

BODY
SCULPT

On The Go!



5.00



177 reviews



Body Sculpt On The Go

Price List & Monthly Specials

For Men & Women



Body Sculpt On The Go Pricing Guide

Body Sculpting & Skin Treatments

Price List & Specials For Men & Women



📧 **Thank You for Downloading Our Pricing Guide** ✨

Whether you're looking to lose stubborn fat, reduce cellulite, improve your skin, or tone and sculpt your body — this guide gives you all the pricing and treatment info in one place.

It's designed to make things easier, so you know exactly which treatment suits your goals — and what to expect when you book.

WOOD THERAPY

Helps break down cellulite and fat deposits, improve circulation, and promote lymphatic drainage. Clients often describe this treatment as deeply relieving and toning.

- Targeted Area (15 min): R340
- Full Body (50 min): R740

FAT FREEZING

A non-invasive treatment using controlled coolness to break down stubborn pockets of fat. The result? A slimmer, tighter silhouette.

- Lower Abdomen (30 min): R1,089
- 2 Applicators (30 min): R1,826

Treatment areas for 2 applicators include:

Upper & lower tummy, bra fat, back fat, inner/outer thighs, knees, love handles, arms, back, below the bum, and male chest.

The following treatments require a minimum of 6 sessions for visible, lasting results:

LIPO LASER

A non-invasive laser that gently targets fat beneath the skin to reshape and contour. Clients love the visible slimming results without discomfort.

- Per Area (50 min): R699

ULTRASONIC CAVITATION

Uses ultrasound waves to break down fat cells and smooth out problem areas — ideal for arms, tummy, thighs.

- Per Area (30 min): R699

🔥 RADIO FREQUENCY (RF)

Delivers deep heat to stimulate collagen, lift and firm the skin — great for post-weight loss firmness or fine lines.

- Body (30 min): R699
- Face (30 min): R740

💧 NANO INFUSION

A needle-free treatment that targets wrinkles, pigmentation and dullness. Think of it as a gentle alternative to micro-needling.

- Facial (30 min): R730

💡 LED LIGHT OXYGEN THERAPY

Uses specific light wavelengths to target skin concerns like dullness or fine lines. Skin feels refreshed and rebalanced.

- Per Session (30 min): R380

⚡ EMS SCULPT & TONE

Uses electrical impulses to contract muscles and improve tone in areas like tummy, glutes or arms. Popular with both men and women.

- Per Treatment (30 min): R680

☀️ SPRAY TANNING

For a radiant, natural-looking glow that suits all skin types. Only available at Greenpoint, Blouberg, and Pretoria East.

- Half Body: R330
- Full Body (includes face): R499

BODY
SCULPT

Be The Girl!



Want more value for less?

Don't miss this month's **signature treatment bundles** — created to help you sculpt smarter and save big.



June Specials to Help You Sculpt, Smooth & Save

1st Special Offer:

6 Body Sculpting Sessions – Only R3,495 (Save R699)

Only pay for 5 sessions – your 6th is FREE!

Choose from these three targeted treatments:

- ✓ **Lipo Laser** – Helps shape and define stubborn areas
- ✓ **Radio Frequency** – Firms and smooths skin texture
- ✓ **Ultrasonic Cavitation** – Breaks down and targets fat cells

- 🔄 Mix and match your favourites, or stick to the one you love most
- ✓ *Suitable for both men and women*

2nd Special Offer:

Fat Freezing – Now Only R1,461 (Save R365)

A powerful, non-invasive treatment using 2 applicators to help gently shape your body and reduce fat in targeted areas.

You can choose to treat:

- ✓ Arms ✓ Back ✓ Stomach ✓ Inner/outer thighs ✓ Knees
- ✓ Love handles ✓ Below the bum ✓ Chest area (for men)

- ✓ *No surgery, no scarring, and no time off work.*

🏷️ **Regular price: R1,826**

🎉 **You pay: R1,461**

[CLICK HERE TO BOOK YOUR TREATMENT](#)

Before & After Results

Why 170+ Clients Love Our Body Treatments



Body Sculpt On The Go

Why Do Men & Women Choose Us?



No Surgery Needed 😊

You'll see real results within the first 2 weeks, with noticeable changes after every session. No downtime, no stress. It's gentle, quick, and fits into your normal routine.



Painless & Needle-Free 🌿

No needles. No cuts. No pain. Just calm, comfy sessions that help you relax while your body does the work. This is body care — made easy.



Results That Stick ✨

That smoother skin and firmer shape? It's not just temporary. These results last, and that stubborn fat? It's gone for good. You'll feel it — and see it.





Client Testimonials

Why 170+ Clients Love Our Body Treatments

5 ★★★★★

Mar 01, 2025

"Absolutely amazing experience at Body sculpt on the go!!! I recently tried their fat freezing treatment, and I couldn't be happier with the results. Lylie was incredibly professional, knowledgeable, and made me feel comfortable throughout the entire process. I'm already noticing a difference and can't wait for my next session! Highly recommend for anyone looking for a non-invasive way to sculpt their body. Thank you, Kylie @ Body sculpt for the fantastic service!" Less

MM Marlene Mostert



5 ★★★★★

Mar 02, 2025

I was initially doubtful about cavitation, but so desperate to try something. My strict diet and exercise regime was not changing my appearance as I'd hoped. I did a few sessions of cavitation and saw immediate results, with a visible decrease in size and tightened appearance of skin. Definitely recommended! Less

CN Cade Norton-Thomas



5 ★★★★★

Mar 27, 2025

Happy with my after results. And still going more for another 6 sessions ❤️

NZ Nana Zulu



5 ★★★★★

Apr 01, 2025

Excellent, professional, friendly service - will be back! Liesl

LB Liesl Bisschoff



5 ★★★★★

Mar 19, 2025

Excellent service and results! Hayley is kind and welcoming.

