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**CHRISTINE  
STEYNBERG**

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THROUGH  
WELLNESS



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MILLENNIAL WOMAN MAGAZINE

EMPOWERING WOMEN  
THROUGH WELLNESS

# CHRISTINE STEYNBERG'S

JOURNEY WITH  
SALLY SLIMMING STUDIO

In a world that often glorifies hustle over healing, Christine Steynberg is rewriting the narrative, one woman at a time. As the founder of Sally Slimming Studio and a Mrs South Africa Semi Finalist, Christine is more than a beauty and wellness advocate; she's a passionate changemaker on a mission to uplift and empower. Through her studio, she's created more than just a space for physical transformation, she's cultivated a thriving community grounded in self-love, resilience, and empowerment.

In this exclusive interview with Millennial Woman Magazine, Christine opens up about the inspiration behind her studio, her journey of growth and leadership, and how she's using both business and pageantry as platforms to make a lasting impact.

# EMPOWERING WOMEN THROUGH WELLNESS

## CHRISTINE STEYNBERG'S

### JOURNEY WITH SALLY SLIMMING STUDIO

#### **Q) What inspired you to start Sally Slimming Studio?**

A) My inspiration to start Sally Slimming Studio came from a deeply rooted belief in the power of self-care, wellness, and community. Growing up, I saw many women struggling to find balance, often prioritising everyone else but themselves. I wanted to create a space where women could focus on their health and well-being, not only for physical transformation but for mental and emotional growth too. Through Sally Slimming Studio, I aim to give women a safe, supportive environment to reclaim their confidence and feel empowered in their own skin.

#### **Q) How do you use Sally Slimming Studio to empower women?**

A) At Sally Slimming Studio, empowerment is at the core of everything we do. We're more than just a beauty salon; we're a strong community of supportive women who uplift one another. Through tailored wellness programs we equip women with the tools they need to thrive. It's about nurturing the body, mind, and spirit. We help women break through their physical and mental barriers, providing them with the confidence and strength to not only achieve their personal goals but to inspire others in their journeys.

#### **Q) What lessons have you learned in your journey as the founder of Sally Slimming Studio?**

A) The biggest lesson I've learned is that true success is about perseverance, adaptability, and never losing sight of the bigger picture. The path hasn't always been easy, but the moments of challenge have made me stronger and more determined to push forward. I've learned that being authentic is key, people connect with you when you stay true to your mission and values. And most importantly, I've learned that lifting others up is just as important as lifting yourself.

#### **Q) You are also a Mrs South Africa Semi Finalist, what motivated you to embark on this journey?**

A) Becoming a Mrs South Africa Semi Finalist was an opportunity to step out of my comfort zone and showcase that age or circumstance shouldn't limit a woman's dreams. I wanted to inspire other women, especially young women, to pursue their goals fearlessly. It's not just about winning, it's about making an impact, encouraging others to believe in themselves, and using the platform to advocate for causes that matter. My journey as a semi-finalist reflects my commitment to empowering women and advocating for causes that uplift our communities.

#### **Q) What message do you hope to share through your Mrs South Africa platform?**

A) Through the Mrs South Africa platform, I want to spread a message of resilience, unity, and empowerment. Every woman has the power to transform her life and the lives of others around her. It's about more than beauty, it's about strength, kindness, and leadership. I hope to encourage women to embrace their individuality, stand up for what they believe in, and support one another. Through kindness and collaboration, we can create a more inclusive and empowered world for women.

#### **Q) In terms of business, what can we expect from Sally Slimming Studio in the year 2025?**

A) In 2025, Sally Slimming Studio will be taking the wellness journey even further. We are focusing on expanding our outreach to help more women from all walks of life, especially those in underserved communities. We will be introducing more holistic wellness programs that not only focus on fitness but also on mental health, personal development, and financial empowerment. Our goal is to build a network of women who support each other in all aspects of life, creating a ripple effect that impacts families and communities. We also aim to collaborate with other organisations and female-led businesses to create opportunities for growth and empowerment.

#### **Q) Finally, what legacy do you hope to leave in the wellness and beauty industry?**

A) The legacy I hope to leave is one of inclusivity, empowerment, and service. I want women to look back and remember that Sally Slimming Studio was a space where they found not only physical wellness but also emotional and mental strength. My dream is for the wellness and beauty industry to move beyond just aesthetics and focus on real transformation—where women of all shapes, sizes, and backgrounds feel valued, supported, and confident. I want to be remembered as someone who paid it forward, helping others rise as they pursue their own success. Empowering young women, especially, to believe in their limitless potential is my ultimate goal. That's the kind of legacy I want to leave.