

ASK A SPECIALIST

ST advertising feature

'LifeStyle programme worked for me'



Michela lost four stone in weight and dropped three dress sizes with SureSlim. Inset picture: how she looked before.

SLIMMER Michela says: "I'd had a weight problem since primary school and had probably tried every diet at some point but always hovered around a size 16 but then it really got bad.

"After a couple of terms of university life, I was a size 20 and 14 stone - too hefty for my five foot six inch frame!

"Clothes shopping became a

complete nightmare and I refused to buy bigger sizes. I became moody, tired and lost confidence. Returning home for Easter holidays both my parents became concerned for my health.

"I found the SureSlim program very easy to follow despite the many distractions at university and the consultants were always very reassuring.

"During the summer I was able to enjoy two holidays as SureSlim gave me firm guidance on what is good and not so good. Needless to say I did over-indulge on the pizza and wine but in the main, I stuck to three square meals each day and guess what? Each time I returned home lighter.

"By late November, my weight was a tad over 10 stone and more

importantly I was a dress size 10.

"More than a whole year later, having been on SureSlim's LifeStyle programme, I am still the same weight, I still look great and still fit into all my new clothes.

"Now my confidence has soared, I love clothes shopping and socialising with my mates. Thank you all at SureSlim."

On the road to a cleaner oven



TREAT yourself to the luxury of someone else doing the hard work and let the specialist in cleaning domestic ovens, hobs, microwaves and extractors take over.

Trained technicians can deal with all types of domestic oven, using the latest equipment and non-caustic cleaning technology to remove heavy grease and burnt-on carbon deposits which are the natural result of constant use.

There is no chemical smell during or after the cleaning process and a fresh solution is used for every clean.

For more details call 01252 834124.

Pictured left: Let Ovensclean do the hard graft - call them out today.

Opportunity to take it slow with tai chi

TAI chi is a Chinese martial art that is practised slowly.

It has many benefits including improving balance and coordination, calming the mind, and giving the body a gentle workout.

James Langcake teaches tai chi classes in Godalming, Haslemere, Petersfield and Merrow.

All the classes are suitable for beginners and there are separate classes for more advanced students who want to learn the Sword Form and other martial applications.

The tai chi class in Merrow has been running for four years. James has a group of students who have been learning with

him since the beginning, and Maureen Felkin is one.

She had never tried anything like tai chi before, but she has stuck with it and continues to improve.

She explains what a difference it has made to her life. "I managed to give up smoking not long after I began learning tai chi.

"I found it helped. I practise tai chi when I am feeling stressed and it helps to calm me down. It gives me more energy and more focus. I have saved the money I would have spent on cigarettes and I'm still thinking about what I'll spend it on."

To find out more phone James on 01483 427263 or 07769 697884.

Excellent products at Fascia Place

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. The Guildford branch of Fascia Place can be found at Unit D, Woodbridge Park Estate, Woodbridge Road. Find out more by calling 01483 301666.

Renew your kitchen the Re-Nu way

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 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. Relative 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 pellets, cornices, skirting boards, gallery units, sinks and appliances; in fact everything necessary to re-model and tailor your kitchen to your exact requirements. For more details or a survey and quotation for your kitchen, call 0800 195 8641, or visit www.re-nukitchens.co.uk

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