



Somatic Intimacy & Elemental Touch

new client packet on consent + bodycare work

Consent is an ongoing practice that we engage in with ourselves and within relationships we have with other people. It is not exclusive to sex or intimacy; it expands into every facet of our lives - from the food we eat to the books we read, from who we decide to hug at family gatherings to how someone communicates with us or how often we check our emails/text messages.

This packet is to give you a grasp on how I practice consent within my work specifically.

It is meant to:

1. establish mutual language around consent
2. lay a foundation for expectations before, during, and after sessions
3. establish communication , privacy, and discretion boundaries

It includes 18 pages of greatness:

FRIES: A Consent Garden

Wheel of Consent by Betty Marin

Expanded Consent & Discretion Policy

Expectations Before, During, and After a Session

Pleasure Scale






Human Needs List

Feelings when Needs are Satisfied

Feelings when Needs are Not Satisfied



Consent Garden

Freely Given	Reversible	Informed	Embodied	Specific
<p>During a session, both receiver and giver feel empowered to say YES and NO.</p> <p>No one feels pressured, coerced, or pushed into doing something.</p> <p>Power Dynamics: Giver + Receiver Provider + Client</p> 	<p>Both giver and receiver can change their minds.</p> <p>Offerings are subject to change.</p> <p>Honors the flow of consent within a session and within the space between sessions.</p> <p>Receiver can have different interests at different sessions.</p> 	<p><u>On the table</u> Receiver will experience bodycare and/or energy alchemy by:</p> <ul style="list-style-type: none"> - touch underneath a towel - direct skin on skin touch - hot towels - Reiki. <p>WHO: Elle + Client</p> <p>WHEN: Approved appointment time</p> <p>*no fluid exchange</p> 	<p>Both receiver and giver express an embodied sense of participation in a session.</p> <p>Both parties are sober (or cali sober)</p> <p>Participating with own sense of empowerment and embodied *yes*.</p> 	<p>Touch is slow, soft, and wavy.</p> <p>Strokes are long: go from the foot, up the leg to the back and finishing from shoulder down the arm.</p> <p>"No zones" will be discussed with each person before every session.</p> <p>Energy medicine is very gentle; people might see colors behind their closed eyes or feel temperature changes.</p> 

FRIES

F: freely given

R: reversible

I: informed

E: enthusiastic? engaged embodied

S: specific






Reflections

- *how does this information sit in your body?*
- *what sensations did you notice?*
- *any curiosity?*
- *any resistance?*

