

*Why Your Husband Comes to Me*



**Sensual  
Massage  
Manual**

**VOL. 1**

**SANDRA SUTTON**  
Tantric Massage Expert

## **DISCLAIMER**

This book is semi-autobiographical with names, locations and circumstances changed to protect myself and others. Though I feel the work of a healing, tantric full body massage therapist is important work, the world is slow to catch up.

This work is legal in Australia, New Zealand, parts of Canada and Spain. The world is a cold place and if men or women need this caring, pampering, healing work it should be available with educated, responsible professionals and the information should be available for home use with caution. I do not advocate breaking any law and I encourage more research for any person endeavoring to start a career with this type of work.

Copyright-11-28-2014 Sensual Massage Manual. Why Your Husband Comes To Me. All rights reserved. Copying, reproducing or transmitting any of this material without permission is against the law and you will be prosecuted. Please contact [SandraSuttonSMT@aol.com](mailto:SandraSuttonSMT@aol.com) for permission to reproduce any part of this book.

Please respect the work of the author and direct any party interested in reading this manual to the purchase page. Thank you.

# CONTENTS

[Disclaimer](#)

[Introduction](#)

[Why a Book?](#)

[How I Got Into This Work](#)

[Setting Up for Success!! Decorate for Success!! Dress for Success!!](#)

[Set Up for Success!!](#)

[Decorate for Success!!](#)

[Dress for Success!!](#)

[Giving an Outstanding Sensual Massage-It Is Not Just Hands On](#)

[Basic Sensual Massage](#)

[Nuru Massage](#)

[Basic Tantric Massage](#)

[Playful Bondage Massage](#)

[When Men Get a Little Older](#)

[Spicy Elements](#)

[Hot Candles](#)

[Hot Stones](#)

[Paraffin Dip](#)

[Hot Towels](#)

[Scrubs](#)

[More Thoughts on Any Sensual Massage](#)

[Hints and Tips](#)

[What Do Men Talk About During a Session?](#)

[What Your Husband or Client is Requesting](#)

[Types of Emails That I Avoided / Timewasters](#)

[Preview of Volume 2](#)

[Glossary](#)

[Dedication](#)

## **Introduction**

When I am working with my clients I often tell them I am going to offer a class and this class would be for women who are about to be married or anyone who wants to give their man something extra special. Of course there could be couples classes, but, that would be another type of class.

This class would be aimed at all women who want to learn about the art of sensuality massage and how much more it is than a quick body rub. They wish to transport themselves and their significant other into a pleasurable healing realm-connecting them even more with this shared experience. It is also for the woman who feels drawn to this profession and would like as much information when they start to avoid pitfalls and be safe.

My clients have come to see me from all over the world (thank you internet). There is not one single type of male that enjoys pampering and a session that just is about him. These men want a massage for a variety of reasons... high stress jobs, lonely, men who have just lost their wives, or have wives with no sexual interest, post-traumatic stress disorder from 911, Afghanistan and Viet Nam, shoulder, back, neck, knee pain, lack of a partner, partner is pregnant, boredom, sexual boredom, and on. So it truly is so much more than just rub and tug (crudely put). Of course there are excitement seekers who want the next best thrill but as you go along in this business you can figure out who they are by what they write and avoid this type of client if they do not appeal to you. Chances are you won't see the thrill seeker again... he is on to the next thrill. And energetically this type of client really depletes your energy. He gives nothing back not even in appreciation!

This first volume is directed more towards girlfriends and married women who want to learn some hints and tips to keep things fresh, though it is a good starter guide for the brand new Sensuality Therapist. This volume is ideal for the woman who really needs to start at the ground up in the world of sensual

massage. Or anyone who wonders about what happens when your significant other requests a full body massage. The second volume will give even more tips and hints for the person who wants to enter the profession and learn from my experience.

