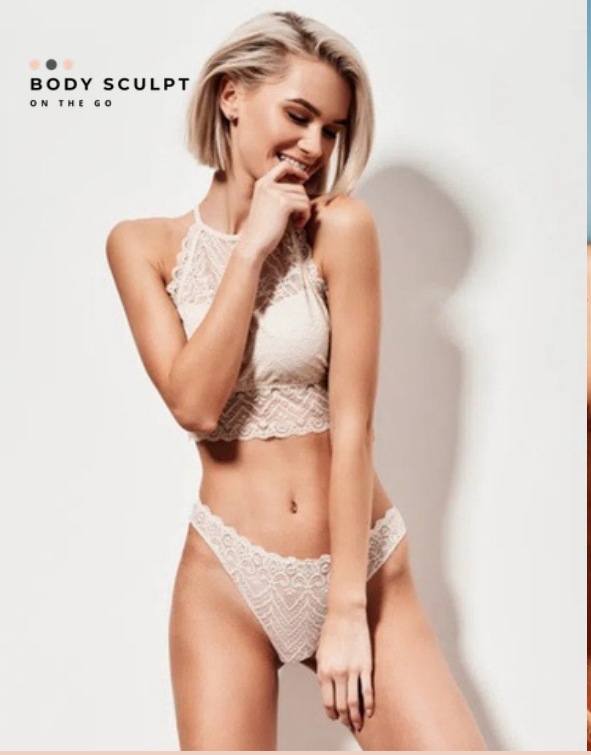

Body Sculpt On The Go

Price List & Monthly Specials

For Men & Women

Body Sculpt On The Go Pricing Guide

5.00
★★★★★ | 238 reviews

Body Sculpting & Skin Treatments

Price List & Specials For **Men & Women**

💌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, specials, treatment info and studio locations 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.

Price List For **Men & Women**

5.00 ★★★★★ | 238 reviews

🪵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)

Price List For **Men & Women**

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🔥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

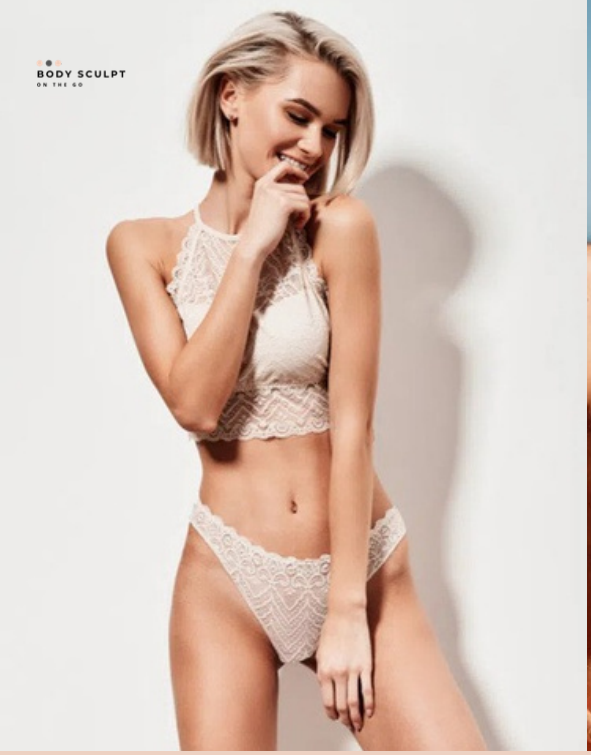
⚡EMS SCULPT & TONE

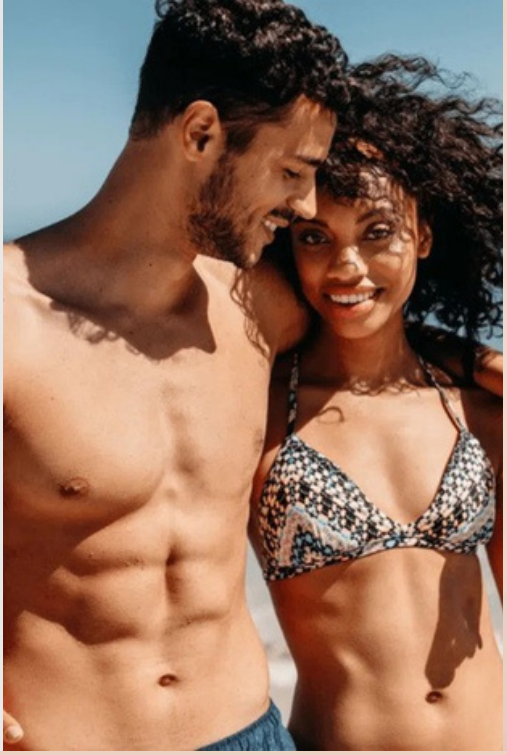
Uses electrical impulses to contract muscles and improve tone in areas like tummy, glutes or arms. Popular with both men and women.

