

Treatment Menu



slim me
beauty | slimming



Slimming | Skincare | Beauty

The Slim Me offers advanced slimming treatments and expert beauty treatments and products. With tailored plans, progress tracking, and ongoing support, we make your journey to confidence, health, and natural beauty simple and effective.

Slimming Treatments.

Slimming Consultation (30 mins)	R300
Inbody Scan (20 mins) Analyze body composition accurately by measuring fat, lean body mass, minerals, and body water.	R250
Lipo Laser (40 mins) Medical class 3B laser that breaks down fat cells into water, glycerol, and free fatty acids at a depth of 7cm. Non-invasive, pain-free, and no downtime.	R450
FIR Sauna Dome (Infrared Treatment) (40 mins) Powerful infrared therapy flushes out fat and toxins, promoting weight loss and healing.	R300
Faradic (EMS) (40 mins) Muscle stimulation for toning and firming.	R280
Lymph Drainage Massage (30 mins)	R400
Body Wrap (40 mins)	R350
Meal Plan (28-day Body Transformation Programme)	R200



FIRDome
— Innovative Infrared Therapy



LASERLIPO
— Laser Body Sculpting

Slimming Packages.



FAT LOSS ACTIVATOR
R4740

- Inbody Scans **X3**
- FIR Sauna Dome **X12**
- Lymph Drainage Massage **X1**
- Lipo Laser Treatments **X6**
- Meal Plan



WEIGHT LOSS STARTER
R4080

- Inbody Scans **X2**
- FIR Sauna Dome **X12**
- Lipo Laser treatments **X4**
- Lymph Drainage Massage **X1**
- Meal Plan



RAPID FAT LOSS
R6300

- Inbody Scans **X4**
- FIR Sauna Dome **X12**
- Lipo Laser Treatments **X10**
- Lymph Drainage Massage **X1**
- Meal Plan



BODY FIRMING & TONING
R5750

- Inbody Scans **X3**
- FIR Sauna Dome **X12**
- Faradic Treatments **X6**
- Lipo Laser Treatments **X6**
- Lymph Drainage Massage **X1**
- Meal Plan



BODY SHAPE CHANGER
R7800

- Inbody Scans **X6**
- FIR Sauna Dome **X18**
- Lipo Laser Treatments **X10**
- Lymph Drainage Massages **X3**
- Meal Plan



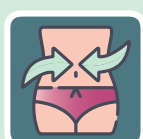
DETOX & WELLNESS
R2430

- Inbody Scans **X2**
- FIR Sauna Dome **X9**
- Lymph Drainage Massage **X1**
- Meal Plan



TRUE LIFESTYLE CHANGER
R10 620

- Inbody Scans **X8**
- FIR Sauna Dome **X24**
- Lipo Laser Treatments **X14**
- Lymph Drainage Massages **X4**
- Meal Plan



WEIGHT LOSS MAINTENANCE
R2240

- Inbody Scans **X2**
- FIR Sauna Dome **X4**
- Lipo Laser Treatments **X2**
- Lymph Drainage Massage **X1**
- Meal Plan

Skincare Treatments.

Skin Consultation (40 mins) **R200**

Lamelle Facials.

Lamelle Mini Glow Facial (30 mins) **R300**

Lamelle Tween Facial (45 mins) **R240**

Lamelle Teenage Facial (45 mins) **R340**

Lamelle Essential Hydrating Facial (45 mins) **R600**

Lamelle Purifying Facial (45 mins) **R600**

Lamelle Essential Anti-Age Facial(45 mins) **R600**

Carbon Hollywood Facial (50 mins) **R800**

Dermaplaning.

Dermaplaning (30 mins) **R350**

Dermaplaning with Lamelle facial (90 mins) **R700**

Chemical Peels.