There are a lot of massage techniques that don't work that well and through my business, I have been able to eliminate much of it and bring to you many ideas that will work. I have included a wide variety of ideas and what may not work at 30 or 40 will possibly be more acceptable at 50 or 60,70 and beyond. So, give these ideas a try and you should be able to vary your massage and keep your mates interest for many massages to come!

The second volume is geared toward people wanting to make this their work and profession. As in any business, there is a lot more to do than just putting up an ad. I will be clearing up the misconceptions of escort and true full body massage therapists being the same thing.

We will discuss if you are right emotionally to take on this work I will talk about advertising and setting up a site on the internet and navigating the different review boards (yes review boards about you and what you provide), I will provide more on what you can expect from the wide variety of clients. I will be providing stories and examples to really help you understand the different aspects of the work.

Hopefully, these volumes will help you to give an amazing massage and have more understanding about all the elements. If you decide to enter the field it can help you avoid some of the pitfalls and allow you to focus on good work and of course making money or a better relationship!

I hope my information and my outlook on the field help to make your lives a little more enjoyable!

## Why a Book?

I have been doing this particular type of healing work for over a decade and I keep hearing many of the same stories from the men and all are seeking to feel more alive and it is unspoken that they want to feel special and cared for.

Now why would a man come to me for massage and not you? No, I am not some slim, trim, svelte young woman who would turn heads. Maybe I started out this way, but the years have taken their toll and I have slim months and I have to say obese months (years) and I still do a wonderful business. Don't say it is because they get laid, because they don't. This is pure glorious sensuality total body massage and I provide what they need.

Many of the men love their wives... they don't want to rock any boat, they don't want to start a relationship (though I have had my share of offers) They want someone who focuses on them, makes them feel special and has expertise in the overall healing arts. That's me. It can be you.

\*

Here are a few snapshots of the wide variety of men who have become regulars.

### **Michael-62, Business Owner**

Before we were married, the sex was great. We were doing it all the time and after we were married, it was still wonderful but then we had kids and it was as if she said, "I had my kids now the sex is no longer necessary." I was thinking of divorcing her but we had problems and then our kids had problems and we are still together. Knowing you has made my life bearable and it is something to look forward to. My wife is no longer interested but I still like to feel wanted and like a man. You do that for me.

### **Justin-32, Stock broker**

I have not found the one. I have a very high stress job and my doctor says I need to release stress. Hey Sandra. I am really glad that you are going to be in Chicago permanently. It actually is perfect timing for me. I was just told by my DR that I need regular massages for stress management. This has been a crazy year for me

at work, and it has taken a bit of a toll on my stress level. He recommended a number of massage practitioners in the city but I told him that I already had one. I just wanted to make sure that you would be up for more regular and scheduled visits from me, and also if in your professional experience you could recommend a program for me. I am actually taking a long vacation starting at the end of June and will be staying around the city for a few weeks to just do nothing. Was hoping that I could see you a bunch starting then.

I hope that you are down for regulars still. I know that I had to cancel last minute on you a few times... totally last minute work related stuff that I couldn't avoid. It won't happen if I have regular scheduled appointments with you. I hope that you are well and I hope to see you soon.

**Gregory -67, Retired**

I am a 60 plus retired gentleman with a number of Agent Orange issues that is looking for a 90 minute session. Your listing seems to be just what I am looking for. Looking forward to hearing from you Sandra.

**Charles-46, Manager at IBM**

Excellent, I look forward to meeting you. I will let you pick the music. I am very into prostate massage, is this something that you offer? Since I will be in the city all day, do you have a phone number if I need to call you to alter our arrangements (if necessary).

\*

After reading email after email for the need for a good massage plus, I think it would pay to learn an awesome massage, learn focus and different pampering techniques.

Some women will not want to take the time to learn a few new things to share with a mate and of course that's why I do such a booming business!! I think learning massage plus would be very helpful going into a relationship as we all keep going toward what makes us feel good and away from the opposite. It also is a way to make a good living doing something that really benefits your client and yourself.

