



*Hi, I'm
Patricia*

THE PLEASURELIT ALCHEMIST

**MULTI-AWARD WINNING
& CERTIFIED**



Long Bio

Patricia is the Pleasurelit® Alchemist — guiding people of all genders who have moved through challenging life experiences and, even after doing “the work,” still feel numb, disconnected, overextended, or stuck in cycles of shutdown. She helps them return to an embodied state of aliveness, love, magnetism, and deep connection to pleasure.

Her signature program, Pleasurelit Alchemy, integrates somatics, tantra, yoga, breathwork, embodiment, energetic alchemy, trauma-informed practice, holistic health, and years of lived experience. This method leads them through an alchemical journey of release, awakening, ignition, and integration — a process that transforms emotional and energetic blocks into confidence, openness, pleasure, and magnetic receiving.

With over 20 certifications across sexuality, tantra, yoga, health, breathwork, trauma, energy work, fitness, meditation, and business, Patricia brings a rare depth and wide skill set to her work. Her teachings are grounded, accessible, and deeply attuned to the emotional body, blending scientific insight with lived, embodied wisdom.

Through her bestselling book, transformative online programs, and community space, Patricia is shaping a new era of pleasure-based personal development — reclaiming the truth that everyone is meant to be and live Pleasurelit® unapologetically.

Short Bio

Patricia is the Pleasurelit® Alchemist and founder of The Pleasurelit Way and Pleasurelit Alchemy — a transformative unique method that guides people of all genders from numbness, disconnection, and emotional shutdown into embodied pleasure, confidence, and inner radiance.

With a background spanning somatics, tantra, yoga, breathwork, sexuality, health, trauma-informed practice, energy work, and over 20 professional certifications, she blends science, embodiment, and energetic alchemy into life-changing teachings.

Her work helps people awaken their Pleasurelit energy — the embodied energy that makes you feel alive, loved, magnetic, and open to receiving again.

Patricia is certified in

- Somatic Sex Coach
- Tantra Practitioner
- Trauma informed Coach
- Yoga Teacher (350hr)
- Breath work Facilitator
- Meditation Teacher
- Reiki Master
- Professional Female Domination/BDSM
- Sensual Dance Teacher
- Trainer & Assessor
- Nutrition Coach
- Personal & Master Fitness Trainer
- Business management
- & many more

Quick facts about Patricia

- she/her
- single
- pan-, demi-, sapio- & autosexual
- late 30s
- Mum of 2
- Originally from Germany, living in Australia
- DV, abuse and anorexia survivor
- libra with scorpio in venus
- Human Design: Generator, 6/3
- Love Language: Acts of service
- Erotic blueprint: energetic with kinky & sensual type
- fac colour: red, black, leopard

Social Media & Audience Insights

STATS NOVEMBER 2025

IG pleasurelitpatricia

109k

PornHub Sex Education
Pleasurelit

1.4K subs
858k views

IG pleasurelitwithpatricia

17k

IG templeofpatricia

18k

Website traffic/month

65K



Twitter/X

20K

1. US
2. Australia
3. Europe

YouTube Pleasure Reviews

9k

YouTube Pleasurelit

2.8k



Reddit

23k

male body people >
female body poeple

Spotify Podcast

38k

Main Age group 25-55
years

TikTok pleasurelitpatricia

11k

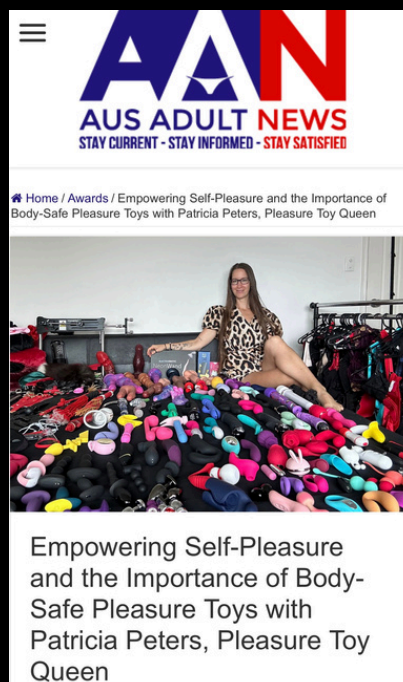
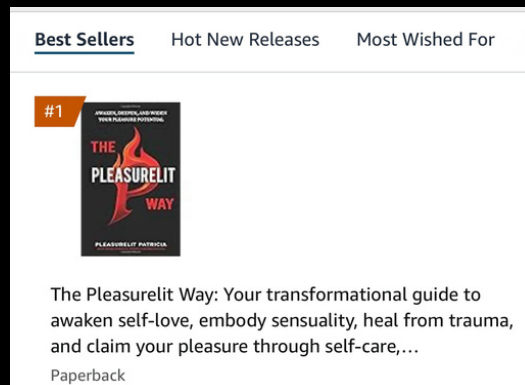
Pleasurelit Email List

1.4K

Engagement & reach varies greatly on all profiles

Services & Opportunities

- Education
- Reviews
- Coaching
- Consulting
- Collaborations
- Sponsorships & Promotions
- Podcasts & Speakings
- Events & Workshops
- Writing
- Content Creation



What Brands have said:

Viva Desire: "I found the service from "Pleasure Toy Queen" to be absolutely top-notch! The process was smooth and professional, and Patricia's approach made everything feel personal and engaging. I felt truly taken care of. What I liked most was Patricia's attention to detail and the incredible depth of knowledge she brought to her reviews. The way she highlights the unique features of each product is both thorough and captivating, making it clear that she puts a lot of care into her work. Honestly, there's nothing I didn't like. Everything was handled professionally, and Patricia's energy really shone through in every aspect of the service. Patricia is incredibly knowledgeable and professional, yet approachable and warm. She creates such a comfortable atmosphere that makes it easy to trust her expertise. Working with Pleasure Toy Queen has been an absolute pleasure! She is highly professional, incredibly detailed, and brings a personal touch to every review. Her content is always engaging and reflects her passion for what she does. I highly recommend Pleasure Toy Queen for anyone looking for a top-notch reviewer who truly cares about delivering quality."