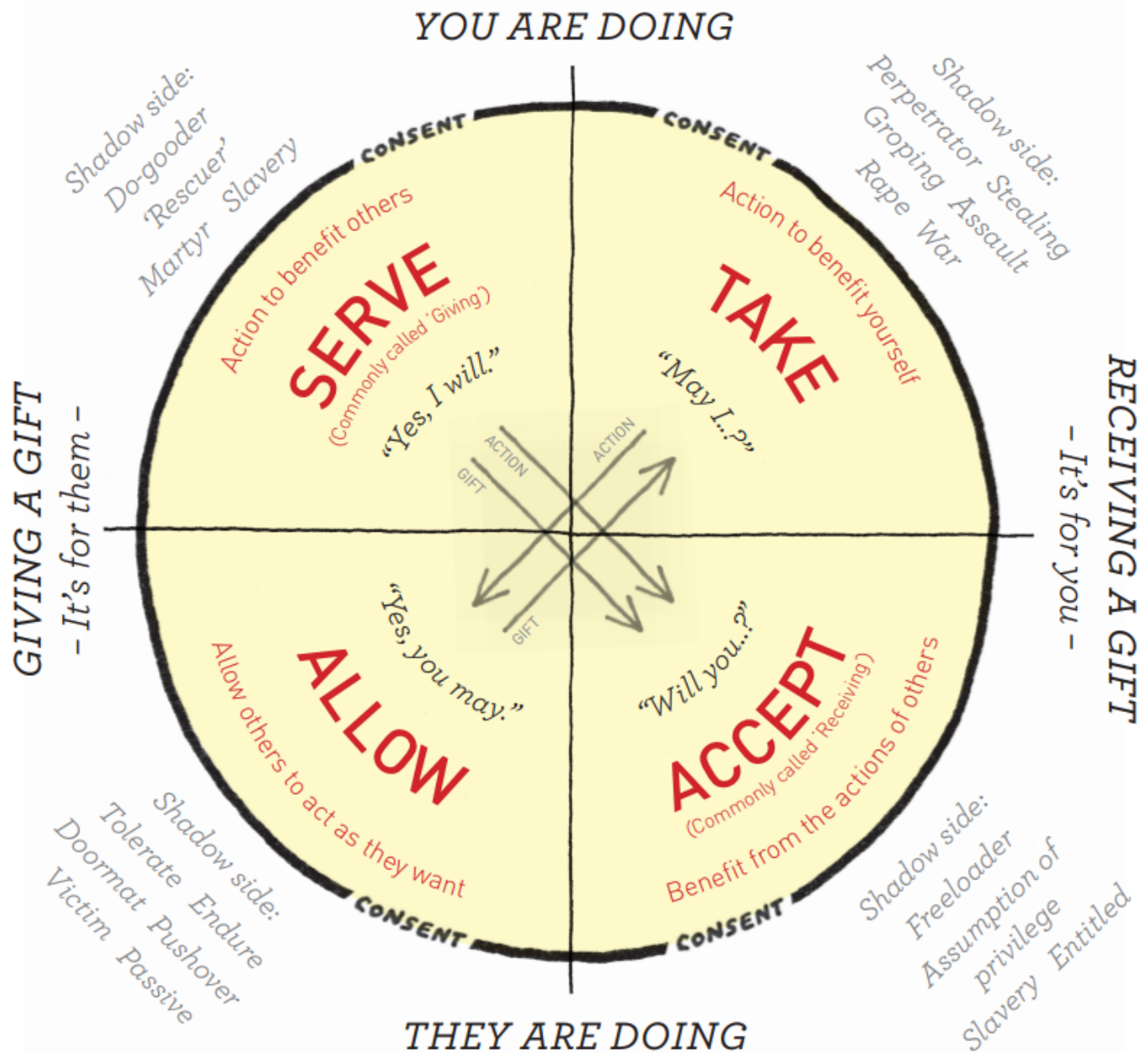
adapted from Planned Parenthood



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THE WHEEL OF CONSENT



In any instance of touch, there are two factors: who is doing and who it's for. Those two factors combine in four ways (quadrants). Each quadrant presents its own challenges, lessons and joys.

The circle represents consent (your agreement). Inside the circle there is a gift given and a gift received. Outside the circle (without consent) the same action becomes stealing, abusing, etc.

The wheel of consent is a framework to understand and practice consent.

Within the context of a typical session, **I am the giver** and **you are the receiver**. These two roles inform how the wheel spins.

One way I view my BodyCare work within Betty Martin's Wheel of Consent:

What I am doing: offering touch as a compassionate witness and healing/recovery modality. I serve you compassionate touch and education to inspire somatic awareness, energy healing, and pleasure. I take an agreed upon amount of money for the time services are delivered.

What you are doing: receiving touch as it is offered. You accept compassionate touch and education to inspire somatic awareness, energy healing, and pleasure. You allow the experience to be transactional within an agreed upon time frame.

Serve + Accept Gift: Touch, pleasure, rest, witness, acceptance, and healing
Take + Allow Gift: Time and money



Touch + Discretion Agreement

expansion areas are orange

TOUCH CONSENT

As a client and/or provider of somatic healing with bodywork, energy healing, and intuitive arts... (And as a conscious, breathing human...)

- I take full responsibility for my body and my actions towards other people. *I will not place intentional harm onto myself or another person. You will receive a full, comprehensive description of the session flow when we meet for the first time in person. You will have an opportunity to share your thoughts about why touch is meaningful to you and how it feels good to you.*
- I have the right to feel safe and to say NO when it feels right to do so. *I will speak up when I am feeling uncomfortable. We can talk about how to say no or slow down during a session during our initial conversation.*
- I have the right to say YES when it feels right to do so. *I will give consent on how I am to be touched. We will also talk about how body language is interpreted during a session and how your body speaks yes and no.*
- I have the right to change my YES to a NO. *I can change my mind. Consent is fluid and can change. At any point during the session, anyone can change their mind. One day something might be exciting, whereas on a different day something else might be exciting.*
- I will ask permission to touch another person and respect their boundaries. *I will not touch before asking or without given permission. Full discussion of physical boundaries will be discussed during initial conversation.*
- I will provide clear boundaries on where and how I desire to be touched. *No zones are discussed before each session to check for boundaries and injuries. Your insight during our initial conversation will inform the vibe and flow of the session*