## How I Got Into This Work





Here is an excerpt from a Blog I put up about working as a FBSM (full body sensual massage) Provider a few years ago:

*Just feel like putting down my thoughts and incidents that have occurred in my life as Sensual Massage became part of my life. Have much to say if you would like to hear... read on and thank you!*

*I have been doing sensual massage for quite a while now. It evolved from studying for two years at a major massage school to working at a variety of legitimate places, working for myself doing legitimate massage to throwing up my hands and not doing massage work for a while until I saw the adult section on Craigslist and realized I could actually make some money at this. Without being treated like the servant-actually being asked to go in the servant door. Without going to the poor house-30 bucks a massage and maybe a tip or less. Without putting my hands in ice every night because they hurt so bad after the 4th or 5th massage and more. Thank Goodness for Sensual Massage!!*

So I did start out with basic massage... I found the work is hard and many people including employers don't respect the service we provide. The pay is low at many places. At times, I was treated like a servant. I had to keep my profession quiet even as a therapist to avoid sexual innuendo from the ignorant or to be nicer-uneducated. Many men did try for more and some pretty much just got off and expected me to ignore it. It was difficult to enjoy giving massage.

Then I noticed Craigslist which was the place back then to place ads. Women were providing massage with just a little extra (release) and getting paid handsomely for it! It provided me with a way to use what I knew and learn new skills and get paid enough to support myself without feeling like I was always worried how the rent would be paid. I personally didn't think this was a terrible thing and the more I did the more I felt that this type of work is very necessary as many people really do not feel wanted or appreciated and also experience extremely high levels of stress due to work environments.

I also discovered the review boards and some very glamorous places to advertise and I was on my way to making a good living and having some of my

dreams come to fruition! It was exciting as all things new are and I really enjoyed getting in the game and increasing my business. But, as time went on it no longer was exciting but I really did appreciate the good clientele I had and for many years I primarily worked for them until now where I feel it is time for me to move on to possibly teach or share the knowledge that I have acquired from working so closely with all sorts of men—but it all boils down to the fact they want some time with someone who is kind and caring and gives a great massage. As with any profession, the more education you obtain, the better you can serve your clients/mate. I have completed a two year program at a prestigious massage school, extra courses in neck, back, feet and more. I also have an extensive library of most any massage DVD that is put out. I always am looking for ways to improve my massage and even if you are giving a massage at home—always look for new ways to do or add to the massage. You may not take it to this extent, but a simple addition to any massage will stimulate you and your partner.

**Setting Up for Success!! Decorate for Success!! Dress for Success!!**



**Set Up for Success!!**



Environment is almost as important as the massage. I think everything should be fresh and show that something really special is yet to come.

You may have watched a program on HGTV such as my favorite Interior Therapy with Jeff Lewis and they feature a before and after of a room or rooms. The after is always neat, clean, orderly and gives a sense of peacefulness. This is what I strive to give from the moment a client steps into my space. From the moment they walk in the door, it is important that all is geared toward a client feeling, comfortable, calm and able to start to relax. The same is true for an outstanding evening at home. I understand if you have other things going on (kids or whatnot) this will be difficult, but the more you can set up in advance- the easier and better the massage.

For anyone giving any type of massage, I feel it is important to set the scene. First off, everything must be clean, clean, clean. Buy Lysol wipes, have disinfectant and cleaners handy in almost every room. To wipe off fingerprints, to clean glass and dust! There is something peaceful in a very neat, clean, orderly room. The Client or Mate wants to leave his worries at the door and many men have visibly relaxed when they hear the soft music and see the orderly set up and soft lighting with candles (always in a glass jar with a glass coaster and possibly a small matching plate underneath-safety is paramount) A strand of twinkle lights placed on the floor or up the side of a bookcase can lend a kind of magical look to the room.

Use newspaper to clean mirrors with Windex or mix a teaspoon of dish washing detergent and a cup of vinegar to water in a spray bottle. The newspaper works like a charm!

