream to ward off harmful rays.

Make-up is carefully vetted — she refuses to allow any foundation near her face except for hand-blended Senna cosmetics. It is not all about spending a lot of money, however. Barbra's favourite skin product is Gale Hayman Night Cream at just £7 a pot.

Laura Mercier, the French make-up guru, puts the famous Streisand glow down to something less tangible: character. She says of Barbra: 'When you fall under the spell of her beautiful voice you're not thinking of her nose or make-up, just a magnificent character.'



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Sisters 'call Michelle's wardrobe pretend poor'



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Starred together in the 1994 movie



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Girlfriend Hilaria will be pleased



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Wedding gown to come



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She's a gym junkie



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Was that really a good idea?



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Barbara with co-star Omar Sharif in the 1968 film Funny Girl

LEMON JUICE AND LIGHTER SKIN

One of the most iconic movie images of Barbra is from the movie Funny Girl, her face slathered with cream, rubbing her elbows and knees with lemons as James Caan looks on in dismay.

It is no joke, however. Lemon is a natural astringent for the face and it fades age spots or pigmentation — a tip Barbra has carried with her ever since.

By putting her elbows in lemon halves or applying them to her knees, she lightens the dark areas. Another trick she uses is instructing photographers to take pictures from the left side of her face only, which she considers to be the more flattering — a tip she is understood to have picked up from the photographer Richard Avedon.

HER OWN SHOPPING MALL

A huge fan of vintage clothing, Barbra has designed a parade of fake shops in the basement of her Malibu mansion to house her vast collection of outfits.

It's en route to her private film-screening room and also includes a sweet shop selling popcorn and ice cream so her guests can pop in before watching a film. As for modern fashion, Barbra is scornful, insisting that she hates buying clothes and has no interest in following trends.

Her best friend, the fashion designer Donna Karan, sends her outfits. Renata Buser — Barbra's loyal assistant — goes shopping for her. Asked what she likes to wear, she replied: 'Black. I like simple things, and elasticated waists so I can eat.'

THE POWER OF LOVE

Barbra says her timeless beauty is due to a happy home life with James Brolin, whom she met in 1996 and married two years later.

Home is a sprawling cliff-top estate in Malibu, complete with a white-washed mansion, rustic mill house with a 14ft water wheel and a cosy cottage she calls Grandma's House.

Every weekend they leave their mansion to stay in another property on the estate — a giant converted U-shaped barn, complete with a grain store, 22 chickens and a rooster.

Quirky it most certainly is. But it keeps her happy, and there is no denying that Barbra Streisand is looking great as a result.

NOT FORGETTING A LITTLE NIP AND TUCK

Let's not beat about the bush: one resounding reason for that smooth, wrinkle-free look is the surgeon's knife — though for years she resisted the temptation.



Barbra flatly rejected a nose job at 18 — telling Playboy magazine in 1977 that while all of her Jewish school friends had their noses fixed in their late teens, she wouldn't trust any doctor to do it because she feared it could ruin her voice.

But after she was pictured emerging from a private clinic in 2003, her entire face and neck covered by a straw hat and scarf (pictured), the cat was out of the bag. Babs had had a facelift.

She found the whole process so terrifying that she had to consult a female spiritual healer to give her the strength to go through with it. But since her nip and tuck, Barbra has become a fan of facial fat transplantation (a £2,500 procedure where fat is removed from the thighs and injected into the face to fill in wrinkles).

There is a risk of infection or unsightly lumps developing, so she flies to New York to be treated by the leading practitioner, Dr Patricia Wexler.

GO TO BED WITH YOUR HAIRDRESSER

Irina Shayk steps out in skin-tight leather trousers



Colour clash leaves Queen tickled pink: She meets nurses whose uniforms match her coat on tour of Melbourne Monarch almost blended in



Showing him what he's missing? Nicole Scherzinger wears show-stopping dress for dinner with rapper Drake... just five days after split from Lewis



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Scandal-hit Demi's daughter Rumer Willis puts family drama aside to attend charity fashion event Joined Lauren Conrad and Nicole Ritchie



Up in smoke? Stressed out Ashton Kutcher gets a nicotine fix before GQ awards While his wife appears to be getting thinner by the second



That's certainly not maternity wear! Pregnant Beyoncé dons sexy red swimsuit for new Party music video ... but where's her baby bump?