- Per Treatment (30 min): R680

CELLUFIRM LOTION - 240ml: R499

Vitamin A, B, C and E, Butcher's Broom extract, L-Carnitine and Caffeine. Firm and nourish your skin everyday to help it look and feel firmer, smoother and cellulite free.





Want more value for less?

Don’t miss this month’s BLACK NOVEMBER SPECIALS — BUY SMART - SAVE BIG.

BYE BYE STUBBORN FAT

A non-invasive body-contouring treatment that uses controlled cooling to target and destroy fat cells in stubborn areas. The body gradually clears the affected cells over the following weeks.

Once the fat cells are gone they are gone for good!

MORE
BLACK NOVEMBER Deals

SHRINK IT - TONE IT

Get summer-ready with 6 x Lipo Laser treatments designed to target stubborn areas and help contour and reshape your body.

PLUS 6 x EMS Sculpt & Tone Session to build muscle and improve tone - equivalent to 30 000 stomach crunches.

✨ 12 treatments. Your summer countdown starts now!

GLOWING SKIN IS IN!

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

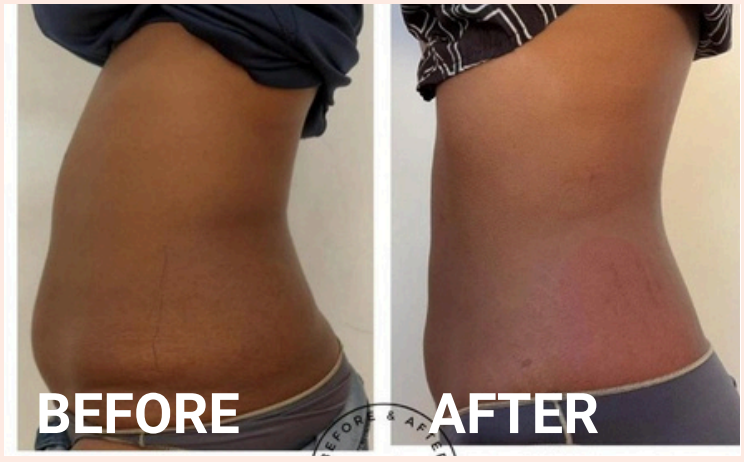
Our LED LIght Uses specific light wavelengths to target skin concerns like dullness or fine lines. Skin feels refreshed and rebalanced.

FREE - Radio Frequency Skin Tightening
Uses controlled heat to stimulate collagen and elastin, helping to firm, tighten and improve the appearance of loose or crepey skin.

5.00
★★★★★ | 238 reviews

Before & After Results

Why 300+Clients Love Our Body Treatments



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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.

Visit our website

BODY SCULPT ON THE GO

5.00 ★★★★★ | 238 reviews

Client Testimonials

Why 300+ 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

BODY SCULPT ON THE GO

WHERE TO FIND US

STUDIO LOCATIONS

CAPE TOWN:
Greenpoint - Lauren - 082 442 1928
Durbanville - Michelle - 079 291 4296
Claremont - Lindsay - 063 645 1309
Somerset West - Kylie - 078 660 3935
Hermanus - Hazel - 073 177 3299

JOHANNESBURG:
Fourways - Rachel - 076 075 5618
Randpark - Lucelle - 066 271 4744
Silver Lakes - Laverne - 061 648 6114
Benoni - Ilze - 081 010 4744
Glen Marais - Marli - 070 335 6856

PORT ELIZABETH:
Newton Park - Hayley - 062 758 7933

RICHARDS BAY:
Meer En See - Roché - 071 539 6156

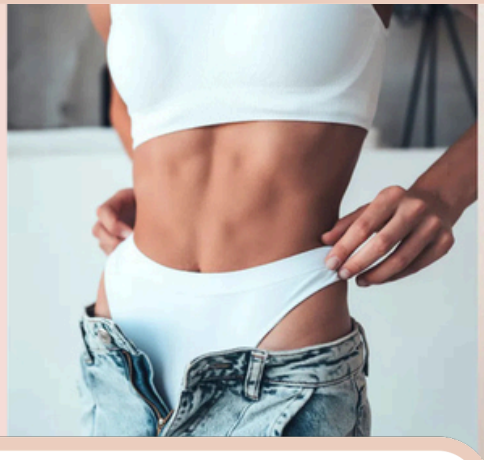
BLOEMFONTEIN:
Dan Pienaar - Chrizanne - 082 375 9955

BODY SCULPT
ON THE GO

5.00
★★★★★ | 238 reviews

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 SCULPT ON THE GO

5.00 ★★★★★ | 238 reviews

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 24-hours — 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.

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 you 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.