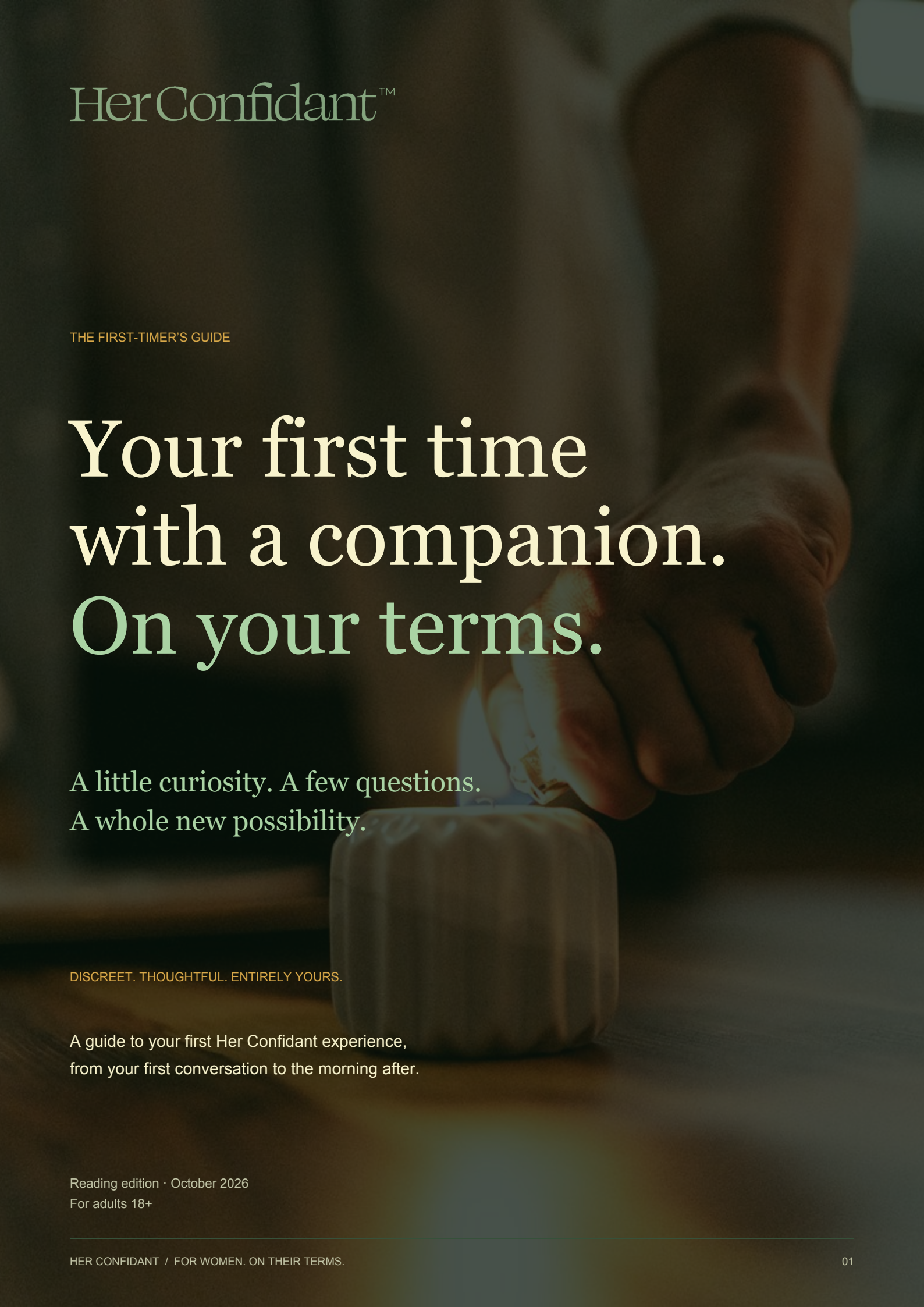


A close-up, slightly blurred photograph of a person's hand lighting a candle inside a carved pumpkin. The flame is visible, and the background is dark and out of focus.

Her Confidant™

THE FIRST-TIMER'S GUIDE

Your first time with a companion. On your terms.

