

Part One

An Introduction To Sensual Massage

A relationship between lovers is not only founded on trust, support, fidelity, and love. It is also founded on intimacy.

And intimacy is a play that is performed by two bodies. It could be as simple as a gentle caress, or as symbolic as a tender kiss, or even as passionate as a scintillating lovemaking session. Regardless of its form, intimacy remains as one of most important aspects of any romantic relationship, whether it be of the conventional variety, or the alternative type.

And one of the best ways to practice intimacy between couples is through the art of sensual massage.

Massage in itself is an invigorating psychosomatic experience. It is the perfect treatment for the relaxation of the mind as well as the body.

Massage is also as instinctive as other basic functions. It is not something that was gradually introduced to the modern world. As a matter of fact, the art of massage has been in existence since the dawn of time, way before humans ever walked the earth. Animals massage each other, as well as themselves. Just look at a cat rubbing his back. Or even lovebirds giving each other a peck on the neck.

Massage is the purest form of sensual expression, optimally utilizing the sense of touch. We use our hands – most of the time, that is – to push some pressure points on our partner's body. This would trigger a liberating feeling on his/her part. Liberation from what, you might ask? Different people have different answers.

Some claim that they feel liberated from their worries.

Others claim that they feel liberated from their physical and emotional pains.

While quite a number claim that they feel liberated from the ghosts of their pasts.

Regardless of the distinct benefits that massaging can bring to our lives, there is no denying the fact that it works, and that its efficiency is something as universal as recorded and acknowledged history.

Medicine And Massage

Some quarters condemn massage as a fraudulent attempt of healing.

This is a misguided notion.

The healing qualities of massage are well documented. The body is made up of certain pressure points that, once triggered, would result in a domino effect which would lead to the better functioning of its many parts.

These pressure points are delineated in a study that has come to be known as Reflexology. Reflexology is founded on the principle that bodily behavior is dictated by a series of reflexes, and these reflexes can be manipulated by stroking certain points on the feet and the hands.

But more pressure points abound on the human body.

As a matter of fact, every area of the human body has a pressure point that serves a specific purpose. Stroking these pressure points the right way would produce a lot of therapeutic benefits for the patient.

Modern medicine has accepted the importance of massage in a holistic approach to healing. A collegiate academic course, Physical Therapy, has been acknowledged as an Allied Health Profession, giving more credence to how massage has become a venerable treatment method for these times.

Society And Massage

Throughout the ages, society has perceived massage as the ultimate form of pampering.

Queens and princesses had dedicated retinues whose sole purpose was to reinvigorate their royal bodies with deep strokes and penetrating rubs, coupled with the rarest oil they could offer.

Kings and king makers treated themselves with sauna baths and massage after a good day's work of running their territories.

In China, massage was incorporated in their healing treatments. There is no ailment that cannot be cured by proper massage, so they claimed. This gave rise to the science of reflexology, and alternative healing methods such as acupuncture and pranic healing.

In medieval Japan, feudal lords and samurais looked forward to weekends so that they could enjoy the best massage from the best masseurs in their areas. Geishas were trained to give perfect massages. Without learning this skill, it was said that the completion of their ascent to full geisha-hood was incomplete, as they'd never be able to please a man if they did not know how to give a great massage.

Nowadays, massage as a form of treatment is enjoying renewed interests and a resurgence in its popularity. The New Age thinking that was heralded in the 1990s persist to this very day. The union of mind and body in all things, relaxation included, has become the goal of many individuals. And such union is perfectly captured in one blissful moment of massage.

Massage For Any Gender

Massage knows no gender.

It can be practiced by a woman on a man. It can be practiced by a man on a woman. And it can be practiced by people belonging to the same sex.

Such has been the practice for many, many years.

Hence, it is perfectly valid to say that massage is one of the first activities that promoted gender, and inter-gender, equality. The discipline never discriminated against sex, race nor creed. It is a venue where everything stands in equal footing, where the primary intent of pleasing the recipient is above everything else.

Massage is also one of the first activities that incorporated sexuality into an otherwise instinctive process.

Massage And Your Instincts

Let's put it this way...

If you're suffering from stiff neck, what's the first thing that you're bound to do?

Touch and knead your nape, right?

If your tummy is aching, what action will you tend to take?

Rub your stomach, right?

If your head hurts, what are you most likely to do next?

Rub your temples, right?

These are all forms of massaging. Massage is indeed engraved in our instincts. It's part of the human nature. It is how massage developed into the discipline and science that it is today. When people feel discomfort, their tendency is to touch the area that hurts, and rub it until the pain goes away.

There are, of course, some medical explanations for the efficiency of this instinct. Pursuing these explanations actually gave birth to massage.

Some pains are caused by tangled nerves. Others by accumulated blood clogging. A few by stiffening of the joints. By rubbing these areas, you'll be loosening them up and helping them relax. This gives them the boost they need for the next day.

The same principle applies in massage.

Massage is about caressing and applying pressure to specific points of the body, with the aim of causing a chain reaction that would totally reinvigorate the recipient's mind and body.

But What Is Sensual Massage?

Sensual massage, basically speaking, is massage that is meant to give pleasure to your partner.

Now, pleasure can be derived in many ways. This can be in the form of:

- release from physical pains, like aching muscles, knotted nerves, hurting joints, and the like;
- release from emotional troubles;
- release from anxieties and stress;
- heightened sensuality, that can lead to less inhibitions during lovemaking;
- mood-setter for romantic adventures;
- more blissful orgasm, resulting from unity of the patient's mind and body, and the unity of two bodies engaged in such an intimate act;
- reassuring sign that will never fail to give comfort to our partners;
- another method of communication which is often used without the benefit of words;
- relief from anger;
- cure for depression and sadness;

- relief from other effects caused by contracted ailments, injuries or diseases

Indeed, there are many advantages that can be gained from practicing sensual massage on our partner. Seldom are there wrong strokes, since massage is basically instinctive.

But few people actually manage to find the right strokes, thus, they miss out on some wonderful possibilities of wild and amorous romance.

You see, people don't only possess pressure points, they also have erogenous spots that, when touched and caressed the right way, would unleash their most basic tendencies of an affectionate nature. Some of these erogenous spots, or erogenous zones, are quite popular, as they have been portrayed in popular culture time and time again.

But most of them remain hidden... revealing themselves only to those who have committed themselves to the discipline that is sensual massage.

Can Sensual Massage Improve Your Sex Life?

Most definitely so!

Ever been accused of being too fast with the gun? This is a term for people who would rather skip foreplay and go straight to the action.

Foreplay, of course, is very important in lovemaking. It's more than just arousing your partner, it's about awakening the senses for a truly heightened experience.

