

# Streisand, at 60, rediscovers Fountain of Youth

**D**EVASTATED over turning 60, a determined Barbra Streisand dived into a new diet and exercise program. Now she looks fit – and fabulous!

"Only Barbra could pull off the miracle of looking so beautiful and fresh at her age," the songbird's pal tells GLOBE. "She looks fantastic."

GLOBE's revealing recent pictures show the Funny Girl looking young and sexy while attending the L.A. premiere of the flick *A Guy Thing* with her dashing hubby James Brolin.

But just last May, a month after her 60th birthday, the star appeared wrinkled and haggard in our shocking photo exclusive.

"She went through a real rough patch when she passed 60," explains the pal. "It was very traumatic for her. She agonized over it for months and it showed dramatically in her face."

But once she got over the shock of turning 60, she vowed to give *Father Time* a run for his money.

"She pulled herself together and got on a strict low-fat diet and started exercising," says the pal.

As GLOBE reported in July, she and Brolin, 62, went on a Mediterranean cruise, taking her personal trainer with them. Now her efforts have paid off.

Babs looks so terrific these days. We asked Beverly Hills plastic surgeon Dr. Richard Ellenbogen if he thinks the stunning change is

due to surgery – and he said no way!

"I see no signs of a face-lift," he tells us. "She's aging remarkably well, but in my opinion, it isn't due to any cosmetic surgery."

Expert Dr. Jerome Litt, a Pittsburgh dermatologist who didn't treat Streisand, says the superstar could've had a little help.

"She may have had dermabrasion, a kind of peel to rejuvenate her skin and laser resurfacing to iron out the wrinkles," says Litt, author of *Your Skin From A to Z*.

He also reveals some keys that can help anyone look younger.

"The secret to healthy youthful skin is making sure you protect it from the sun," he says. "Eat lots of fruits and vegetables and get plenty of regular exercise to keep the blood moving and send oxygen to the skin."

To tighten up and rejuvenate your face, lay your head down and feet up on a slant board and get the blood flooding to the head, in reverse of the usual direction, he suggests. "Start with 10 minutes a day and work up to 30 minutes," he says. "You'll notice the bags and sags are minimized."

But the superstar's friend says Barbra's glowing look is due to more than just diet and exercise.

"What makes the biggest difference is that her home life is so happy," says the pal. "Barbra and James are still madly in love – even more than when they first met."

- ROBIN MIZRAHI



## MEANWHILE, WHAT HAPPENED TO BABS' CO-STAR?



With his crows, bags and sags, *The Way We Were* hunk Robert Redford looks every one of his 65 years – and then some. Guess that's what an outdoorsy life on a Utah ranch will do to ya.