A little curiosity. A few questions.
A whole new possibility.

DISCREET. THOUGHTFUL. ENTIRELY YOURS.

A guide to your first Her Confidant experience,
from your first conversation to the morning after.

Reading edition · October 2026
For adults 18+

YOUR GUIDE, YOUR PACE

A little look inside.

Ten thoughtful chapters. Read from the beginning, or follow your curiosity. Tap a chapter to turn to it.

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- 01 A little room for you
 - 02 The woman beside you
 - 03 The first conversation
 - 04 Finding your companion
 - 05 Find your experience
 - 06 The practical details
 - 07 Before your date
 - 08 When the day arrives
 - 09 After your experience
 - 10 When you are ready
-

The footer on each page returns you to this contents page. Your checklist is fillable in compatible PDF readers. Website and booking links need an internet connection.

01 · BEFORE WE BEGIN

Curiosity is enough.

You can want something new and feel nervous about it. Both are welcome here.

Perhaps this is your first experience of intimacy. Perhaps you are returning to it after a long time. Or perhaps you simply want an evening that feels entirely your own.

Her Confidant is a female-led companionship agency for women and couples, founded by Anna Grosman. Every booking starts with a conversation about you: the company you enjoy, your hopes, your questions and your boundaries.

This guide takes you from that first hello to the morning after. Read it in order, or open the chapter you need today. There is no obligation to book.



02 · MEET HER CONFIDANT

Your first hello is with Anna.

A real conversation with the woman who created Her Confidant.

Anna founded Her Confidant on Valentine's Day 2024, after more than fifteen years working in intimacy. She wanted women to have a place where their questions, desires and boundaries could be heard.

She is involved from your first enquiry through matching, booking and the follow-up afterwards. You can ask the practical questions, the awkward questions and the ones you have not quite found words for.



Companions are selected through interviews, psychological screening, background and health checks, trial bookings and trauma-informed training. Anna can talk you through the process.

“You can love your life and want more pleasure in it. You can be starting again, or discovering something for the first time. There's room for all of those conversations.”

ANNA GROSMAN · FOUNDER

03 · NOTHING TO REHEARSE

You can start with “I'm curious.”

You do not have to arrive with a plan. Anna can help you find the beginning.

Tell Anna as much or as little as you feel comfortable sharing. You might talk about the kind of evening you would enjoy, what has brought you here, or simply what you would like to understand.

Practical details matter too: your city, timing, budget and any accessibility or comfort needs. You can ask how information is handled and what would be shared with a companion.

What if I don't know what I want?

You can begin with that. Tell Anna what you are curious about, and what you are unsure of. There is no need to choose an experience before your first conversation.

Can I start with company only?

Yes. The Prelude is a two-hour social-only experience. You can also ask Anna about a shorter, private meet-and-greet before deciding on a longer booking.

What will my companion know?

Ask Anna exactly what information will be shared to arrange your booking. You can talk through your preferences and what you are comfortable disclosing.

04 · MORE THAN A PHOTOGRAPH

How would you like to feel?

Attraction matters. So does the ease of being in someone's company.

Anna considers personality, interests, communication style and your preferences when suggesting a companion. It helps to describe the kind of company you enjoy, as well as what catches your eye.

Her recommendation is a starting point. The choice remains yours. If you want more reassurance, ask about the private 45-minute social meet-and-greet before a longer booking. Anna can confirm its current rate and availability.

A FEW WORDS TO BRING TO YOUR CALL

At ease. Listened to. Playful.
Unhurried. Confident. Gently guided.

Which of these feels most like the company you would enjoy? You can share your own words with Anna.

[Explore the companions](#)

05 · FIND YOUR EXPERIENCE

A beginning that feels like you.

Choose with Anna. These are possibilities to talk through, not decisions you need to make today.

Her Confidant Experience

3 OR 4 HOURS | FROM \$1,950 AUD

Begin with a relaxed social date, then continue in your agreed private setting when you feel comfortable. Anna helps you choose a companion and prepare for the experience.