JS Janine Sheard



5 ★★★★★

Mar 03, 2025

Very professional

BF brendan fitzhenry



5 ★★★★★

Feb 24, 2025

Very happy with the service that I received.

RS Reinaldoo Strydom



5 ★★★★★

Feb 24, 2025

Excellent service & friendly staff

CT claudette thacker



5 ★★★★★

Mar 18, 2025

I have had numerous treatments at Body Sculpt and have been so impressed with the results. Vanessa is very knowledgeable and always makes me feel very comfortable. I would highly recommend. Less

LM Lee Merryweather



5 ★★★★★

Feb 23, 2025

I recently did a treatment at Body Sculpt on the Go GreenPoint that exceeded all my expectations. From the moment I arrived Lauren showed professionalism yet both her and Micaela made me feel completely at ease throughout the entire process. Lauren took the time to thoroughly explain each step, ensuring I felt informed and comfortable. The results have been outstanding with noticeable improvements that have boosted my confidence. I am truly grateful for the exceptional care and expertise provided. Their commitment to excellence and client care is highly commendable. Less

RV Rene van Aswegen



5 ★★★★★

Feb 11, 2025

I was thoroughly impressed with the wonderful service I received! Ina is friendly, professional, and made me feel at ease from the moment I walked in. The salon itself was clean and welcoming. I would highly recommend Ina at Body sculpt to anyone looking for a great experience and treatments with real results. Five stars! Less

CW Chris Welman



5 ★★★★★

Feb 23, 2025

What a wonderful experience was had. Lauren and Micaela are warm and friendly, making you feel extra comfy. I had the EMS and NANO Facial done, did I fall asleep during these fabulous treatments? Absolutely! Looking forward to my next visit. Less

AS Anzio September



5 ★★★★★

Feb 14, 2025

I received a warm welcome from Kylie, great service and being the first timer, She made sure that I was relaxed and comfortable and also explained everything that we were going to do so I was happy and would definitely come back for more sessions till I achieve my desired results. 😊👏 Less

PZ Phile Zungu



5 ★★★★★

Jan 14, 2025

Had an amazing Fat-freezing session with Vannessa, her customer service is also fantastic.

ER Ester Raphael



Body Sculpting & Skin Treatments

Preparing For Your Treatment



😊 No Surgery Needed

🌿 Painless & Needle-Free

✨ Results That Stick

How to Prepare for Your Appointment

To get the most out of your treatment and feel your best, follow these easy prep tips before your session:

- ✓ **Drink plenty of water (at least 2L)** – Staying hydrated helps your body flush out fat cells and respond well to the treatment.
- ✓ **Eat a light, balanced meal** – Avoid heavy or greasy foods so you feel comfortable throughout your session.
- ✓ **Wear loose, comfy clothing** – This helps you relax and gives easy access to the treatment areas.
- ✓ **Avoid alcohol and caffeine 24–48 hours before** – These can dehydrate your body and reduce the effectiveness of your treatment.
- ✓ **Skip lotions, oils or creams on the treatment area** – Clean, product-free skin helps our tech work better.
- ✓ **Let us know about any concerns** – If you have any skin conditions or questions, chat with your therapist before your session so we can personalise your experience.

Body Sculpting & Skin Treatments

Post-Treatment Care Tips

Post-Treatment Care Tips

To get the most out of your treatment and feel your best, here are some gentle aftercare tips to follow:

✓ Drink lots of water

Aim for at least 2L daily to help flush out toxins and support fat elimination and skin healing.

✓ Eat light and nourishing meals

Stick to whole foods like lean protein, veggies, and healthy grains. Avoid heavy, greasy, or high-sugar meals for at least 24 hours.

✓ Limit alcohol and caffeine

For 24–48 hours post-treatment, cut back on alcohol and caffeine as they can dehydrate your body and reduce results.

✓ Move gently

Light movement (like walking or stretching) helps your body detox and boosts circulation. Avoid intense workouts for 24 hours.

✓ Avoid heat

Skip saunas, hot tubs, and long hot showers for a day or two — heat can interfere with the body's recovery and make skin more sensitive.

✓ Skip strong skincare (for face treatments)

No exfoliants, retinols, or acids for 2–3 days. Stick to a gentle cleanser, moisturiser, and SPF.

✓ Expect mild sensitivity

You might feel a little warm, tingly, or slightly sore — this is normal and should fade within a few hours.

✓ Be consistent

For the best results, complete the full course of treatments recommended by your therapist and follow up as advised.



Book Your Appointment

At Your Closest Branch

😊 No Surgery Needed

🌿 Painless & Needle-Free

✨ Results That Stick



✨ **Ready to feel more confident in your skin, and love what you see in the mirror?**

Whether you've already chosen a treatment or need a little guidance, we'll help you take the next step with confidence.

💬 **Click the button below to fill out a quick form** about the treatment you're interested in.

Our team will get back to you within the hour to answer your questions and help you feel great about booking your appointment 😊

BOOK MY TREATMENT