Sex without foreplay is comparable to eating food without taste buds, according to some folks.

Sensual massage is the best kind of foreplay there is. By caressing and activating certain spots on your partner's body, you're priming him or her up for some wild moments ahead. His or her sensations are heightened, and every little thing you will do has explosively blissful effects.

With all the benefits that sensual massage can provide for your relationship, there is no doubt that this activity should be integrated into the life the couples are supposed to enjoy together.

No wonder many marriage counselors actually endorse sensual massage as one of the best activities that troubled couples can engage in to rediscover the love they may have seemingly lost, and to forge sturdier ties that will withstand the challenges that await them in the future.

And if sensual massage can weave that much magic for troubled couples, what more when the partners actually don't have any dire misunderstandings jeopardizing their relationship?

There is absolutely no question about it.

Sensual massage can fortify relationships.

Sensual massage can bring hearts closer to each other.

Sensual massage can trigger mind-blowing sex, figuratively, and perhaps, even literally.

There is no reason why you shouldn't try sensual massage. It's one of the best ways to show your partner that you love him or her, that you worship every little aspect of his or her being, and that you truly care.

Sensual massage is easy to learn, once you become acquainted with the proper steps to take.

And such is the job of this eBook.

It will show you how.

Part Two

The Basics Of Sensual Massage

Sensual massage is all about rubbing, kneading, and sometimes even hitting the body in a variety of beneficial and pleasurable ways.

As such, there are quite a number of movements you will have to master. But of course, before you can master them, you will have to learn the basics, right? The mistake that a good number of people make is that they tend to believe that anyone can give someone a massage.

While massage is something instinctive, as we have previously discussed, it is by no means a feat that should be taken for granted. Your instinct will lead you to the right places, but not to the right spots. Your instinct will let you know how much pressure to apply, but never the motion that should be practiced.

These are things that only a deeper study of the discipline will reveal. They are not techniques you just pick up. They are techniques that you should commit yourself to learn.

And with sensual massage, where a more intimate connection between the participants is required, a good grasp of the basics will go a long, long way in pleasing your partner.

In this chapter, we're going to discuss the things that you must know before advancing to the finer points of sensual massage. Illustrations are provided, and if you wish, you can practice the fundamentals you will learn in the following pages on a semi-firm pillow that could represent a particular portion of the human body.

Stroking

The first thing you need to learn is the art of stroking.

Stroking is also known as effleurage in some circles. Many sensual massaging patterns are built around stroking, so it is very important that you develop a good comprehension of this aspect to facilitate optimally rewarding sensual massage sessions later on.

Here is how you could practice the basic technique:

1. Get a pillow.
2. Hold your arms down on the surface of the pillow. Pretend that it's your partner's back. Your fingers should be close together, though your thumbs may extend to feel the other areas of the surface.
3. Apply gentle pressure on the surface with your palms. Then, try applying an equally gentle pressure with your thumbs. Make sure that you maintain the level of pressure and at no moment should your hand detach from the surface.
4. Without breaking the level of pressure, rub the surface with either your palms or your fingers on a centripetal motion, that is, a motion directed towards the center. This center will be anchored on the heart area. Even if you'll be massaging your partner's back, you should always keep in mind where the heart area is, as your strokes would be going towards that direction.
5. Try to build up the pressure ever so gently. The increase should not be sudden.

There are two types of stroking.

First we have what is called *superficial stroking*. Superficial stroking entails very, very gentle rubbing. With this kind of technique, your motions could be centrifugal, that is, motions directed outward from the center, which we have established to be the heart. The reason for this is because the slightest pressure is applied, and you want to go towards the direction of body hair, which is almost always moving away from the heart.

In superficial stroking, your palms are responsible for most of the action. Fingers can be used, of course, but only for leverage and to apply specific pressure, which should be just as slight.

Superficial stroking is perfect for sensual effects. If you want to increase the sexual drive of your partner, then this is the perfect method to employ. The strokes, which are described as softer than caresses, produce a very romantically intimate feeling that will promise your partner the many pleasures to come.



The second kind of stroking which you should familiarize yourself with is what is popularly called deep stroking.

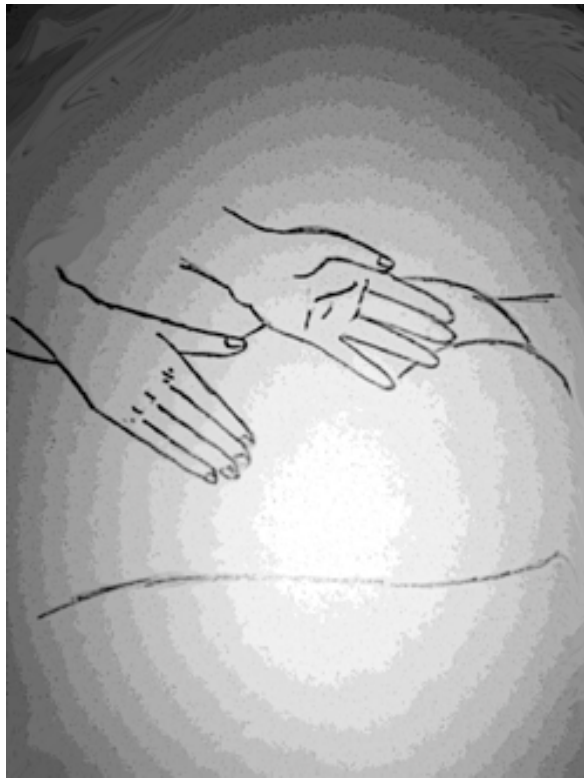
Deep stroking is the exact opposite of superficial stroking. In this method, you will have to apply a stronger degree of pressure. The idea behind deep stroking is to assist the heart, as well as proper circulation. Hence, all motions must be centripetal.

Deep stroking produces both mechanical and reflex effects that are beneficial for the body. It reduces stress, eases tension, relieves pain, and tones muscles for a truly invigorating experience.

Percussion

If you're familiar with the term, perhaps you'll wonder why percussion is included in a guide about sensual massage.

The truth of the matter is, percussion is a very effective way of loosening up stiff muscles and improving blood circulation.



Percussion has four basic movements:

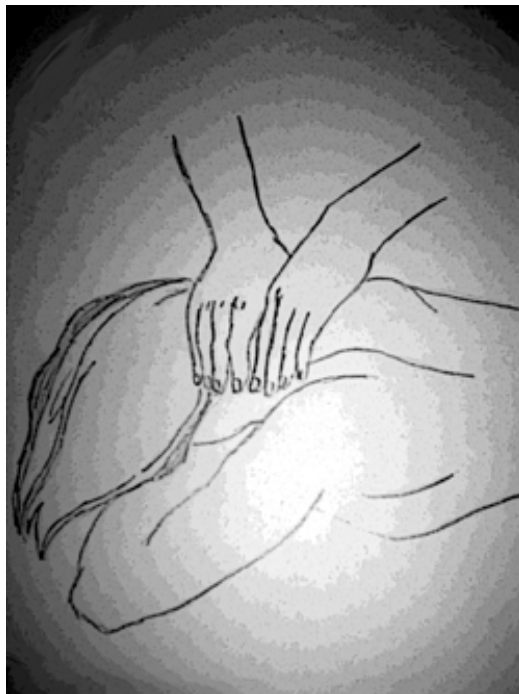
1. Hacking. Hacking involves hitting the surface with the edge of the hands. The edges of your hands bounce off the surface alternately, and the motion is very much similar to chopping, with your hands serving as the blade and the surface as the chopping board.

2. Clapping. The fingers and the palms curve inward as they hit the surface of the subject, producing a deep sound that causes an invigorating sensation.
3. Beating. Beating is drilling the subject's particular area with the masseur's fist.
4. Tapping. Tapping involves the application of deep pressure using the fingers.

Though percussions are generally reserved towards the end of a massage session, some practitioners warn against its application on subjects who are suffering from particular illnesses. Often, percussion involves vibrating or shaking movements that are not be conducive to everyone's health.

Kneading

Kneading is another pleasurable method employed during a massage session. *Kneading* occurs when the masseur grasps the subject's loose flesh. The flesh is held in between the masseur's thumb and fingers, to the degree that comfort allows. Thereafter, the masseur gently and slowly releases the flesh.

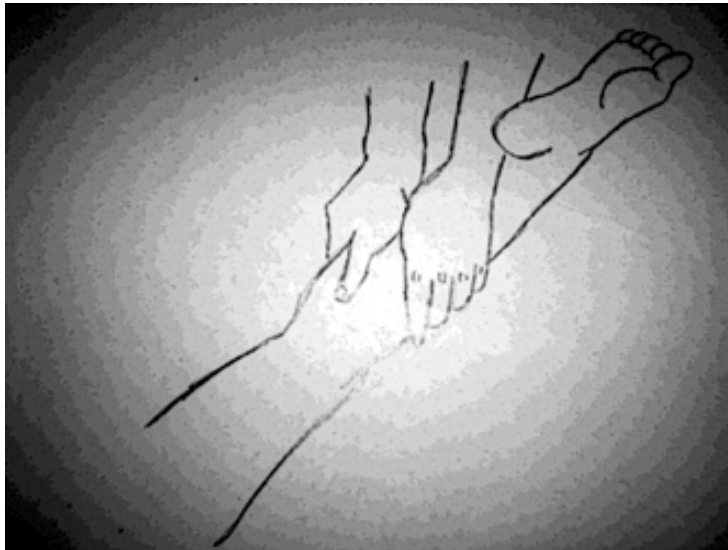


The point of kneading is to enliven the body cells and improve blood circulation. On certain spots, it could also help loosen the muscles for a very relaxing aftereffect.

The important thing to remember with kneading is that you should never squeeze too much. As we've mentioned, press the loose flesh only to the point that it's comfortable for the subject. If the subject feels pain, lessen the pressure. This goes for every method involved in sensual or other types of massage.

Friction

Friction involves the rubbing of your hands on the subject's surface. It is said that friction is a great way of loosening up scar tissues which could lead to faster healing. It also exposes the blood to desirable temperature which would improve circulation.



Friction is quite easy, and is perhaps the most intuitive of all massage techniques. Holding your lover's hand while walking along an avenue, rubbing it constantly and firmly, is friction at work.

Indeed, with friction, all you have to do is to use your palm or your finger, and rub the subject's surface in a circular and a gently unyielding manner.

The important thing with friction is that you should apply consistent pressure, and your hand should never lose contact with the subject.

With these basic massage techniques in tow, you'll be ready to implement the finer points of sensual massage.

Consider them as the foundations that will prepare you for a journey of self-discovery and pleasure. If massage promises a holistic approach to mind and body reinvigoration, then the techniques above are your tools to make such a promise an absolute reality.

In the next chapter, we're going to start our lessons on the proper ways of conducting a sensual massage session.

Study these lessons as well as the following ones.

Practice.

Then employ.

I guarantee you that your partner will love it!

Part Three

Setting

The Mood

Sensual massage does not start once your hands touch your partner and invite her to a refreshing session of strokes, kneads, taps, percussions, and the like.

It starts way before that.

To get the most out of your sensual massage session, make sure that you prepare the environment well. Sensual massage aims to treat the mind and the body, after all, and what better way to condition both aspects of our beings than to go out of our way to establish an ambiance that our partner will surely appreciate.

For those who have always kept in touch with their romantic side, the ideas that will be presented in this chapter may sound cliché.

But guess what?

They're clichés because they're true. They have proven themselves to be effective, time and time again, and there is no reason why they would fail you.

“Oh, but you don't know my partner!” you might scream.

There are universal ways that could bring out his or her sensual side. These are things that are within your control, and which can conjure some desirable psychosomatic reactions from your partner... reactions which are sure to be conducive to the consummation of your love for each other.

A kiss will always be a kiss, for example. A kiss in the heat of passion and a kiss in the middle of an argument, though made under different conditions, serve the same purpose: to reassure our partner of our love.

The same goes for sensual massage and the preliminary preparations you commit yourself to. They will always have the same effect because they will always serve the same purpose: to please our partner and show him or her how much he or she is truly cherished and loved.

Hence, here are some tips that will help you set the mood for romance, and for a magnificent sensual massage session that can elevate your relationship to the next level of intimacy.

Timing

There is no set time for a sensual massage session, but wouldn't it be nice if you gave your partner a treatment when he or she needed it the most? Here are some moments when a sensual massage offer would be most appreciated:

- When your partner just arrives home from work, weary and tired from the demands of her day and desperate for some rest. You could help your partner unwind by relieving some of that office induced stress.
- When your partner is under the weather and desires some tender, loving care. What better TLC to offer than giving all your time and your effort to make sure that he or she is reared back to good health.
- After an argument or a misunderstanding, you could just spontaneously touch your partner and give him or her a massage, to reassure him or her that though there are points where you guys differ, your love remains true and your commitment remains undaunted.
- Before going to sleep, a sensual massage can be a perfect nightcap. It will relieve your partner of the unwanted baggage he or she has carried throughout the day.

- As soon as your partner wakes up, a sensual massage would be a perfect Good Morning greeting for him or her. It's a great way to start the day on a positive and promising note.

Regardless of the moment, also consider that surprising your partner can reap a lot of dividends. Giving him or her extraordinary treatment for no apparent reason whatsoever will provide a very pleasant surprise for your lover. And who doesn't like nice surprises, right?

Preparing Yourself

Much like how the conductor readies himself before the orchestra plays, you should also prepare yourself for the sensual massage session.

The conduct of the treatment lies on your hands, literally speaking. Your partner may be the star of the show, but you will be the director who makes it all happen.

Consider the following tips before pursuing a sensual massage session:

- Relax. Take slow, deep breaths. Think of happy thoughts and wondrous possibilities. You will want to your partner to feel reinvigorated by the treatment you're about to give.
- Loosen your muscles. Your fingers, your hands, your arms, and a great majority of your upper body as well as some portions of your lower body will also experience quite a workout. Sensual massage is not only about making your partner feel better and become healthier, you'll also gain a substantial workout from it.
- Clear your mind. You will have to focus on your partner. You need to react to how he or she receives your techniques. This requires a mind free of doubts and worries.
- Rub your hands until you feel them becoming warm. Use this warmth on your subject's body for amazing results. Remember, you won't only be conducting a regular massage... you'll be giving a sensual massage. Never forget the "sensual" aspect of the proceedings.

- Conjure patience. This is very important. Sensual is often associated with the word sexual. Though both terms are not really mutually exclusive, sensual massage is not about getting your partner in bed. Rather, it's about preparing him or her for an amazing session of lovemaking, if such is preferred, or an equally amazing feeling of being worshiped and pampered, which is in itself a very sensual disposition to have. Don't succumb to the temptation of copulation in the middle of your sensual massage session. Take your time. It will pay off, eventually.

Take your time in preparing yourself for the sensual massage session. You're not in a hurry. It is as much as an experience for you as it is for your partner, after all.

Preparing Your Environment

Your environment also plays a crucial role in the success of the sensual massage you want to conduct. It will serve you very well if you take your time to come up with everything that would truly set the mood for a wonderful and unforgettable experience for you and your partner.

For a lot of people, ambiance is crucial to set the mood for any event.

Sensual massage is no exception.

Your partner will most certainly appreciate the extra touch of being in an environment that fosters the best that the experience has to offer. The right setting will make him or her more receptive to the pleasures that the sensual massage session promises to give, and by the end of the experience, he or she will feel something more than what can conventionally be conveyed.

Setting the right mood may involve the following preparations:

- Music. Choose the right music. Something soft and erotic would be perfect. It should be soothing for you and your partner. Nothing rough, loud or adrenaline-pumping... strive to find something mild and sensual.

- Scents. You have to try your best to make the session a total experience, and this involves engaging all the senses, including the sense of scent. Aromatherapy products like scented candles and incense sticks are widely available. Just choose the scent that your partner would love the best.
- Temperature. There is no universally recommended temperature range, but it would suffice that the temperature is very comfortable for you and your partner.
- Bed. Since it would be impractical to invest in a massage table, your bed will be alright. Just make sure that the surface isn't too hard nor too soft. Changing your sheets before the massage treatment is also advised.
- Affection. Being affectionate will make your partner more receptive to your planned treatment. It just feels better to receive a massage when your masseur is in a very loving mood.

Oil

Oil is needed for a thorough sensual massage session, literally and figuratively speaking. Oil makes your hands glide across your partner's body with so much ease. And it feels great too, for you and your partner.

Oil, by its very nature, has a texture that is innately arousing. Frictional movements are made easier, and the rubbing of flesh against flesh becomes a more pleasurable experience.

As we have discussed earlier, one of the most basic of human needs is to be touched. Oil increases the sensation that is received from this necessary touching.

What greater sensations are felt when oil is used to supplement a sensual massage session?

Additionally, oil also allows you to work on heavier muscles where there is likely to be some resistance. It makes the rougher surfaces easier to work with, given the slippery property of oil.

There are many kinds of oil which you may choose to use.

The first thing that comes to anyone's mind, of course, is baby oil. There are special massage oils that are being sold in the market. Vegetable oil, mineral oil, and other natural oils can also be utilized.

If you're going to use scented oil, please make sure that neither you nor your partner is allergic to the chemicals used. Oils are as natural as they come, but the scents add some foreign ingredients. Considering how much the oil will be rubbed against the skin, you wouldn't want any allergens to penetrate the epidermis.

Once everything is set, you're ready to begin.

In the next pages, we're going to discuss how to give a proper sensual massage for your partner. We will separate these into three distinct areas:

1. The face;
2. The upper body; and
3. The lower body

You will have to pass through all these areas to give your partner a comprehensively holistic experience that's sure to reward him or her with pleasure and leave him or her wanting more.

Part Three

Massaging

The Face

If the body is considered the temple of the soul, the face can very well be its window. If the face was an organ of the body, it would be the most used. We see through the face. People see our faces before they see the rest of what we have to offer. We communicate with the face. We express through the face.

As such, much care should be give to the face.

It is the first area that our sensual massage campaign should focus on because all sensations emanate from the face. It is the aspect of our body that is closest to our mind, and the mind is what gives out the commands for the rest of our body, after all.

Again, before starting, try clasping your hands to get a grip at the right level of pressure to apply. Clasping your hands will also allow you to prepare yourself for consistent application, which may require more manual dexterity than you might initially expect.

Thereafter, rub your palms against one another. Like we've discussed earlier, doing so gives your palms the temperature that will prove soothing for the surface of your subject's body.

Then you may proceed with the sensual massage.

The Forehead

Start with your partner's forehead.

Position yourself at the base of your subject's head, then place your palms on his or her forehead. Since your palms were made warm by rubbing them against one another, your partner will feel that same warmth. This is a very relaxing experience which is perfect for the start of a promising session.



Alternatively, if the subject so requests or if the subject's preference requires more pressure, you could extend your thumbs to press on the forehead as well as the temples.

Follow the same position as the first technique.

Thereafter, hold your thumbs outwards so that they meet at the center of the forehead.

Now, do some semi-deep stroking with your thumbs through centripetal motions (circular and away from the center). Your palms should be used for support, but at the same time, they should also do some friction motions to relax your partner's head.

Then you can move your thumbs to the temple so that they could work their wonders there. Semi-deep stroking is recommended.

Lesser pressure is required for the temples, however, as they are considered to be more delicate parts of the human anatomy.

This approach is perfect if your partner is overstressed, or is suffering from a fatigue-induced headache.



Another method you could try is to place your hands on the subject's forehead, with one hand over the other, and push down to create a certain degree of pressure that is desirable for your partner.



The temples can also be massaged next.

As we have mentioned earlier, you can use your thumbs for this. Alternatively, you could also use your other fingers while your thumbs are massaging the forehead.

There are two ways to massage the temples:

1. Massage with a downward pattern. This is usually used to relieve your partner of any physical pain he or she might be feeling.
2. Massage with a centripetal motion. As we've discussed, this is usually used to help your partner relax and be reinvigorated after an entire day of stress and tiredness. This is also used to relieve your partner of fatigue or tension-caused headaches.

Both options are equally pleasurable and healthy. They will improve the circulation of blood to the brain and affect the circulation of blood in other areas of the body.

The Eyes

The eyes are delicate areas of the face and they require the gentlest and most special of treatments.

Ask your partner to close his or her eyes, if he or she hasn't done so already.

Now, place any of your fingers on the outer region of her eye lids. Gently stroke that region with your fingers of choice, with enough pressure to make her feel the strength of your touch, but also with enough softness to ensure a painless motion. Now massage this area from the portion above the bridge of the nose going towards the temples.

Then slightly lift your fingers, barely touching your partner's skin, and move back to the area at the top of the bridge of her nose, and repeat the process.

Now, try to feel the outline around your partner's eyes. This should be the rim of her eye sockets.

Massage the outer rim in a circular manner.

Just follow the rim.

You will come to a point when you will touch the bridge of the nose. Once you do, apply some pressure on the portion of the bridge that you're able to touch.



This method is said to be excellent for sinuses. If your partner is suffering from respiratory problems and/or headaches caused by her sinus problems, take more time on this method. The results can be astounding, and most of the time, people claim great improvement after such a treatment.

The Cheeks

Remember the tip on how to be photogenic, that you should loosen your face muscles before posing for the camera?

Massaging the cheeks will produce this result. Not only that, it will also stimulate blood circulation in the face.

Flatten your palms.

Then, place them on each of your partner's cheeks, with your fingers pointing downwards, much like the illustration below.



Now glide your palm up and down, alternately. Your partner's cheeks will also follow these motions, alternately as well.

Then allow the tips of your fingers to settle on the cheekbones.

Massage the cheekbones in a circular manner to help the face relax some more.



Once you have done this, you can glide your hands towards the direction of the temples, and apply pressure through your fingers to massage the area in a circular manner as well.

Lower Half Of The Face

Now, place your palms on the lower half of your partner's face. Make sure that the uppermost portions of your palms are firmly touching your partner's lower cheeks in a triangular position with the chin as the center point.

Then, massage the lower half of your partner's face by simply stroking the area horizontally.

Your hands should separate from the chin, extending towards the temples, with the tip of your fingers following the outline of your partner's jaw.

Alternatively, you could concentrate all your fingers on the chin as well. Then massage the outline of the jaw going to the temples. This will leave your partner with a sensation that will build up to a crescendo and leave her wanting more.



Then you should proceed to a higher area, namely the nose.

Make the nose your new center point. Massage the sides of the bridge once more, then proceed outwards towards the temples. This should further help

loosen your partner's face muscles and relieve her from the stiffening that tiredness or stress may have caused.



Many people believe that massaging the lower portion of the face on a regular basis greatly wards off the physical manifestations of aging. Massaging the lower portion of the face lifts up the rest of the face's features to help maintain a younger-looking appearance.

Not to mention the relief from fatigue and stress that massaging in general provides, of course.

The Neck

The neck, as well as the nape, is a vital point of the body. Located at the uppermost part of the spine, and connecting the most critical parts of the human body, the neck often becomes the battlefield for the wear and tear that the body has to endure.

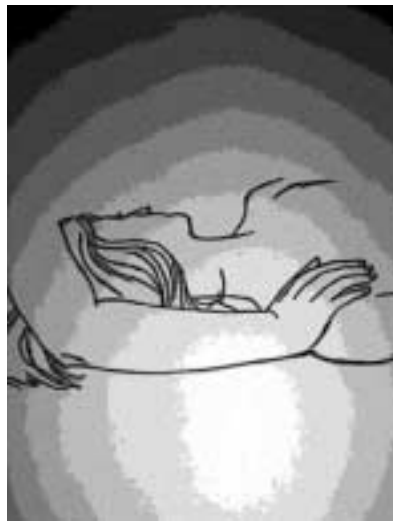
Caring for the neck is a very wonderful experience for the subject. Hence, you should not neglect this area whenever you're giving a sensual massage to your partner.

Slide your hands to your partner's back, with your palms touching his or her body.

With your hands, tap the area you're be able to touch. Exert enough pressure that would make your partner feel your fingers/hands. Make sure that the pressure is not too strong as that would provide discomfort for your partner.



To add more leverage, move the subject's head to one side so that your hand has a wider area to work with. Do this to every side of your partner's shoulders and neck.



Whenever you move your partner's head and he or she tries to do it himself or herself, remind your partner to release all worries. This insistence to help you out is a sign of stress. Ask him or her to let go and allow you to do all the work.

So move your partner's head yourself. This should be a sign of how much you want to make him or her feel better.

The Ears

The area of the ear is one of the most sensually sensitive of all the erogenous zones that the body has. Not only this, but caressing the ears the right way results in renewed vitality for the subject.

Though most massage techniques tend to ignore the ears, sensual massage demands that they should be given special attention.

Massaging the ears is quite easy.

Simply pinch the edges of the ears as well as the earlobes. Allow your hands to glide through the outline of your partner's ears.



Also, focus on the area below the ears. Stroke that portion with your fingers with a little more pressure compared to the strokes you delivered to the rest of the face. This will give your partner an amazingly erotic sensation that will leave her revitalized afterwards.

The Scalp

Massaging the scalp can be fun, and it's actually simpler than what people would usually expect from massage techniques.

Simply shape your hand like a claw, with your fingers extruded.

Then place your hand on top of your partner's head. Dig your fingers into his or her head, with pressure equivalent to the amount you would exert while shampooing.



Then repeat the process on the other side.

Your massaging of the scalp will provide a very relaxing experience for your partner. The scalp, being at the very top of the head, will easily convey the pleasant sensations to the rest of the body. The tendency of pleasure is to move downwards (generally speaking), after all.

In the next chapter, we're going to discuss the proper way of massaging the upper body.

Part Four

Massaging

The Upper Body

Massaging the upper body is perhaps the best way to relieve the physical pains that your partner may be feeling. This section of sensual massage, however, should be carried out with caution. Not everyone can enjoy the benefits of a good body massage. There are some injuries and ailments that will only worsen if stroked, tapped, poked, or stretched.

Hence, it is highly recommended that you first study your partner's medical history before proceeding with a body massage.

Also, since honesty is the foundation of a solid relationship, it would be best if you ask your partner what he or she is feeling. Some illnesses, injuries, or ailments often go undiagnosed due to failure or refusal to seek professional help. We may have the best of intentions in wanting to give pleasure to our partners, but we may be making his or her condition much worse because we're aggravating some serious sickness that we are not aware of.

Try to ask your partner the following questions:

- Is a part of your body feeling a certain degree of pain?
- How painful is it?
- When did the pain start? Could you trace a certain event or activity that brought about this feeling?
- Is it something new, or is it a recurring one?
- Don't you think that it requires medical attention?

Your partner may be refusing to seek medical treatment for a variety of reasons. Financial concerns, fear, laziness... these are only some of the explanations he or she may be harboring. But since you're the dearest person in his or her heart, he or she is sure to open up to you when asked about the condition.

Study the circumstances well, then decide if the physical demands of a body massage would be appropriate for your partner.

If all is well, you can thereafter start with the navel.

The Navel

Like what we have discussed in the previous chapter, your partner should be lying down, as he or she should during the course of the session. This is the position which would give you the best leverage for the massage techniques you will employ, most especially with body massage. You can't simply rely on your hands alone. The pressure required by most of the methods demand a great degree of pressure, and your hands by themselves won't be able to supply the same. You need to use your own body mass, and this can only be done if your partner is lying down and you're sitting or kneeling beside him or her.

So with your partner lying on his or her back, the navel would be exposed.

Place a soft pillow under your partner's backside. The pillow shouldn't be too high to be uncomfortable. Your partner's navel should be elevated just right.

Now place your palm on the area surrounding his or her navel.

You have two options here:

1. You can apply gentle, circular strokes around the bellybutton. This is said to be an excellent cure for constipated people.
2. You can apply deep stroking on the same area. Remember that the motion should still be circular.



Alternatively, you could use your other free palm to follow the main palm used for this exercise. This would give your partner a feeling of heightened sensation.

The Upper Torso

Massaging the upper torso can be done in a variety of ways. Here are some options you may decide on. Better yet, you could try all of them during one session.

1. Position yourself on the top side of your partner. He or she should still be lying down on his or her back. You should remove the pillow on his or her buttocks. Place your hands on both sides of the navel. This is your start position. Now, in small circular movements, move your hands upwards towards the shoulders. Settle on the shoulders for a while and apply a little kneading. Do the entire pattern at least 10 times. This will give your partner the feeling of heightened sensation, which is good for the ancillary purpose of sensual massage.
2. With your partner lying down, tilt his upper body to turn left or right. His or her lower body should still be in the missionary position, however. Place your hand on the side of his or her navel, then slowly slide it all the way to the shoulders. Knead the shoulders for a while, then repeat the process. Do this at least 10 times.

3. Shape your hands into fists. Place your fists on your partner's chest. If your partner is female, place your fists above her breasts. Slide your fists to the side of his or her torso, and gently caress the outline of his or her ribs once you reach that area. Apply a comfortable and delicate amount of pressure, especially when you're massaging a female partner.
4. Turn your partner to his or her side, then stroke your partner's waist area, with one hand alternating with the other. Do this on one side, then turn your partner to his or her other side and do the same motion.

The Arms And The Hands

Often neglected, the arms and the hands are one of the most used parts of the body. Hence, they are very prone to stress. They need the right kind of care as well, and they are one of the focal points of sensual massage. Your partner will surely appreciate the extra attention you give to his or her arms and hands.

Start with the lower arm just above the wrist. Grab the arm with both of your hands and squeeze them just right to improve circulation. Then massage the wrist area with your free thumbs.



Do this to both lower arms.

Slowly raise the particular arm you're working on to drain any superfluous blood that may have accumulated therein.

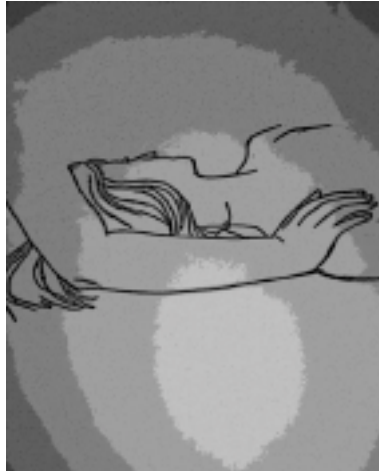


Again, do this to both arms without ceasing your massage technique.

Then proceed to the upper arm, near the shoulder blade. Rest your partner on his or her back. Squeeze the front and back of his or her upper arm with your hands.



Press gently, rubbing both of your hands in an upward and downward motion, alternatively. The purpose here is to make sure that blood will reach this often neglected part of the body. Studies show that the upper arm has the least concentration of blood, and giving extra care to it is greatly beneficial in relieving stress and tension.



Make sure that you don't press too hard on the bones, however, as this part of the body is known to be very delicate.

To get some leverage, stand in front of your partner while he or she is lying down. Elevate his or her arm until his or her palm touches your face. Clamp your partner's wrist with your neck, and knead his or her upper arm, from the elbow to the shoulder blade.

You can also opt to toss your partner's arm from one hand to the other, in a pendulum-like motion, while holding the position above. This is said to be very invigorating, as it loosens up some tight muscles.

From this technique, proceed to the elbow. Simply bend your partner's arm in a 90 degree angle, and knead the back of the elbow as well as its sides. Do this for both elbows.

Then hold your partner's wrist, while his or her arm is still in a 90 degree position. Shape your other hand in a fist, and thread the area from his or her wrist to his or her elbow with your knuckles, applying just enough force as necessary.

After that, proceed to the palm. Hold it tightly with one hand, then rub the palm with the free thumb of your other hand, in a circular motion that would converge at the center.

Proceed to the fingers. Gently hold each of your partner's fingers, and give them a slight pull, in a corkscrew-like motion. Apply delicate force. You wouldn't want to break your partner's fingers!



The Back

Ask your subject to lie down, with his or her face fronting the bed. Kneel by your partner's side.

It's time to work on the back area now.

Position your hands firmly flat on the lower spine of your partner's back, just above the buttocks. Your finger should be pointing inwards. Refer to the illustration below...



Now, gently push upwards, with the right amount of pressure. Follow the line of the spine.

Once you reach the bottom of the armpits, settle your hands towards the mattress. This is to avoid tickling your partner, which could possibly ruin the mood (massaging the back is the most sensual part of the process, after all).

Then quickly place your hands by the side of his chest or her breasts. Begin a downward stroke back to starting position, and settling just above his or her buttocks once again.

Give his or her waist a gentle kneading before repeating the process.

Subsequently, try the other variations of these steps:

1. Place your hands on your partner's back, flat out, with your palms touching the surface. Apply friction and pressure, and move all around his or her back as you would with a sponge on a wooden floor.
2. With your right hand, extend your pointer finger and your middle finger, with rest closing to a fist. Your extended finger should form a Y-shape. Now grasp that hand with the other one to give strength to your extended fingers. Use your extended fingers to scroll across your partner's back, applying pressure through the dual fronts.
3. Always, always, always knead the upper portion of the back. This has a high concentration of muscles, and in Reflexology, this is also where tension and stress builds up. Massaging this area with more force than the other parts of the body will ensure that the massage session is a truly be a rewardingly invigorating experience for your partner.
4. Always allow your kneading motion to settle on the shoulder blades. Of all the parts of the body, the shoulders are the most receptive to a good massage.
5. You could also try positioning your palms in a position perpendicular to the spine. Thereafter, alternatively move your hands horizontally

on your partner's back... in a rapid pace. This action is called "wringing" and it will give your partner a warm, relaxing feeling.



Also, you can shape your fists like balls and apply pressure on your partner's back. The shape of your hand is able to conjure more strength to massage the harder portions of the back, especially the muscle areas. Just make sure that the spine is spared.



Part Five

Massaging The Lower Body

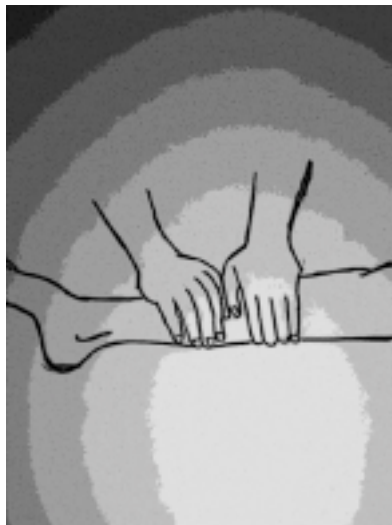
The lower body deserves just as much attention. Being bipedal creatures, we tend to use our feet and legs most of the day. Simply being awake means that our rotary functions are in full play, even more so the joints on the lower half of our physiology.

Allow your partner to rest on his or her back. Position yourself by sitting down at the base of his or her feet.

Cup your hands at your partner's ankle.

Apply as much force as you deem fit.

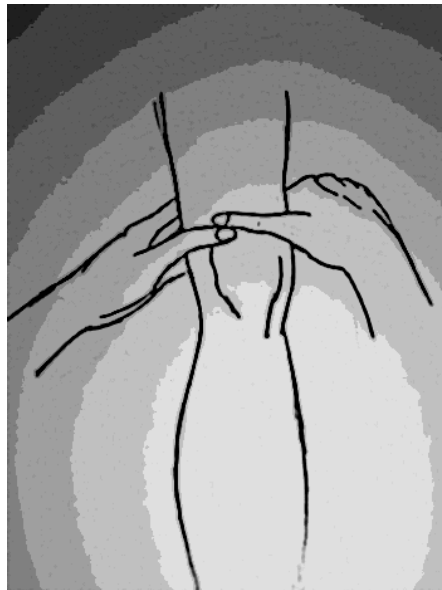
Slowly work your way up to his or her upper thigh, applying and releasing pressure at timed intervals.



Elevate the leg to “drain” accumulated blood. This will improve circulation on the lower part of the body.

Repeat the process for the other leg.

Afterwards, allow your partner’s legs to rest on the mattress. It’s time to work on the knees. Grip the bottom of the kneecap with both hands. Your thumbs should be positioned in front, and they should apply pressure on the knee ball, moving around it in a slow, circular manner.



Next, elevate your partner’s leg so that his or her lower leg would be parallel to the mattress. Place one hand below his or her lower leg, in such a way that your forearm would be supporting the back of her lower leg, just above the ankle.

With your other hand, support the foot.

Then, pull the foot slowly to the mattress, applying pressure to the back of the lower leg the rubs against your forearm.

Rub the back of the lower leg by rhythmically wiggling your forearm.

The back of the lower leg is a pretty difficult area to reach. But with this method, you’d be able to provide for it the care and attention it needs, to ensure a total experience during the sensual massage session.

Do this for both lower legs.



This process is called “rolling,” which is obviously derived from the motion of your forearm as it supports your partner’s lower leg.

Going to the thigh area, just clasp both sides with your hands and knead. There is no better way to massage this portion than kneading.



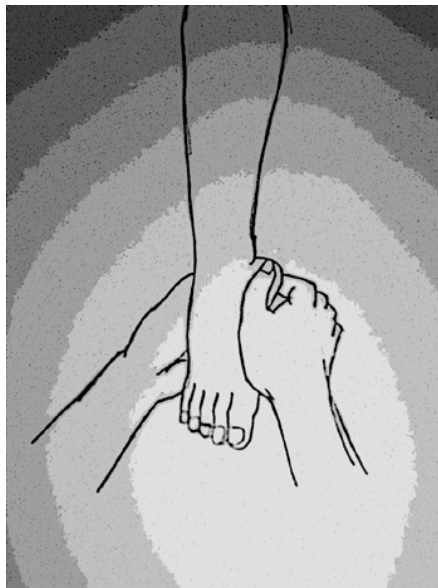
Going to the feet, I have to stress the importance of massaging this part of the lower body. In one of the health and beauty segments of CNN, it was revealed that 89% of the world’s population neglect their feet. This is quite an unfortunate statistic because the feet are perhaps the most used body parts every single day.

Massaging your partner's feet won't only be relaxing, it would be very erotic as well.

Throughout history, care for the feet has always been accompanied by sexual meanings. Queens from every great age had their feet massaged as tribute to the royalty they possessed. Many works of art depict a man worshiping the woman he so loves by massaging her feet.

If you want to truly pamper your partner, then his or her foot should be the coup de grace of your sensual massage session.

Hold your partner's foot with both hands. Extend your thumbs to the upper part of the foot, and knead it in a way that is comparable to breaking bread.



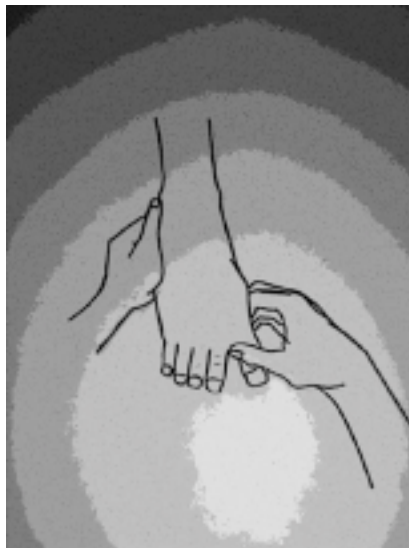
Don't forget to use the edge of your palms, as well, to knead the side of the foot.

Just work your way around the foot area. Treat it as gently as you can, but apply the desired amount of pressure that the circumstances call for. Bear in mind that the purpose of this segment is to reinvigorate the foot by ridding it of the weariness it has accumulated throughout the past days, and to improve circulation to the area and make it stronger for the coming days and the demands thereof.

You are not limited to the front part of the foot. You can turn it around and concentrate on the back area, but be very gentle when dealing with the heel.



Working on the toes should be similar to how you massaged the fingers. Pull each toe gently towards you, in a corkscrew-manner. But do not overdo it. You don't have to hear a cracking sound, contrary to popular belief. You just have to extend them enough to remove any stiffness that many have developed.

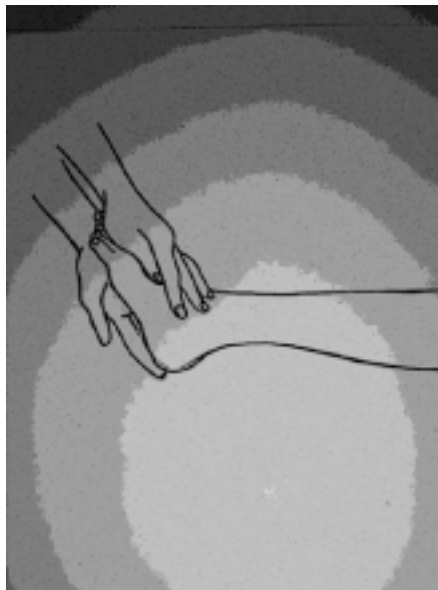


A great finisher to this segment of sensual massage, and the sensual massage itself, is to press the foot with both your hands.

Just let the foot linger there.

Make it feel warm. Assure your partner that you love him or her by holding his or her foot close to your heart.

Once you feel heat developing between your palms, gently – as in VERY gently – rub the foot by making really slight motions with your hands.



This is the perfect cap to what should have been an enchanting and endearing session of sensual massage.

What should you do afterwards?

Well, your partner will be in the mood for more moments of intimacy. What happens next is up to you.

Ending The Session With A Bang

And so ends the sensual massage session.

How to make it more special? Here are some tips on how to put an exclamation point on what was most certainly a memorable experience for you and your partner:

- Seal it with a kiss. After pampering his or her body with many minutes of intense massage, thank your partner for the time with a kiss. It may be a smack on the lips, or a kiss on the forehead, or something more passionate. It doesn't matter. What's important is that you show your partner that the sensual massage was just as pleasurable for you as it was pleasurable for him or her.
- Cuddle. Yes, he or she has oil all over his or her body. But should that stop you from getting naked and joining your loved one in bed? The night is never too late. The morning is never too demanding. There will always be time for some affectionate moments together.
- Talk. You'll discover that sharing your most intimate thoughts with your partner is more pleasant and fun after a deep, sensual massage. There are fewer inhibitions, hence, more openness for the serious and romantic talk you want to indulge in.
- Serenade your partner. Your pampering doesn't have to stop once the massage session is finished. You could sing for him or her, until she falls asleep.
- Second servings! Your partner may – and this is a very strong possibility – ask for more sensual massage treatments from you. Do you have enough strength to spare? Are you up to the task?

Sensual massage will strengthen the bond between you and your partner. It is but fitting that you'd both celebrate the momentous session with something that is as equally, if not more, enjoyable as the massage you have given him or her.

Part Six

Perfecting Sensual Massage

Now that you know how to deliver a great sensual massage, it must be noted that the learning adventure does not stop here.

As with everything else... practice makes perfect.

Giving your partner a sensual massage, you see, is not a onetime thing. Rather, it should be practiced as often as possible.

It's like healthy ice cream. It tastes like the conventional variety, but without all the sugar and fat. Will you not treat yourself to a scoop anytime you'd like?

Sensual massage is an addictive activity between people in love, and even between people who are merely sharing some intimate moments together. The reinvigorating feeling that both participants receive (for the recipient, it's the holistic effect of a good sensual massage, and for the masseur, it's the feeling of having satisfied his or her partner through the efforts) is something that they always long for throughout their moments together.

And as with anything in a relationship, it's a matter of giving in to the wants of our partner.

Sensual massage included.

Before you start thinking that you've created a monster (of the good variety, though), please be reminded once more about the aims of sensual massage. These are:

- To please your partner.
- To get to know your partner better, with more openness and with less inhibitions.
- To help your partner relax.
- To set the mood for more passionate lovemaking.
- To keep the fires of passion burning
- To help ensure your partner's good health.
- To show your partner that he or she is very much cherished and adored.
- To enjoy each other's company to the fullest, including the comforts that can be experienced with a sensual massage session.

Please keep these in mind.

And please be patient.

There will be moments – lots of them in fact – when you'll want to immediately join your partner beneath the sheets.

Control your desire!

Remember that delaying gratification will only intensify satisfaction when it is finally attained. And this is one critical aspect of sensual massage: to build up excitement to a maddening crescendo that will eventually provide a very explosive and wonderful experience for both of you.

Sex is not the end all and be all of a relationship, but let's not be hypocritical here, sex is an important aspect of every affair.

And sensual massage is meant to heighten the emotions and sensations associated with lovemaking, among other things.

Hence, we can come up with the additional rules for giving a sensual massage:

- Never hurry. Enjoy every stroke, every touch, every caress. Time is of no moment. You're with your partner. You're supposed to enjoy his or her company. That's what should matter.
- Never use the moment to bring up past misunderstandings. It's not the time for this. Sensual massage will compel the recipient to surrender to you... as this is a component of trust. Bringing up an old argument would just be taken as something that is transgressive of that trust.
- Feel with your body and not by asking too many questions. "Are you alright?" "Is this okay?" "Does this feel good?" You shouldn't be asking these questions. The silence should be savored. It's part of the ritual. Feel your partner's body, and communicate with yours. It's easier than it sounds.
- "Does it tickle?" This is the question that you should never, ever ask. Being ticklish is more of a state of mind. By asking your partner this very question, you'll just be making him or her think about getting ticklish, and chances are, he or she will. This will ruin the mood, and potentially, the moment.
- Never take unnecessary breaks. The session should proceed uninterrupted. The key is in sustaining the mood.

By avoiding these prohibited acts, you'll guarantee a truly sensational sensual massage session for you and your partner.

This is just the beginning, dear friend.

Have fun on the many joyous adventures ahead!

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THANK YOU!

Thank for taking the time to read Mastering Sensual Massage.

I do hope it has giving you some new insights into the joy and pleasure of Massage and The Power of Touch and will add to the romance and intimacy of your relationship

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