Lacti-Firm (40 mins) **R715**

Beta 15% (40 mins) **R685**

Beta 15% 2 layers (40 mins) **R780**

Beta 20% (40 mins) **R760**

Alpha 20% (40 mins) **R670**

AZEAC 20% (40 mins) **R810**

Synergy (30 mins) **R855**

Retistore (40 mins) **R1290**

Retistore Plus (45 mins) **R1530**

IPL Skin Rejuvenation.

Face Only (35 mins) **R 800**

Full face & Neck (50 mins) **R 900**

Full Face, Neck & Dècolletè (60 mins) **R 1 100**

Micro-Needling.

INDIVIDUAL TREATMENTS - Numbing included in all sessions.

Face Only (40 mins) **R1200**

Face & Neck (45 mins) **R1300**

Face, Neck & Dè colletè (50 mins) **R1600**

Advanced Micro-Needling / Body (15 - 90 mins) **From R300**

PACKAGES - Consist of 3 sessions

Face Only **R3000**

Face & Neck **R3400**

Face, Neck & Decollete **R4200**

Body **R1550**

Beauty Treatments.

Nails.

Lashes & Brows.

INDIVIDUAL TREATMENTS

Eyebrow Tint (20 mins)	R80
Lash Tint (15 mins)	R90
Eyebrow Wax (20 mins)	R80
Lash Lift & Tint	R250
Eyebrow Lamination & Tint	R220

PACKAGES

Eyebrow Wax & Tint (40 mins)	R150
Eyebrow, Eye Lash Tint & Eyebrow Wax (55 mins)	R230
Eyebrow & Eye Lash Tint	R150

Waxing.

Full Face Wax (35 mins)	R250
Upper Lip Wax (15 mins)	R70
Chin Wax (10 mins)	R70
Side-burn Wax (15 mins)	R140
Neck Wax	R160
Underarm Wax (35 mins)	R190

Massages.

Manual Lymphatic Drainage Massage (30 mins)	R400
Deep Tissue (Sports Massage) (75 mins)	R750
Hawaiian - Full Body (60 mins)	R600

Swedish Massages

Back & Neck (45 mins)	R410
Full Body (60 mins)	R580
Relaxing hand or foot (30 mins)	R250

Laser Hair Removal.

INDIVIDUAL TREATMENTS

	WOMEN	MEN
Consultation (30 mins)	FREE	
Chest	R390	FREE
Standard Bikini	R500	R500
Full Face	R500	N/A
Face per area <i>Upper-lip / chin / brow / forehead / cheeks</i>	R140	R500
Neck (front and back)	R350	R300
Back	N/A	R550
Beard	N/A	R1100
1/2 Arm	R400	R500
Full Arms	R700	R700
Hands	R220	R1200
Under Arms	R300	R220
Feet	R200	R300
1/2 Legs	R800	R200
Full Legs	R1500	R1200
		R2000
PACKAGES (8 treatments)	WOMEN	MEN
Chest	R3000	
Bikini	R3600	R3400
Stomach	N/A	N/A
Back	N/A	R3400
Full Face	R3800	R7900
Face per area	R1000	R3800
Neck	R2400	R2100
1/2 Arm	R3000	R3800
Full Arms	R5400	R5000
Hands	R1600	R8600
Under Arms	R2200	R1600
Feet	R1500	R2200
1/2 Leg	R6000	R1500
Full Legs	R11000	R6000
		R11000

ND:YAG Tattoo Removal.

Treatment Area 5cm x 5cm (30 mins)	R350
Treatment Area 10cm x 10cm (50 mins)	R1000
Treatment Area 15cm x 15cm (60 mins)	R1500



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STOCKISTS OF Lamelle, Heliocare, and Liposculpt.

TALK TO US about customised packages, membership deals and gift vouchers.

PLEASE NOTE: Please ensure all treatments are canceled 12 hours in advance. Missed appointments without cancellations will be charged 50%. Please ensure that you arrive 15 minutes before your treatment starts. Late arrivals will be charged full price & time adjusted accordingly.