DISCRETION: PROVIDER

As a provider, Elle agrees to the following statements:

- I will not share client's private information with anyone. *I don't make money selling data nor do I keep any digital information outside what is necessary to book a session.*
- I will not discuss session details with anyone without written permission from the client. I will not falsify testimonials based on your experiences. You have full ownership of what your testimonial says. *I might use things you say in blog or social media posts but I will **never use your name or identifying information** without your consent.*
- I will not share session notes and will use best practices to keep them private. I may keep notes on sessions for the following purposes: to remember who you are, your requests, your goals, previously discussed likes, don't likes [face cradle, hot stones, etc.], and any other information that is helpful as we progress. Your full name or phone number are never written **down on a piece of paper.**
- I will not cause harm to your reputation or speak publicly with what occurs in our private sessions beyond what is necessary to protect my bodily rights. *I will report violence and harm placed upon me.*
- I will not pursue a personal relationship outside of professional boundaries. *I will not date or engage in a personal relationship with clients.*

DISCRETION: CLIENT

(rewritten as "you" statements - these are my expectations of you)

As a client, you agree to the following statements:

- You will not share your provider's private information with anyone beyond what is necessary to make referrals. *Referrals to friends and/or partners are welcome - there is no other reason to share my website or information - I will never ask you to market or advertise my services.*

- You will not post your provider's information on any website including review sites, advertising sites, or other website. *Under no circumstances is it acceptable to post or share **any of my information** on a website that advertises services for escorting, happy-ending massages, or otherwise. **Do not post any of my information on any website. Ever.***

This has happened to me before and it is extremely violating. It is not easy to get these posts removed.

- You will not infringe upon your provider's basic copyright protection (posting pictures without permission, using direct language from provider's personal social media accounts or advertisements, etc.)

- You will not pursue a personal relationship with my provider outside of professional boundaries. *Or engage in any personal conversations about your provider's personal sexual and intimate life.*

- You will not cause harm to the reputation of your provider beyond what is necessary to protect your bodily rights. *You have the right to report violence.*

- If you see your provider listed on a site that does not seem to align with her scope of practice, you will notify your provider. *If you happen to see my information floating around the popular websites that advertise sex work, please let me know!*

- You understand that your name, phone number, email address, and/or other information may be requested and used to verify who you are. You agree to provide all information requested for your provider to appropriately screen you **for the safety of everyone.**

COMMUNICATION BOUNDARIES from EXPECTATIONS+

**The only way to book a session is by requesting one on my website:
www.ellefox.online**

- **CONFIRMATIONS:** Night-before or morning-of confirmation texts are preferred - you can expect that i will attempt to receive a confirmation from you. You are welcome to respond to the auto email you receive 24 hours in advance

EMAILS + TEXTS + CALLS

- I do not check text messages often enough for it to be a reliable form of communication other than confirmations.
- I never answer phone calls unless we have a scheduled phone call appointment
- **I do not book new sessions through email or text**
- I welcome emails - please expect up to a week to hear back from me :)
 - **GOOD: 3-5 days**
 - **SLOW: 5-8 days***
 - **PLEASE BE PATIENT WITH ME: 8-12 days**
 - ***feel free to follow up with me by email if you have not heard back from me**

ACCEPTABLE THINGS TO SEND ME:

- **Availability Check:** I do not respond to questions like "when are you available". If you are inquiring about availability because you cannot find something on my website, use this template:
 - "I am wondering if you are available on _____ at _____ for a _____ session"
- **Feedback:** You are welcome to share insights or reflections with me after your session by text or email

UNACCEPTABLE THINGS TO SEND ME:

- Nude pictures of any kind
- Bids to engage in conversation or behavior beyond what is necessary or acceptable to maintain a professional relationship. I do not date or spend time with clients on personal time :)

Before a Session

The magick of a session begins long before a session starts.