- 3 hours: 1 hour social connection + 2 hours intimacy · \$1,950
- 4 hours: 1 hour social connection + 3 hours intimacy · \$2,500
- A welcome conversation and a follow-up with Anna

[Explore this experience online](#)

The Prelude

2 HOURS | \$1,000 AUD

Dinner, an exhibition or the occasion you have been meaning to make time for. Two hours of attentive social companionship, with no expectation of sexual intimacy.

- 2 hours of social connection with one companion
- Your choice of an agreed social setting
- A discreet follow-up with Anna

[Explore this experience online](#)

Indicative AUD rates checked 21 October 2026. Confirm all costs, availability and inclusions with Anna. Accommodation, dining, travel and other arrangements may be additional. Weekender pricing: confirm with Anna.

05 · FIND YOUR EXPERIENCE · CONTINUED

Make room for possibility.

Erotic Tantric Massage

2 HOURS | \$1,200 AUD

A massage-focused experience for women curious about attentive touch. Talk with Anna about your comfort, boundaries and what this experience includes before you book.

- 2 hours of tantric massage only
- One companion, with boundaries agreed in advance
- Guidance before your booking

[Explore this experience online](#)

The Indulgence

90 MINUTES | \$1,700 AUD

A shorter intimacy-focused booking for women who feel clear about their preferences. If you would like more time to get acquainted first, ask Anna about the signature experience.

- 90 minutes of intimacy with one companion
- Your preferences and boundaries discussed beforehand
- A follow-up with Anna

[Explore this experience online](#)

Indicative AUD rates checked 21 October 2026. Confirm all costs, availability and inclusions with Anna. Accommodation, dining, travel and other arrangements may be additional. Weekender pricing: confirm with Anna.

05 · FIND YOUR EXPERIENCE · CONTINUED

Time, entirely your own.

The Sleepover

14 HOURS | \$5,500 AUD

An evening, a night and a slow morning together. The time allows conversation and connection to unfold, with plans agreed before your booking.

- Usually 7pm to 9am with one companion
- Social connection, intimacy and overnight company
- At least 7 hours of sleep for your companion

[Explore this experience online](#)

The Weekender

38 HOURS | CONFIRM WITH ANNA AUD

Friday evening to Sunday morning with one companion. Shared plans, conversation and time together, with the practical details thoughtfully arranged in advance.

- Usually Friday 7pm to Sunday 9am
- Social connection and intimacy
- At least 7 hours of sleep per night and personal time

[Explore this experience online](#)

Indicative AUD rates checked 21 October 2026. Confirm all costs, availability and inclusions with Anna. Accommodation, dining, travel and other arrangements may be additional. Weekender pricing: confirm with Anna.

05 · FIND YOUR EXPERIENCE · CONTINUED

Shared curiosity. Clear boundaries.

Couples

3 HOURS | \$3,500 AUD

For couples exploring an experience with one male companion. Begin by talking together, then with Anna, about what each of you wants and what is off limits.

- 1 hour of social connection + 2 hours intimacy
- One companion joining a couple
- Boundaries and expectations discussed before the date

[Explore this experience online](#)

3SOME

3 OR 4 HOURS | FROM \$2,800 AUD

An experience with two companions, beginning with time to connect socially. Anna helps coordinate the people, expectations and practical details.

- 3 hours: 1 hour social + 2 hours intimacy · \$2,800
- 4 hours: 1 hour social + 3 hours intimacy · \$3,500
- Two companions, matched with your preferences in mind

[Explore this experience online](#)

Indicative AUD rates checked 21 October 2026. Confirm all costs, availability and inclusions with Anna. Accommodation, dining, travel and other arrangements may be additional. Weekender pricing: confirm with Anna.

05 · FIND YOUR EXPERIENCE · CONTINUED

A different way to choose yourself.

The Goddess

4 HOURS IN TOTAL | \$3,000 AUD

A private boudoir photography session followed by the Her Confidant Experience. The photography and companionship can take place together or on separate dates.

- 1 hour of boudoir photography
- 3 hours companionship: 1 social + 2 intimacy
- 10 fine-art prints, digital versions on USB and a keepsake box

[Explore this experience online](#)

The Reawakening

6 HOURS IN TOTAL | \$3,500 AUD

An experience combining sessions with an intimacy expert and time with a companion. Speak with Anna and the practitioner about whether it suits your individual needs.