"Patricia is very reliable with her timing. Doesn't take the briefs too literally and has a talent for achieving the perfect balance between what we need and what is organic for her and her page. It is easy to work with Patricia and she is reliable. It's all fantastic.

Just want to say thank you for being so great. I work with so many influencers at one time and finding people that are professional, friendly and reliable is a huge thing for me. I love working with you so far and am enjoying every minute of it."

Jason, aka Mother

"Great review! Very proactive and enthusiastic and knows the industry well. It felt honest and authentic, not just "this product is great, go buy it". We strive for organic feedback and reviews whether it is good or bad or indifferent, and that's what Patricia provided. Patricia is absolutely professional, approachable & knowledgeable. Trisha provides a lot of continuous content and seems to really love what she does."

LELO

It's an absolute delight to collaborate with Patricia. Following our partnership, whenever a new product from our brand requires a review, Patricia will be our first choice now. The remarkable experience of our collaboration truly speaks for itself. From the outset, Patricia shared her comprehensive review plan, providing clear timelines that enabled us to organize our promotions seamlessly. True to her word, Patricia not only met but exceeded expectations by delivering her tasks punctually and exceptionally. Throughout our collaboration, her proactive follow-ups on the review process were truly invaluable, making the entire experience with her truly exceptional. Patricia can give the audience a clear understanding of the features and highlights of the product. Big thanks for your hard work! Your enthusiastic approach to reviewing our sex toys really gets us inspired."

Loli's Nook

What Brands have said:

"Patricia approached us wondering if we would be interested in a collaboration. After reviewing Patricia's social media we arranged a face meeting. Patricia is an honest and real reviewer. She is genuine in her review on what she likes or dislikes about a product. Patricia has been a pleasure to deal with. She is professional and approachable to deal with and in my opinion is knowledgeable on her reviews."

BeDaring

"It was amazing. The details Trisha shared and her passion for reviewing new products! I liked every second of our collaboration. Would be better if the youtube video is linked in the instagram post caption. Patricia is very knowledge, approachable & professional. It was such a pleasure working with Trisha! She is passionate about her work, heartfelt, productive, reliable, and always delivers on time."

Arosum

"We are very satisfied. She created lots of amazing contents and post them on various of social media platform. And she responded very fast and always keep updates. Would recommend her."

Funzze

"Working with Tricia was an absolute pleasure and she delivered fantastic content for us, especially the videos. We loved the candid and informative videos and felt they were very well made. Very much knowledgeable and professional. Would recommend. Thank you Tricia."

Sextowels.com

BOOK REVIEW

BOOK REVIEW

"First, I want to say thank you- a huge thank you, to be honest. I recently started working with my somatic therapist on reconnecting with my body, sensuality, and se/uality as an injury I sustained 2.5 years ago had a huge impact and led me down a path of deep healing from my experiences of ab/se as a child. But I've been scared and holding back, which has impacted me, my relationship with my partner, and as you say- so many parts of my life. Your book has brought me back to me. And for that, I simply don't have the words to thank you enough. Your book has made a difference to one person already. I feel so blessed. Serendipity, indeed. As I write this, I'm sitting here in my se/iest underwear - that I haven't worn for the past three years- and I feel alive, and vibrant, and so excited to explore me more from the pleasurelit perspective."



BOOK REVIEW

"I think of pleasure in so many aspects of my life now - lots of work to do, but the awareness is helpful. I also realised that I do hold my breath when I oo so I've made a conscious effort not to do that and it has made a difference. Being back in the gym and beginning to feel strong is making me appreciate my body so much more- I even spent a few minutes consciously loving myself in the bathroom mirror the other day. That's never been something I have found easy to do due to past trauma, but doing it The Pleasurelit Way made it so much more accessible than "just look in the mirror and tell yourself you love yourself." That has been so hard for me- but being playful and fun is much easier and natural for me. So, thank you for all the knowledge and awareness you have brought through your book!"



"I was sitting on the couch editing the other day and my 14yo daughter came and sat next to me. When she does this, she often reads over my shoulder to see what I'm doing. I was working on a section that referred to self pleasure, and my initial instinct was to cover/close my laptop. Now, she is my baby, and I forget she's growing up, but it was a good moment of awareness for me and I caught myself before I acted, then explained to her what your book is about. She was very open to the conversation and we ended up having a great chat. What a beautiful opportunity to normalise pleasure and exploration with a younger person! And a moment for me to catch some of my conditioning and recognise it for what it was, then choose another path. So good!"



Dennis Brady

★★★★★ Verified Purchase

Pleasurelit Way.

Reviewed in Australia on 7 September 2025

I was really amazed at Patricia's life experiences and what she has actually been through to get where she is today.

The book is based on real life experiences and her desire to live a better life. A life that brings her joy and happiness. The Pleasurelit Way. 😊

And throughout the book you are given tips and techniques on how to achieve your own Pleasurelit Life.

Do yourself a favour and grab a copy today.

Danielle

★★★★★ Verified Purchase

Highly recommended read for any and every human!

Reviewed in Australia on September 1, 2025

Such a valuable read! I highly recommend. This book is full of wonderful reminders, and examples of, mindfulness, advice for slowing down smelling the roses and enjoying life more and how to cultivate more self love. The author Patricia shares valuably of her own life experiences and becoming more empowered - so inspiring.