

Ask the Specialists



Need a new kitchen?



A dated kitchen (top) can be revitalised after a visit by the Re-Nu team.

ARE you tired of looking day in, day out at your kitchen but can't face the mess, trauma and expense of a total refit?

We all want value for our hard-earned money and hate waste, so why rip out your existing kitchen if the basic units are okay but the doors are damaged or worn or are the wrong colour?

Re-Nu Kitchens, a family-run business, could provide the answer.

It can completely change a worn-out kitchen by replacing the doors with new ones from its extensive range, which are made to measure and fitted by craftsmen.

Compared to ripping out your entire kitchen, the Re-Nu method is quick, involves a minimum of mess and disruption and costs about 50% of the cost of a totally new kitchen.

You don't even have to visit a showroom because a Re-Nu surveyor visits you with an extensive range of samples so you can see what your "new" kitchen will look like in the comfort of your home.

Re-Nu can also fit new worktops, pelmets, cornices, skirting boards, gallery units, sinks, appliances — in fact, everything necessary to remodel your kitchen to your exact requirements.

Call freephone 0800 195 8641 or visit www.re-nukitchens.co.uk.

Great offers at Chobham salon

CHOBHAM Hair Studio has recruited a new stylist.

Chloe Walker, 24, has nearly 10 years of hairdressing experience and previously worked for Studio 101 in Horsell.

A fully-qualified hairdresser with experience in styling wedding hair and putting hair up, Chloe has previously reached the final of a Paul Mitchell colouring competition.

She is also fully qualified in creative colouring and cutting, using Aveda colours.

Chloe has a strong client base around the Woking area and Chobham Hair Studio is giving its customers an opportunity to experience her expertise with a 50% off introductory offer.

Present the coupon on this page at the salon before March 31 to receive this fantastic offer.

The salon is open Tuesday and Saturday 9am to 5.30pm; Wednesday and Thursday 9am to 8pm; and Friday 9am to 6.30pm (closed Sunday and Monday).

Call 01276 855585 or pop in at 2 Chertsey Road, Chobham, to make an appointment.



There are great discounts on appointments with Chloe.

Hilary holds the key

CORE stability has become the buzzword in the fitness industry. We are told that without it, we risk poor posture, lower back pain and a less-than-flat stomach.

But Hilary's yoga and Pilates classes teach you that core strength is only one component of overall fitness.

A University of Queensland study found that isolation of deep abdominal muscles could improve recruitment patterns in lower back pain sufferers and more and more experts are advocating teaching the proper way to sit, stand, walk and move.

Hilary's classes offer a wealth of explanation and demonstration. You will gradually learn how to re-establish correct posture and movement patterns, and learn where your individual, unique strengths and weaknesses lie.

Classes include balance, stretch and relaxation and you will be taught to recognise the link between the physical aspects of your body and mental and emotional wellbeing. Call Hilary on 01483 727805 or see the advertisement on this page.

Contest to win free membership



At Curves, women exercise together to offer lots of support and encouragement during each session.

CURVES, the world's largest fitness centre franchise, offers a comfortable, welcoming place where women can encourage one another while moving round the circuit.

You don't need to rush to a class or worry about a schedule — when you show up your workout begins. Just jump in on a free station and move around the circuit at the same time as everyone else.

The 30-minute workout allows women of all ages and fitness levels to perform a complete programme, combining strength and cardio-

vascular training through hydraulic resistance.

Experienced instructors offer one-on-one training, while members have fun.

Curves Woking has been open at Heathside Crescent for six months and to celebrate, it is offering six people a six-months free membership and a further six people free membership for one month.

For a chance to win, answer the question: How long does the Curves workout last? Send your answer and contact details to Curves competition, Owen House, Heathside Crescent, Woking, GU22 7AG.

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or 07792 479001

the dog house

Offer valid until 30th June 2008
thedoghouse@topmail.co.uk



Yoga Pilates

BYFLEET: St Mary's Church Hall, Church Road
Tuesday 10.00am

CHERTSEY: Salesian School, Guildford Road
Tuesday 7.00pm

NEW HAW: Fullbrook School, Selsdon Road
Wednesday 7.30pm

WEST BYFLEET: Cornerstone Centre,
St John's Church
Thursday 10.00am



Ring Hilary: 01483 727805

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A great impression at London Excel

IMPRESSIONS Beauty made a great impression at the UK's biggest beauty annual event at London Excel.

There were 450 exhibitors from the UK and Europe and Impressions, of Woking, made a strong impact with its Bella Microdermabrasion treatments and Janson Beckett Cosmeceuticals.

Bella Microdermabrasion is one of the best microdermabrasion treatments that you can receive in the world, says Impressions, due to its patented technology and FDA approval. It is helpful in maintaining healthy skin, treating age spots, acne scarring, sun damage, uneven skin tone, hyperpigmentation, improving skin texture, large pores, fine lines and wrinkles and scar resurfacing. A course of treatments is normally recommended for best results.

Janson Beckett is a performance leader in anti-aging skincare products. Normal skincare hydrates the skin but Janson Beckett Cosmeceuticals works on improving damage including fine lines and wrinkles, maintains healthy rejuvenated skin and protects skin from future damage thus delaying the aging process.

Its flagship product AlphaDerma CE has emerged as a performance leader from the glut of topical botox® alternative



Renuka, right, and her Impressions Beauty team: Elena, Amreen and Eve.

products saturating the skin care market. In a skincare buyers' guide AlphaDerma CE was voted the professional's choice for age defying anti-wrinkle cream and second in stretch mark category.

Impressions Beauty is the main European distributor for Bella Microdermabrasion and Janson Beckett Cosmeceuticals. To book beauty treatments or buying products call Renuka at Impressions on 01483 857995.

Chobham Hair Studio

New Stylist Chloë

10 years experience comes from Horsell

SPECIAL INTRODUCTORY OFFER

to further her client base

50% reduction on all hair styling only

PRESENT THIS COUPON TO THE RECEPTIONIST ON ARRIVAL
OFFER ENDS MARCH 31ST 2008

* terms and conditions apply

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Don't change your kitchen Re-Nu it!

with made to measure replacement doors



◆ New doors, worktops, sinks, appliances etc.

◆ Save money and mess

◆ Fitted in a day or two

Save £££'s on the cost of a new fitted kitchen

Freephone 0800 195 8641
www.re-nukitchens.co.uk

The Dog House

THE Dog House is a newly-opened grooming room in Ottershaw.

Michelle de Rozarie runs her business from home and feels this relaxes her doggy customers. She tries to make each visit a calming and happy experience.

The process begins with a gentle ear clean, nail trim, massaging shampoo, blow dry and then the pampering continues with either a clip or scissor cut or a hand strip. Only very mild products are used, that promote a healthy, soft, shiny coat.

As well as full grooming, Michelle offers a simple wash and dry, nail clipping, teeth cleaning and a stay in the day crèche or a mini-vacation.

The Dog House is offering readers 25% discount on their first grooming appointment. Just mention the Review when you call.

Call Michelle on 01932 883193 or email her at thedoghouse@topmail.co.uk.