



# My Treatment

at your convenience

## Pain? Stress? Let's Alleviate it



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Holger offers the following treatments in the comfort of your surroundings, convenient to you, in your time, in your home, hotel room or office.

Treatments	1h	1.5h
Pain Therapy by LNB	\$120	\$165
Remedial Body Work	\$90	\$135
Relaxation Massage	\$90	\$135

Sessions are appointment only.  
Bookings are essential.



### Holger Koch

Certificate IV in Massage  
LNB Pain Therapist  
Diploma of Remedial Massage  
[info@mytreatment.com.au](mailto:info@mytreatment.com.au)

Pain is the body's way of sending us a signal, this pain is often caused from excessive periods of sitting or lack of movement. By suppressing this pain through medication, or ignoring it over a long period of time, one could induce the very damage that the body has been warning against.

MyTreatments will assist you in releasing the muscles and allow you to regain your flexibility and your life.

Call me and we can talk about how My Treatment can work for you.

## 0410 244 333

**Free**

Receive an extra 10 minutes on your Treatment (excluding Pain Therapy by LNB) by mentioning this ad.