

INTERVIEW

Why Amanda is still keeping Thame Supple 23 years on...

by **Caroline Simpson**

AN advocate of holistic health and beauty with glowing skin and a bright smile, Amanda Supple, of Thame's successful clinic, The White House, explains how she started her business 20 years ago.

The 43-year-old Liverpoolian, who moved to Long Crendon with her family in 1973, said: "I started The White House in 1990, aged 23 and chose Thame, primarily because it's my home town, but also because my first

'I love my work, my clients are very important to me'

beauty therapy job after college was to help set up Brian Gold Hair and Beauty at Cornmarket which later became Beyond The Fringe - so I had already established a regular and loyal clientele, most of whom I am still treating now at The White House 23 years later."

With her dream job having changed somewhat over the

past two decades, Amanda explained: "East Street was the first White House Beauty Salon with sunbeds and a small gym in the barn, then moving with the times, I increased the number of beauty rooms and introduced our gift shop.

"The most recent change happened a couple of years ago when the long lease came to an end after 18 years."

With the third development, the structure of the business left Amanda faced with working on her own, but she tackled the challenge head on.

She said: "I love my work and my clients are very important to me, so giving up was simply never an option, but as ever I had a plan and I am not actually alone - I have a great team of independent practitioners who work alongside me. Plus, my long standing clients comment on this being my best White House, so I guess it's third time lucky.

"My favourite aspects of Thame are the warm and welcoming people - its brilliant how we all keep our market town alive, supporting local shops and businesses, but also fighting to protect it from over development."



Amanda Supple at The White House.

PHOTO: DP IIIII10P05



Expert joinery for your dream kitchen or bedroom. Call Allwood Designs now on tel: 01844 299 091 or mob: 07985 306 855

MG ROVER SPECIALISTS
AJF MOTOR ENGINEERS

Covering Bucks, Oxen, Beds and Herts

NOW AUTHORISED MOT STATION

- SERVICING & REPAIRS
- AIR CONDITIONING
- TYRES & PARTS
- ROVER T4 DIAGNOSTICS
- ALL MAKES OF CARS & VANS CATERED FOR

Collection and delivery
British classic cars a speciality

01296 655827
mobile: **07961 121347**

212 Westcott Venture Park
Westcott, Aylesbury HP18 0XB

www.aylesbury-mgrover.co.uk

Premier Roll
Automatic Garage Doors

From Only **£999**
Including Vat

NEW SHOWROOM NOW OPEN 7 DAYS
The Home Improvement Centre
31 - 32 Wharfside, Fenny Stratford
Milton Keynes. MK2 2AZ

Fully Guaranteed
Experienced Installation Teams
Installed in 28 Days

call today for a FREE survey & quotation
0800 634 7420

INSTALLED IN 21 DAYS

5 BRILLIANT WHITE INTERNALLY GLAZED PVCu WINDOWS

Only £1399
Any Size Fully Fitted & Guaranteed

Pilkington energiKare™

Local customers can now benefit from the very latest in Energy Efficient windows and doors after one of the region's most prominent companies Homesure, have become one of the first registered partners and installers of the most energy efficient products by Pilkington. General Manager Dave Connell said "Our customers can benefit from having Low Iron Pilkington EnergiKare glass with warm edge technology and Argon gas filled units installed in all of our range of windows and doors. With increased heat retention and a reduction in fuel bills there is also a saving of up to 90% on energy loss. Our New showroom is open 7 days a week and we are please to invite customers to bring along their rough measurements and designs and receive an instant quote and advice from our friendly staff. I thank you for your interest."

Dave Connell
General Manager

www.homesuregroup.co.uk

Special Summer Offers

FRENCH DOORS
up to 1.2m Wide
Only **£799**
Fully Fitted INC VAT

PATIO DOORS
up to 1.7m Wide
Only **£799**
Fully Fitted INC VAT

Visit our brand new showroom open 7 days
31-32 Wharfside, Fenny Stratford MK2 2AZ

Call us today for a FREE no obligation quotation

Aylesbury 0800 634 7420
Milton Keynes 01908 645566
Leighton Buzzard 01908 650185

INSTALLED IN 21 DAYS

The Door Studio
Made to Measure, High Security Stylish Doors

UNBEATABLE WINTER OFFERS ON COLOURED COMPOSITE DOORS
SHOWROOM OPEN 7 DAYS

Any Door Any Colour Including Glass Design
£699 **£699** **£699**

SPECIAL OFFER
This Door **£599** inc VAT

Any Door Any Colour Including Glass Design
£699 **£699** **£699**

Winter Offer Range Of PVCu Front Doors
SPECIAL OFFER
£499 inc VAT

NO MORE DRAUGHTY or SWOLLEN DOORS
www.doorstudio.co.uk

"WIDEST CHOICE OF DOORS IN THE REGION"
01908 650180
31 - 32 Wharfside, Fenny Stratford, Milton Keynes, MK2 2AZ

NO MORE DRAUGHTY or SWOLLEN DOORS
www.doorstudio.co.uk