Bathroom must be cleaned after every client, nothing in the wastebasket. I have a roll of paper towels for them and rarely have hand towels for each client. Towels must be neatly folded-the one time I sort of shoved wash cloths in a warmer was the time a client opened it. And when I let a very shabby wash cloth through, a client caught that also.

Don't be surprised at how aware they are. One even asked if I used the same

washcloth twice in the same massage. (Maybe I did, but never again!) Finally, I have just decided to have a very large laundry chore after each client. I place hand towels on the chair he may be using and also one on the stool at the front of the table where he may choose to place his hands.

The room should be warm. I find that the bottle warmer for the oils, television, stone warmer and candles do help to keep a room warm but if that is not enough I have a space heater available. Most men will say they are warm and the room is fine but if you are starting to feel a chill, most likely they are too and you can turn the heater on for a few minutes. In the winter I also have a paraffin dip warmer in the room. In the summer, an air conditioner is a must or central air. A ceiling fan also works best to distribute the air. With the heat, I find many more men are likely to take showers in the summer, so that is something to take into account.

All massage bottles and lotion bottles need to be washed with dish soap after each session as well as anything else that is used.

Unless you are ready to invest in a massage table (where I do my best work!), a bed is a good second option. I usually use a king sheet and then a large bath towel or Beach Towel with complimentary colors, pillows with matching pillowcases for under the head and two for under the ankles when lying prone(face down) and the two pillows for under the thighs when supine (face up). Too much pressure is placed on the low back when you do not use the pillows for under the legs. Many men need or want two pillow under their head when facing up—my suspicion is they really want to get the best view possible... lol

If you are working on a bed, here are a few hints... Placing the man in a diagonal position with his feet by one end of the headrest is good. You can place your oils nearby—hopefully you will have a warmer for them. This position is good so that you can work more easily on the back, neck and head area. The large towel placed over the sheet helps everything stay clean. And yes, the client is on top of the towel, not under. Most men don't want to have a towel over

them, but if I am leaving the room for a few moments, I usually place a towel over them.

If you are working from a table, make sure a chair is at the head of the table with a clean hand towel placed over the seat. Almost every man likes to place his arms on the chair seat and it makes the upper body massage a lot easier to perform. Don't be shy about moving his arms to the side or next to his body if your massage calls for it.

## **Decorate for Success!!**

I think a theme in the room shows you care—much nicer than a room with a table and a generic picture on the wall. What theme may attract you? A Zen Garden? A rich green forest? Ornate Indian Saris, a gold Chalice and Crystal Goblets on display? Rich Velvet drapes or simple Bamboo? Make this fun for yourself and make it an extension of you.

I prefer the calming feeling of an Asian Zen Spa. At one point I had a wall of stone pebbles decorating my space. I used a Bamboo rug for the floor and kept decorations to a minimum. I also keep personal pictures out of the space as it should just be a space for relaxation.

You can't go wrong with luxury items—Tibetan Singing Bowls, Japanese Cast Iron Teapot with matching cups, Crystal Ball or Goblets or anything that connotes special. Keep clutter out!! Clutter is never used to promote calm and relaxation. A few special items can make a session even more memorable.

If I really have the time, I place new age music of a running brook at the entrance.

**Dress for Success!!**





What man enjoys being greeted at the door by a glamour queen, or a tantric goddess? All men I must say...

Think of it all as playing dress up for adults. A little bit of fantasy and escape. When I was very young—4 or 5 my favorite thing to do was to go to my dear friend Georgia's—down the alley a few houses and I would arrive! Her mother had set aside old evening dresses and petticoats for us to play princesses in and when I am preparing to give a massage, I draw on that it's play! In order to be great at one's job, it really pays to draw on the positive or you will be out of this job quickly or at the least find the whole situation unenjoyable.

