

Belltown Healing Arts

Questions clients frequently ask us

What if I have insurance – will they cover massage or other therapies?

Some insurance plans cover massage and other alternative therapies. However, you may need a prescription before you can use these benefits. So please check your plan to see if you are eligible for this coverage.

Belltown Healing Arts has practitioners who bill a wide range of insurance plans, as well as Washington state Labor and Industry (L&I) claims and personal injury claims. All that is required from us in this case is some initial paperwork that you complete in our office – we handle the billing.

What other payment arrangements do you accept?

Belltown Healing Arts accepts payment for all non-insurance or non-claim-related therapies in the form of checks or cash payments. We regret that we cannot accept payment by credit card.

What can I expect from one of your practitioners?

First, a prompt reply to your initial telephone call so that we may answer all your questions in person. Each practitioner maintains his or her own space and schedule, as well as his or her rates for treatment. Most of us, for instance, are able to offer both long and short massage sessions, so that treatment can fit both your timeframe and your budget.

What will happen if this is my very first visit; what if I have never had, say, therapeutic massage?

First we ask you to fill out a simple form: this helps us determine your needs and also treat you safely. Our forms, according to HIPPA standards, remain completely confidential. If you have any questions, we will address these face-to-face. Please note that all treatments take place in completely private suites and, for massage therapy, practitioners always leaves the room prior to and after treatment. At all times, a client is encouraged to take his or her time and assess his or her comfort levels.

I am worried that even gentle massage may hurt me. Can I still be treated?

Of course. You know your body better than anyone else and we encourage your full participation. For us, healing is not a passive activity, administered by our practitioners – it is a partnership between us and our clients. At every stage, therefore, we welcome your input and feedback.

I am not suffering from a specific injury, but I still think massage could help me.

You are almost certainly correct. One of our basic aims is to encourage the maintenance of health and well-being. This is why so many of our clients see us regularly: as a form of preventative care and for stress reduction. Others choose our treatments because they work to prevent the recurrence of specific injuries.

I am fine but think I have a loved one or friend who you could help.

There are few people who do not relish a gentle massage – we have elderly patients and also treat children. We treat those under stress (whether personal or medical) and those who are active and wish to remain so. If you have a family member or friend to refer, feel free to ask us about this. We also offer gift certificates year round – this is an easy way to introduce people to massage therapy.

Do I need to know anything else?

Yes – we are very mindful that peace and tranquility encourage maximum relaxation. For this reason, we ask clients to arrive on time and to enter our offices quietly. For your security, our front door is locked; when you ring our doorbell, one of our practitioners will let you in.

For any further questions, please feel free to call us at 206 448-0956.