

Clinical Massage Therapy for the Bermuda workplace.

Three flexible programmes designed around your team's working day — chair massage on-site, in-clinic packages billed to the employer, and educational lunch-and-learn sessions on posture, stress and recovery. Outcome-focused, not spa.

Hamilton, Bermuda · 48 Cedar Avenue · (441) 292-6830 · info@ashlanclinic.com

Why corporate wellness works

Bermuda teams sit longer, fly more and carry the cumulative stress of small-island work patterns. Workplace programmes from Ashlan Clinic may help reduce absenteeism, support employee retention and give your team an evidence-led recovery option that doesn't feel like a spa gift.

Programme A · On-site chair massage

A licensed therapist sets up at your office with a professional ergonomic chair and travels to you. Each session is fully clothed, 10 to 20 minutes, focused on neck, shoulders, mid-back and forearms.

Best for

- Quarterly wellness days or monthly recurring sessions
- Year-end stress relief / busy-quarter recoveries
- New-office launches and team appreciation events
- Insurance & reinsurance offices, law firms, fintech teams

What's included

- One or two therapists on-site (booked in 3-hour blocks)
- All equipment travel, set-up and sanitisation
- Sign-up sheet provided digitally to your HR lead
- Post-session posture & recovery tip sheet for every participant

Programme B · In-clinic workplace packages

Your team books treatment time at our Hamilton clinic. The employer purchases a block of sessions (60- or 90-minute Clinical Massage Therapy), distributes them to staff, and we handle scheduling, reminders and a quarterly utilisation summary back to HR.

Best for

- Executive teams & senior leadership wellness benefits
- Recurring monthly allowance per staff member
- Workplace injury prevention & return-to-work support
- Sports teams, hospitality & aviation crews

What's included

- Volume-discounted treatment rates (tiered by block size)
- Single employer invoice, no per-employee billing
- Quarterly anonymised utilisation & common-complaint report
- Optional intake form to flag clients needing extended treatment plans

Programme C - Lunch-and-learn workshops

Educational on-site sessions led by an Ashlan therapist. 45 minutes of practical content your team can use the same afternoon — no upsell, no fluff.

Available topics

- Desk Ergonomics That Don't Need a New Chair
- Five-Minute Recovery for Frequent Flyers
- The Posture-Pain Link: Self-Check and Self-Care
- Sport-Specific Recovery (custom-built for your team's sport)
- Pregnancy-Friendly Workspace Adjustments

Format

- On-site at your office or hybrid via video for remote staff
- Live demonstrations on volunteers
- Q&A and one-page takeaway hand-out per attendee
- Recording available for internal training libraries (additional fee)

Investment

Programme	Format	Starting at
A. On-site chair massage	3-hour block, 1 therapist	Quote on request
B. Workplace package	Block of 60- / 90-min in-clinic sessions	Volume-tiered

C. Lunch & learn

45-min workshop, on-site or hybrid

Per workshop

All programmes are scoped to your team size, schedule and goals — every quote is custom. Insurance reimbursement available through CG Insurance and Allshores for in-clinic sessions where eligible.

About Ashlan Clinic

Bermuda's leading Clinical Massage Therapy practice. Our therapists are licensed and clinically trained — we treat root causes of pain and stress, not symptoms. The clinic operates from 48 Cedar Avenue in Hamilton and partners with local insurers, sports teams and corporate wellness coordinators.

Ready to scope a programme?

Email info@ashlanclinic.com with your team size, location and which programme(s) interest you. We'll respond within one business day with a tailored proposal.

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