

BODY
SCULPT

On The Go



5.00

★★★★★ | 238 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.

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

❄️ FAT FREEZING

Freeze away fat in a specific problem area. This non-invasive treatment uses 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:

💡 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

Ideal for slimming overall, especially if you're targeting areas with more volume. It's a non-invasive treatment that uses ultrasound waves to break down fat cells and contour larger areas like your tummy, arms, or thighs.

- Per Area (30 min): R699

Examples areas:

Both arms (R699) | Front of legs (R699) | Back of legs + Bum (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. Not available at Gen Marais, Benoni, Fourways, or Randpark.

- Per Treatment (30 min): R680

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By Dr. G.



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Want more value for less?

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



October Specials to Help You Sculpt, Smooth & Save

Freeze Into Spring

Stubborn winter fat that won't shift? Just freeze it away! ❄️

Our October Fat Freeze Special helps you **target those annoying areas** that diet and exercise just can't touch.

Grab our October Fat Freezing Special:

- ❄️ **2 Cups:** R1,553 (Save R273)
- ❄️ **4 Cups:** R2,926 (Save R730)
- ❄️ **6 Cups:** R4,109 (Save R1,369)

Perfect for:

Belly fat · Love handles · Thighs · Arms · Back fat

Your Glow Elevated – Now R1,470

(Valued at R1,850 – Save R380)

Skin looking dull and tired after winter? Time to get your GLOW ELEVATED!

Stop hiding behind filters on Instagram.
Get that natural glow that no makeup can replicate ✨

Our October 3-in-1 Facial Special gives you:

- 🌸 Nano Infusion (**Smoother texture**)
- 🌸 Skin Tightening (**Firmer, plumper skin**)
- 🌸 LED Light Therapy (**That beautiful glow**)

Perfect timing before summer events, wedding season photos, or when you just want to feel amazing in your own skin 🌸

October Specials to Help You Sculpt, Smooth & Save

Shape & Skin Defined – Now R4,194

(Valued at R4,893 – Save R699)

Our October combo deal gives you the ultimate transformation package ✨

Choose ANY 6 body sculpting treatments:

- ❤️ Lipo Laser (**melts stubborn fat**)
- ❤️ Wood Therapy (**smooths & contours**)
- ❤️ Ultrasonic Cavitation (**targets cellulite**)
- ❤️ Radio Frequency (**tightens & firms**)

PLUS! Get our signature CelluFirm Lotion absolutely FREE! (Worth R699!)

Perfect for:

Stubborn areas that won't budge + skin that needs serious TLC 🌸



🌸 **Note: All October specials end on the 31st of October 2025**

Spring has arrived, making it the perfect moment to **shed those winter kilos**, reshape your body, and feel incredible inside and out.

✨ Let's help you bloom into the new season!

Before & After Results

Why 220+ 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 220+ Clients Love Our 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 Reinaldoe 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 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

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 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 Vanessa, 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 24–48 hours before** – This 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

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

✓ Exercise

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.



Body Sculpt On The Go: Terms and Conditions

Consultation Fee:

A consultation fee of **R200** applies to all new clients. This fee is non-refundable if no treatment is booked. If you proceed with a treatment, the consultation fee will be deducted from the total cost of that treatment/package.

Booking Deposit:

To secure any treatment or package, a **R500 deposit** is required at the time of scheduling. This deposit applies to all services regardless of treatment type or package size.

Cancellations and Rescheduling:

We kindly ask that you cancel or reschedule **at least 24 hours before** your appointment. This allows us time to fill your slot and accommodate other clients.

Late or Last-Minute Cancellations:

Late cancellations (less than 24 hours' notice) will result in the loss of your R500 deposit for individual treatments, or forfeiting that session if you have purchased a package.

Arriving Late:

If you arrive late, your treatment time will be reduced accordingly to avoid delaying the next client.

No-Shows:

Clients who do not attend their appointment without notice will not be permitted to make another booking.

Package Validity:

All packages must be used **within two months of purchase**. It is the client's responsibility to ensure all sessions are booked and completed within this timeframe.

Refund Policy:

We do **not** offer refunds under any circumstances.

Thank you for your understanding and for respecting our policies.

We appreciate your cooperation in helping us provide the best possible service to all our clients.