4. Client Guidelines: Your comfort, your boundaries, your choice

Please read before your first session. I send this with every booking confirmation.

1. Consent is ongoing: Agreeing to one thing does not mean agreeing to everything. I will ask before any new touch or position and explain changes before I make them, and you can change your mind at any time.

2. Your boundaries are respected: "Yes", "no" and "not right now" are all complete answers. You never need to explain or apologise.

3. Strictly non-sexual: All sessions follow the CPI code: platonic, non-sexual and non-romantic. Sexual comments, requests or touch end the session.

4. Clothing is not optional: We both stay fully clothed. Touch is only over clothing and never on intimate areas.

5. You are in control: You do not have to talk, share your history or give touch back. I watch for non-verbal cues, such as going quiet or still, and will check in and pause rather than assume you are comfortable.

6. Emotional safety: Feelings may come up and that is okay. I cannot promise any particular result, and cuddle therapy is not a substitute for medical care or counselling. I can suggest other support.

7. Confidentiality and its limits: What you share stays private. Before we start I will explain the few legal exceptions, such as a risk of serious harm to you or someone else.

8. Mutual respect: I will treat you with dignity and without judgement. You are never responsible for my feelings, and I will never ask you for gifts, favours or money outside the agreed fee.

9. You can stop at any time: Say "stop" (or our agreed signal) and everything stops immediately. You do not need to justify it.

10. Questions and complaints: You are welcome to ask about my training and accreditation. If something feels wrong, tell me or use the Client Complaint Form (form 5), or contact CPI directly.

For home visits

- Please be sober: no alcohol or recreational drugs before a session.
- Please shower beforehand, wear loose comfortable clothes (no shorts or tank tops), and avoid strong scents.
- Please keep the room warm, private and tidy, with somewhere comfortable (bed, sofa or thick rug). Pets out of the room, please.
- I bring fresh pillowcases, a blanket and tissues. Tell me if you would like music or would rather I didn't use any scents.
- Phones on silent for both of us. No photos, recordings or extra people without prior written agreement.
- Tell me if you feel unwell; we can rearrange.

You do not owe anyone access to your body. Your body. Your boundaries. Your choice.

Acknowledgement

I have read and agree to follow the Sweet Cuddles with Macjay client guidelines.

Client signature: _____ Print name: _____ Date: ____/____/_____