

# ASK A SPECIALIST

ST advertising feature



Once a kitchen has seen better days, the expense and effort of completely refitting it can be off-putting to homeowners.



Replacing doors and work tops can breathe new life into your kitchen without huge expense.

## Time for a kitchen revamp

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 OK, but the doors are damaged or worn, or are the wrong colour?

Re-Nu Kitchens, a local family-run

business, could provide the answer. Re-Nu can completely change a worn out kitchen to make it look brand new by replacing the doors with new doors 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 very quick, involves an absolute 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 comfort of your own home.

In addition to doors, Re-Nu can fit new work-tops, light pelmets, cornices, skirting boards, gallery units, sinks and appliances; in fact

everything necessary to re-model and tailor your kitchen to your exact requirements. A satisfied customer commented: "I would never believe that by having new doors and drawer fronts that my kitchen would look so different."

For more details or a survey and quotation for your kitchen, call freephone 0800 195 8641, or visit [www.re-nukitchens.co.uk](http://www.re-nukitchens.co.uk)

## New name in personal training

GET Yummi and feel Scrummi with our top tips for a happy and healthy lifestyle.

### Exercise

A hot date. A summer holiday. A wedding. Whatever the occasion, exercise will shape, tone and sculpt curves in all the right places as well as injecting life and energy into your body.

### Nutrition

Healthy eating and keeping hydrated will boost energy levels and give us girls gorgeous glowing hair, skin and nails. Keep that body a lean, mean, well-oiled machine.

**Sleep** We all need our beauty

sleep and eight hours a day should do the trick.

Not only will you wake feeling refreshed and revitalised, but you'll be ready to take on the day ahead.

### Fresh air

Instead of driving...why not walk? Get outside, feel the wind in your hair, take a few deep breaths and blow those cobwebs away, leaving you feeling clear minded and focussed.

### Me time

We all lead such busy lives. In between work, seeing friends, being a girlfriend, wife, mother, even grandmother, make sure

you get some important 'me time'. We are drawn to people who smile. Smiley people appear more confident, light up the room and can even change moods of others.

Do something today that makes you smile.

Yummi Scrummi is the new name in personal training, deep massage and nutritional advice specifically for women, who want to feel totally energised and seriously fit.

For more information please contact: Philly on 0777 151 3232 [philly@yummi-scrummi.co.uk](mailto:philly@yummi-scrummi.co.uk) [www.yummi-scrummi.co.uk](http://www.yummi-scrummi.co.uk)



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## Welcome to a neat, clean world

THE range of products available in PVC and PVCu from the Fascia Place is impressive.

This reputable company can also supply fencing, cladding, verandas and balconies with laminate flooring.

Welcome to the neat, clean world of Swish PVC boards where dirt, grime and rot are banished.

Swish cellular PVC Roofline boards never need painting and never rot, maintaining their good looks for years.

Fascia Place offers the latest in security combined with style.

Sekura is a whole new generation of windows and doors. The firm's head office is in Camberley

at 26 Doman Road, York Town Industrial Estate. Telephone 01276 65498 for more information.

The Guildford branch of Fascia Place can be found at Unit D, Woodbridge Park Estate, Woodbridge Road.

Find out more by calling 01483 301666.

**The Fascia Place Ltd**  
Quality Suppliers At Factory Prices!

- \* Fascia, Soffit, Cladding \*
- \* Guttering (All Styles & Colours) \*
- \* Polycarbonate Cutting Service \*
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[www.thefasciplace.com](http://www.thefasciplace.com)

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](http://www.re-nukitchens.co.uk)