I hope you enjoy dress up and fantasy. This can be amusing to yourself as well as your client/mate. Everyone needs to develop their own sense of style and what you want to be known for. One day you can wear a pair of short shorts and tube top and the next time a glamorous evening gown with stiletto heels. It is all in the presentation. You may develop some sort of goddess mystique or wise woman but in some way you should stand out.

I, for the most part like to be glamorous with full hair in the style of Anna Nicole Smith. I usually take about two hours to get ready. And of course as you get a little older, there is more to do! So, shop at Burlington Coat Factory or TJMaxx for inexpensive intimate apparel.

Now this can get more involved and in Book 2 I write about it from a therapist's point of view. Some cliché outfits can be the most fun. An apron and heels can be provocative.

Here are some ideas that I have done or thought of doing—most of it was done just to amuse myself and not a request.

- Dress in Indian Coin Scarves. These are like the scarves you jangle in Zumba. You can tie one to cover the breasts and the other to use as a sarong skirt.
- Dress in a Jungle Jane outfit like out of Tarzan.
- I normally don't do schoolgirl as I am older—but I am sure that could be a winner.

- A nurse outfit of some sort with a stethoscope.
- A dressy party dress that you are thinking of giving away with tall heels.
- High Heels are especially good with rhinestones or anything glittery. It is too bad that our society is so geared toward casual... but it is good for business as dressy outfits and heels are not the norm.
- A 60's take off with a striped sequin shirt and go go shorts. I wore pink lame pants with this and also large, pink rhinestone hoop earrings.
- Lingerie that looks like day wear. This is a good choice when you are at a hotel and sparkly heels-even small heels will make it even more special.
- A velvet business suit without the blouse. Wear your hair in a French twist or bun and possibly glasses. This is a very popular and well liked look.
- Wear a backless sundress, sandals and your hair in two low ponytails-it is a cute, yet still sophisticated look.
- A wide variety of flashy earrings are fun. So, check them out when you go shopping and invest a few dollars here and there.
- Buy a ton of sexy panties and coordinate with your outfits.

My favorite idea for an outfit is a short white skirt with white cowboy boots. I think something like that would look good on any woman! I never got to do that one.

Remember, if you are working out of your home or hotel and are answering the door, it is wise to wear a jacket over it or make sure you can hide behind the door as you open it for someone you know. Usually, if you are meeting them for the first time, it is better to be a bit more conservatively sexy at first.

## **Giving an Outstanding Sensual Massage-It Is Not Just Hands On**

Before you give any massage, make sure you have your intention set and hopefully it's on giving an exciting, healing and relaxing massage. A friend of mine once gave me a massage and I was a little out of sorts after the massage. A little later that day I visited a Polarity Therapist and the first thing she asked me was what had I been doing that day as I was encircled in a black cloud of negative energy. So, try to make your intent about doing the best you can and not on clock watching or anything else!

I think the most important thing I have learned about giving a massage is to throw judgments, pressure, what you think will be a turn on/off to your partner out the door. When I first started, I used to think sexy music like Enigma, Blue Stone and Pandora, and not to forget Delerium was the way to go to give the best massage. After hundreds of massages I find that there is pressure in the buildup with this kind of music and sometimes it works and sometimes not. So, there is not one way to do a sensual massage or must have to include in your session.

One of the things that I did when listening to some of the Enigma music was to give them a scenario as I massaged. For Example: With Enigma's Return to Innocence or other slightly tribal songs, I would say something like—we are in a secret society and there is a group of us going into the woods, kind of like Dan Aykroyd and Tom Hanks in the Detective movie Dragnet. They get involved in a secret society that has wanton meetings deep in the woods to save a woman from being a sacrifice. I kind of do a take on that—we are all carrying torches as there is a big happening in a clearing far away from civilization. It's a wild scene with much drinking and carousing. Oh look—there in the distance--There is a life size altar as big as a twin bed. Now I am cracking up and we don't usually get much further. Wonder what that altar could be for? Most men I find don't want to be on that altar-anyway, it's fun.

