

Therapeutic Snuggles



Frequently Asked Questions (FAQ)

What is professional cuddling?

Professional cuddling is a therapeutic service that provides safe, consensual, nonsexual physical touch designed to promote relaxation, emotional comfort, stress relief, and nervous system regulation.

Who is professional cuddling for?

It is ideal for anyone (over the age of 18) going through a stressful or traumatic event such as grieving the loss of a loved one, divorce, abuse, health issues, preparing for a test or exam, work-related stress, feeling lonely and/or isolated etc. There are so many reasons why someone would hire a cuddler, there are too many to list!

Why would a traditional talk therapist recommend cuddle therapy?

Sometimes a Licensed talk therapist may refer a client to a certified, professional cuddler for platonic, clothed contact for individuals recovering from emotional neglect or trauma who need a controlled, consent-driven environment to rebuild comfort with physical closeness or help with establishing boundaries, and/or to help a client who might be touch deprived or socially isolated.

What is my practitioner's experience level?

Therapeutic Snuggles is a professionally insured corporation. Our practitioner is a certified professional cuddler with more than 20 years' experience providing companion care services in both a medical and non-medical environment. Our practitioner is also a Certified End-of-Life Doula which qualifies the practitioner to offer End-of-Life Cuddling.

What are the benefits of cuddling?

Reduces stress, boosts mood and combats depression, strengthens relationships, eases anxiety, improves heart health, boosts immunity, relieves pain, improves sleep quality, and so much more!

Can I book for someone else?

Yes, absolutely, but the person receiving the session must understand and agree to the Code of Conduct prior to the appointment. This service is ideal for adult children who want to make sure their parent is receiving the compassion and human touch that is often left out from healthcare providers, simply due to strict time constraints.

Can we talk during the session?

If you'd like to talk, you or we can. If you prefer quiet relaxation or to cuddle while we watch tv or listen to music that's perfectly fine too. The space is tailored to your needs, and I follow your lead.

Do you offer overnight cuddling?

Not at this time. All services are daytime or early-evening sessions.

Can I give a session as a gift?

Yes — gift certificates are available for purchase on the website. Again, this is an excellent service to purchase for an elderly parent or a neighbor who needs human touch and interaction, especially if they live alone.

Is professional cuddling a sexual experience?

No. Absolutely not. Professional cuddling at Therapeutic Snuggles is strictly nonsexual. All clients must read and agree to the Code of Conduct and Policies before booking.

What is the “Initial Consultation Meeting – Virtual” about?

If this is your first time booking a session, you must have a virtual consultation with your practitioner. We use either Teams or Google Meets for the virtual. During this meeting, we will discuss what you hope to get out of the session. This meeting is imperative for both you and your practitioner to get to know if it's a good fit for an in-person session. You may ask your practitioner any questions you have during this meeting. We will also discuss the Code of Conduct at this time. All Initial Consultation sessions are \$50 for half an hour, which will be applied to your in-person session if you (both) decide to move forward with the booking, which must be paid at least 24 hours in advance of your appointment. During this meeting, you will also have a chance to see the studio and understand your options for your session such as watching a movie, listening to music, and discussing your preferred cuddle position(s) etc.

Where is the studio located?

The studio is located in a discreet location in Titusville, Florida, which is on the East Coast of Central Florida. The cross streets are US 1 and Hwy 50. Your anonymity is important to us, and we will keep your identity strictly confidential.

How do I book a session and pay?

Sessions can be booked through the online booking system through the website. Payment is processed on the website using Square however, there are additional payment options such as Zelle, Venmo, or CashApp; speak with your practitioner about the method you prefer. When paying with a credit card, it will appear as “THERAPEUTIC SN St Petersburg FL” on your card. **The corporate headquarters office is located in St. Petersburg, but the studio is in Titusville.

What happens during a session?

Each session begins with a brief check in to discuss comfort levels, boundaries, and preferred cuddle positions before settling into a relaxing cuddle position. Some clients prefer their hair to be played with, or fingers ran through it, sitting next to each other, head on lap, face to face, etc. It's whatever makes us both comfortable. Your practitioner will encourage you to advocate for yourself what your comfort level is.

What happens if I become aroused during the session?

This is a common question, especially since this is such an intimate experience. Arousal is the function of the nervous system and most of us have very little control over it. If it happens, together, we will decide if we separate, take a break, and/or reposition our bodies. You will not be judged or made to feel embarrassed, ever! We would never ask that you guarantee that you're not going to get turned on. What we are guaranteeing is that we're not going to act on it and we're not going to try to intentionally create arousal.

What should I wear?

Wear clean, comfortable clothing such as shorts, sweats, leggings, or a t-shirt or tank top. Layers are recommended for temperature comfort. Your practitioner will be wearing medical scrubs since this is a therapeutic experience. You may change into comfortable clothing once you arrive at the studio.

Where do sessions take place?

Sessions are held in our studio in Titusville, Florida, which is a clean, cozy, professional environment designed to feel warm and welcoming. Sessions may also be provided in your home (upon approval), retirement facility, nursing home, or assisted living or even at a restaurant or park. Sessions can include holding hands in a park or sitting close together in a restaurant or movie theater, let's discuss these options together. Speak with your practitioner if you have an idea of a location or setting that is not listed.

What is your cancellation and refund policy?

Cancellations must be made at least 24 hours in advance. Late cancellations or no shows are non-refundable. There are no refunds since travel time has already occurred. If you've already paid for your session, but need to reschedule, your payment will be applied to your next session. If your practitioner needs to cancel without giving 24 hours' notice, you will receive a free session.

What if I feel nervous, unsure or embarrassed?

Feeling nervous is completely normal. You are welcome to take breaks, change positions, or talk about your concerns at any time. Your comfort is the main priority. There is never any judgement at Therapeutic Snuggles, we are all human and need physical touch from another human being for our survival!

Didn't see your question here?

Feel free to reach out through the **Let's Chat** feature on the website. I'm happy to help you feel prepared and comfortable before booking. You may also reach out on WhatsApp at 689-249-6336.