- 1-hour preparation session with an intimacy expert
- 4 hours with a companion: 1.5 social + 2.5 intimacy
- 1-hour integration session with your practitioner

[Explore this experience online](#)

Indicative AUD rates checked 21 October 2026. Confirm all costs, availability and inclusions with Anna. Accommodation, dining, travel and other arrangements may be additional. Weekender pricing: confirm with Anna.

06 · A LITTLE CLARITY

Let's make it feel simple.

The details are agreed before the date, so you can arrive knowing what to expect.

Give Anna your preferred dates and allow at least 48 hours where possible. Availability, location and any additional costs are confirmed before the booking is secured.

Bookings are secured by upfront bank transfer using the instructions Anna provides. Accommodation, dining, tickets, flights and applicable travel are additional. Ask for the full total and the current cancellation or rescheduling terms before paying.

You arrange your accommodation and activities, with Anna's guidance if you need it. Keep her updated on the address, reservations and any changes.

01 Choose, together

Companion, experience, date and location.

02 Understand the details

Total cost, inclusions, boundaries and booking terms.

03 Confirm with Anna

Follow her payment instructions and receive confirmation.

07 · MAKE SPACE FOR YOURSELF

A little preparation. A little anticipation.

You do not have to become someone else for the evening.

Choose something you feel comfortable in. Give yourself enough time to arrive without rushing, and leave a little space in your day around the booking.

Nerves do not mean you have to push through. Tell Anna what is on your mind. If you need to change the plan, contact her and ask about the applicable booking terms. Your comfort matters.

YOUR LITTLE BEFORE-THE-DATE LIST

- ☐ I have asked the questions that matter to me.
- ☐ I know my companion, experience, date and meeting point.
- ☐ I understand the total cost and the cancellation terms.
- ☐ I have arranged my location and any reservations.
- ☐ I have shared the boundaries and practical needs I want understood.
- ☐ I have Anna's contact details and know I can ask to pause.

Ticks stay in your saved PDF if your reader supports saving form fields. Keep your copy somewhere private.

08 · THE MOMENT IS YOURS

There is no script.

A hello. A conversation. Permission to take your time.

Anna checks in before the date and confirms how you will recognise each other. Let her know about any delays; once you have met, send a quick message to confirm the booking has begun.

Your time together follows the experience you chose. Social-first bookings begin in an agreed social setting. Any move towards intimacy depends on mutual consent, throughout.

You can slow down, pause, redirect or stop. Paying for time does not create an obligation to do anything. If you want to extend the booking, contact Anna to confirm availability and the additional price first.

SMALL WORDS. COMPLETELY ENOUGH.

“A little slower.”

“Can we pause?”

“I'd like to stop.”

You never need to find a more convincing reason.

A little space to take it in.

You get to feel however you feel.

Anna follows up after the booking. You may want to talk, send a short message or take some quiet time first. Share what you want her to know, including anything you would have liked to be different.

If you are invited to share a Love Letter or speak about your experience, it is always optional. You can decline. Ask how your words and identifying details would be handled before agreeing.

Your information is handled by the people and service providers involved in delivering the service. You can read the privacy policy, ask questions or request access, correction or deletion through Anna.

“Anna checked in with me and made the whole process feel easy, safe, and supported from start to finish.”

A Her Confidant client · [Read on the website](#)

[Read our privacy policy](#)

10 · YOUR NEXT CHAPTER

The next step can be a hello.

You have read the guide. You still get to take your time.

A welcome call is a chance to ask your questions, talk through the options and see whether Her Confidant feels right for you. Nothing is decided until you decide it.

Prefer a little more discovery first? The quiz can help you explore what draws you in. Or keep this guide and return whenever the time feels right.

Book a call with Anna

Explore the Her Confidant quiz

Visit Her Confidant

A private conversation. No obligation to book.
hello@herconfidant.com.au · +61 449 918 907

Her Confidant acknowledges the Traditional Owners of the lands on which we operate, and pays respect to Elders past, present and emerging.