Baby on board? Tiger Woods's former mistress Rachel Uchitel 'pregnant with first child' One month after marrying another man



Michael Lohan was 'on drugs and alcohol' when he

Ever since her famous Pixie cut in the Sixties, Barbra has been well aware of the difference a good hairdresser can make.

Many of her hairdressers have gone on to become close friends — even lovers. Jon Peters, now a leading movie producer, was her hairdresser when they started dating.

The London-based hairdresser Philip Kingsley — who coined the phrase 'bad hair day' — has tended to her tresses in the past. He advises his clients to snack between meals so that hair follicles gain energy, drinking around two litres of water daily and taking vitamin supplements.

These days Barbra's hairdresser of choice is Frédéric Fekkai, and she swears by his Overnight Hair Repair cream (a snip at £150 for a small 100ml bottle).



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To each his own, but I have always considered Babs a barker.- Mike Carrington, Indianapolis, USA,

Hahaha, sorry but this made me chuckle.

- tidyboiler, up north, 27/10/2011 20:39

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Barbra, has to be without doubt, the most important all round , all round, female entertainer we have in the last 50 years seen.....

- Steve Constantine, Noordwijk Holland, 27/10/2011 20:35

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was arrested in dramatic hotel balcony leap
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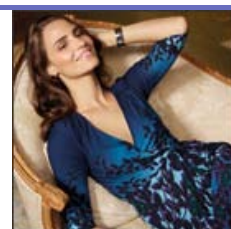


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 Receding hair line and deep wrinkles for new movie



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 Actress has penchant for heels



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 Only 17-years-old



► He's my X-Man,

So basically, 'how she stays stunning' isn't really a secret, facelift it is! I still think she's beautiful and has an amazing voice, though.

- anna, london, 27/10/2011 20:32

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Click to rate Rating 5

Since Friends began I always said Jennifer Aniston was the spitting image of Barbara Streisand and this 100% backs it up. She could be her mother.

- LJ, South-East, 27/10/2011 20:11

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It says a lot...she has virtually no good facial features, but she is stunning still and enigmatic. I would say she has transcended out silly visual fixations somehow.

- BlossomEndRot, LA US, 27/10/2011 19:44

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With a voice, talent and personality like hers, who cares how she looks. Maria Calas looked like a Crow, but with her voice she had people kissing the floor she walks on. Unfortunately, Amy Winehouse would have fallen in that category had she lived, great voice.

- SSK, Amman - Jordan, 27/10/2011 19:32

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Plays wardrobe assistant Lucy



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Takes comic to task in video



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Err, what's the mannequin's head for?



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50m rupees



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The glamorous jet-set life



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Posed with pumpkin



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Seems he's very keen to follow in Dad's footsteps



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Killer curves on show AGAIN



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No boyfriend, no matter



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Fussy eater



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reunites with former flame Timothy Dalton for their son Alexander's soccer match



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Has rarely spoken about his battle



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One last month



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Even celebrities can't escape



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Right hand woman



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Looks almost half her age



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Injunction lifted yesterday



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Just a day after fall saw him lose teeth



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Versatile actress is bit of a fashion chameleon



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Will he make an appearance?



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Looks good anyway



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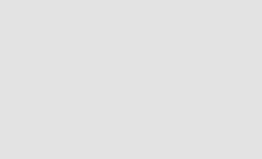
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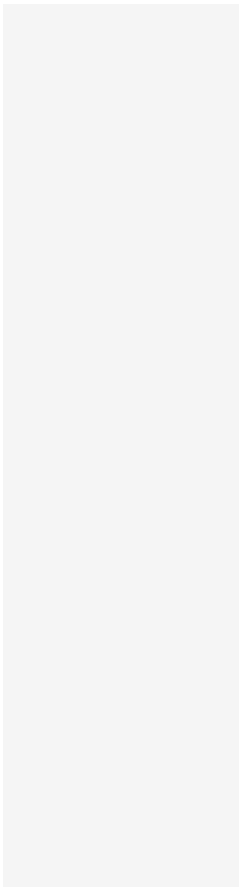
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