As you prepare to come in for your session, take notice of what you are looking forward to, how your body is speaking to you, and any curiosity or resistance you may be experiencing.

Good to know:

- A clean body is always appreciated (not pure, but showered)
- Bathroom is available to you before your session begins (no shower available)
- It is typical for people to be the most nervous before their first session
- Familiarize yourself with my location; My space is located inside George Floyd Square; parking is available on Columbus Ave and E 38th St.

You've booked a session for a reason! Remind yourself that you are totally deserving of taking time out of your day to spend on some bodycare.

What does giving yourself permission to receive touch feel like?

Do you have any questions you want to ask beforehand?

During a Session

A session has many names for me:

- A Body Prayer
- A Ritual of Touch
- Bodycare Work
- Spiritual Erotic Embodiment Ritual
- Sacred Intimacy + Flow

Whatever words we use to describe a session - these remain my three goals:

1. Safety
2. Security
3. Sexiness

You are welcome to stop the session at any point for any reason without explanation.

If necessary, we will come up with safe words

ALL first sessions are fairly universal in application - for repeat sessions, we can discuss particular likes and custom options if you so wish.

After a Session

There is no way of knowing exactly how you might feel after a session.

Unwinding into the relaxation and pleasure can open the body up in ways that might feel vulnerable, powerful, courageous, or content. There is no right or wrong way to feel after a session but however you feel is great information!

Aftercare is important!

Hydration

Rest

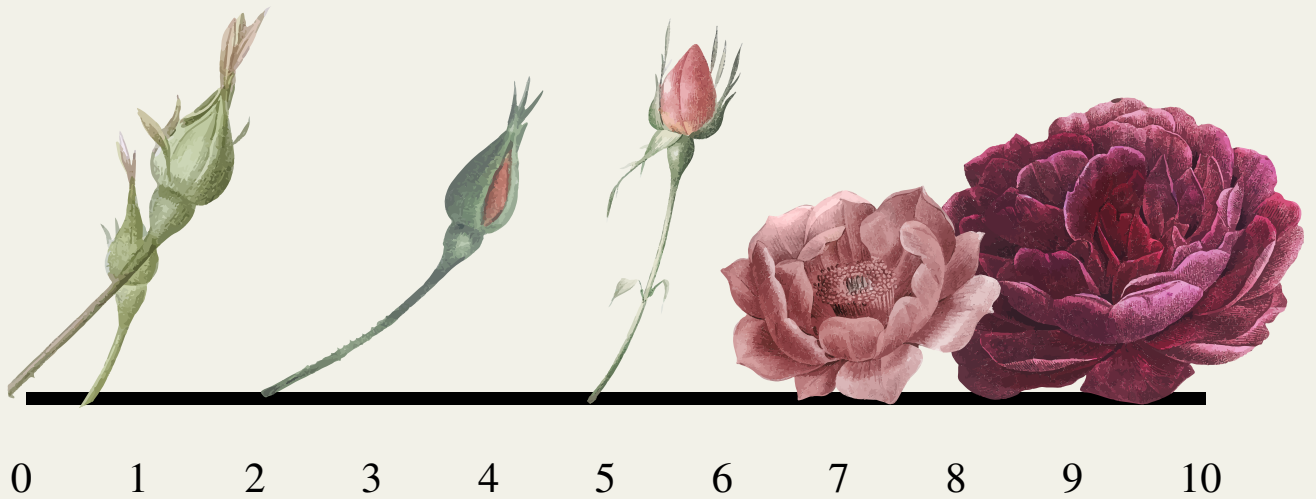
Nourishment

Compassion

What else can you do for yourself after a session?

Reflecting after sessions can also offer some insight to how your next session will be.

Pleasure Scale



a fluid scale; not necessarily linear

Impacts on the Pleasure Scale:

safety & security

boundaries & consent

somatic yes & somatic no

power dynamics & wheel roles

Feelings: Needs are Satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous

fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived



Feelings: Needs are Not Satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn



Feelings: Needs are Not Satisfied

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted

hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful





Human Needs

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect
safety
security
stability
support
to know and be known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL-BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding