



SUTHERLAND-CHAN CLINIC

creating healthier lifestyles

Onsite Massage Therapy

Sutherland-Chan is proud to be the leading massage therapy clinic in the Greater Toronto Area (GTA). We have the experience and expertise in massage therapy that makes “creating healthier lifestyles” an achievable and sustainable goal for our clients. However, not everyone – including your employees – can carve time out of their hectic schedules to visit one of our clinics. Sutherland-Chan Onsite is the solution. We bring relaxation to your staff by traveling to areas throughout the GTA to provide workplace massage therapy.

Benefits of Onsite Massage Therapy

For Your Employees

- Reduces stress
- Improves concentration
- Relieves the symptoms of repetitive strain injury
- Provides the convenience of bringing Chair or Table Massage to them

For Your Organization

- Reduces absenteeism
- Improves employee morale
- Increases productivity, motivation, and creativity
- Demonstrates your commitment to your employees well-being

Services We Offer

Sutherland-Chan Onsite provides suitable options to meet the needs of your organization and employees, including relaxation and therapeutic massage on an on-going basis and/or for special events.

On-going Basis

- The Sutherland-Chan Registered Massage Therapist (RMT) regularly visits your workplace to provide therapeutic and relaxation massages to your employees.
- The RMT transforms an unused office or a meeting room into a relaxing oasis.
- Your employees receive their massage while lying comfortably on our portable massage table/chair.

Type of Massage	Therapeutic	Relaxation
Duration	30 minutes 45 minutes 60 minutes	30 minutes 45 minutes 60 minutes
Focus	Treatments will be performed directly on the skin with lotions. The areas that are not being treated will remain covered with linens at all times. Treatment areas may include head, upper body and lower body	Treatments are performed through clothing and concentrate on key tension areas.
Benefits	Therapeutic massage rehabilitates muscular conditions and relieves repetitive strain injury through pain reduction and a revitalized focus on wellness, performance and attendance improves.	Relaxation massage alleviates stress and muscular tension, improves mental alertness, and replenishes energy. By optimizing health in the workplace, productivity increases and absenteeism decreases.

Special Events

- The Sutherland-Chan Registered Massage Therapist (RMT) visits your workplace to provide relaxation massages to your employees.
- The RMT transforms an unused office or a meeting room into a relaxing oasis.
- Your employees receive their massage while sitting comfortably on our portable massage table/chair.

Our 10-, 15-, or 20-minute chair massages are a great complement to your *corporate events, employee recognition initiatives* and *project milestone/completion celebrations*.

Sutherland-Chan Onsite welcomes the opportunity to contribute to your:

- Health and Wellness Fair
- Staff Appreciation Event
- Company Anniversary
- Client Appreciation Event
- Sales Conference
- Product launch
- Tradeshow
- Year-end

Our Practitioners

Sutherland-Chan Onsite therapists are *registered* and fully *insured*.

Our Registered Massage Therapist (RMT) will bring a portable massage chair and/or table. This is a comfortable and secure way to receive a massage, which allows the therapist to access to the head, neck, shoulder area, arms, and legs.

Pricing and Payment Options

Fees vary depending on services provided and distance needed to travel. Fuel and parking surcharges may apply. Please email onsite@sc-clinic.com for a quote.

Please note that a **minimum of (4) four hours** of services must be booked with the therapist(s) on each day of **on-going massages**. A **minimum of (4) four hours** of services must be booked with the therapist(s) for **special events**.

We are flexible in terms of the number of therapists available on-site, the time of day appointments are scheduled, and the day(s) of the week that on-going and special events massage therapy sessions are booked. We will accommodate your needs to the best of our ability.

We provide two payment options for massage therapy booked on an **on-going basis**:

- Option A** Sutherland-Chan invoices your organization after the massages are completed.
- Option B** The employees pay the therapist directly; cash or cheque only. The therapist will issue a receipt for RMT that employees can claim through their health insurance provider.

Sutherland-Chan Onsite will invoice your organization for **special events**.

Our Expectations of You and Your Employees

Our RMT will expect that you:

- Notify employees of onsite massage therapy dates.
- Maintain the booking schedule of appointment slots. (Pre-registration for massage ensures the therapist's time is used effectively and allows staff to organize other activities around their personal time slot.)
- Remind employees of their appointment time and location.

- Provide a quiet boardroom, sick room or staff lounge. This will provide a relaxing environment and allow the therapist to discuss freely any problem areas with the employee.

Our RMT will expect that your employee:

- Pre-register for their massage.
- Arrives 5 minutes prior to appointment time.
- Complete a health history form before receiving a massage. The therapist will review the form to assess one's general health and determine which additional questions to ask. Please note that not everyone is a candidate for massage; the health history form acts as a red flag in these situations.
- Incorporate the remedial exercises into their routine. (The therapist may recommend some type of remedial exercise depending on the individual.)

How to Contact Us

On-site massage therapy benefits both the employer and the employee. With relaxed and happy employees, your organization will enjoy increased productivity and morale. Using Sutherland-Chan Onsite Massage Therapy in your workplace is a win-win situation.

To experience the benefits of onsite massage therapy, or to inquire on how our services can be used at your corporate event, call us at 416-960-0745 or email us at onsite@sc-clinic.com.

We look forward to “creating healthier lifestyles” in your workplace through therapeutic massage.