I write these musicians down for you to experiment with different background

music. It took about five years to figure out that a peaceful environment with new age music such as Dan Gibson's Solitudes will lead toward a bigger moment more of the time. (the more provocative music can also be fun for a special wicked massage but if you are doing massage on a regular basis, the calming music creates the freeing, stress free atmosphere). Because the music promotes breathing and releasing of stress a client can relax and many times he is very surprised at the result. He is not even aware of how much build up there can be with soft, quiet, peaceful music. Please feel free to experiment with music to find what will work for you. Though I will emphasize again-keep the focus off the main event-allude to it but don't get stuck there.

I also have a television with a DVD player and play films of Beautiful Oceans or Zen Gardens. I found when you are up north—Beach DVDs work really well and down south the Zen Garden is well liked. A client suggested that I use porno movies as background as some other therapists use them. I am more for promoting healing and well-being though it may be easier to get an end result but I am not sure about it.

I think what I am saying is, if the massage does not hit the client over the head—so he feels pressure to perform, things will end up going very well. When he starts trying and trying—it can get uncomfortable... so emphasize feeling good over going for a result!!

When you think about what types of clients you will have or if you want to give the ultimate massage, it really does pay to go to massage school or take classes in different types of massage (I repeat that this type of massage work is important work and should be legal!) Also if you get really interested in healing it is wise to become involved in a health related field. Many of their physical problems are from bad nutrition, lack of exercise, doing the wrong exercises or improper form. Showing an exercise that may improve posture is actually appreciated! Sloping shoulders and rounded spine are equated with growing old and men too have their vanity. Don't prescribe, always tell where you saw the exercise or nutrition idea.

## Basic Sensual Massage



You have set the mood, you look fantastic and he is now on your table what do you do? When giving a massage and wanting to give the most memorable massage, don't think that just member massage strokes are sexy. Pampering is definitely sexy. Engaging the five senses is sexy. Don't cave in to the man who just wants that area massaged. The whole body is an erogenous zone. His horizons need to be expanded. He needs to stop being in control and allow someone else to orchestrate his session. You can say, we will get to that but I am focusing on doing something special for you. Now, I don't say that—I would say something more like—we'll get to that but this is a full body sensual massage and that is what I am giving. **Penile Overkill** -There is nothing more boring than to try to excite someone for a half hour or more by rubbing his penis. He can stay more in control and not ejaculate if all the attention is paid to that one thing. Just horrible all the way around—try to avoid this scenario. (more discussion in Book 2) YouTube is a great place to study and check out regular massage styles. Women who really don't know how to give a good massage will find their massage a little lacking in substance, so really try to learn a basic massage. Then start adding different elements to the massage to make yours unique.

Here are the basic strokes I use:

- **Effleurage** -long smoothing strokes. These strokes can glide from tip to toe in a soothing manner. They can glide over secret spots without lingering.
- **Hand over Hand** -right hand moves left and the right then moves left over the same area
- **Friction** -short small strokes moving back and forth such as Frictioning up each side of the spine. Always avoid the bones as it is more pleasant to massage muscle and actually uncomfortable for the client to massage over bones such as the vertebrae. (After you Friction an area, be sure to use Effleurage to smooth out the area worked on.)
- **Wringing Out the Muscle** -just like it sounds-wringing out the muscle like a dishrag.

- **Tapotement** -tapping or rhythmic light pounding. This is a perfect ending when completing an area. Light pounding and then gently placing hands on area and holding.
- **Holding** -placing hands on an area and keeping them there for a few seconds or more as a calming stroke or feeling of comfort. Placing your hands and holding for a few moments can also increase the connection with your partner. Good places to hold for a few moments are the back, the sacrum, the heels of the feet, hands, temples of the head.

I find that the easiest way to complete each area, is to memorize a pattern for the strokes and perform them in order for each area of the body (except one). Of course there are more massage strokes-so check out massage on YouTube and keep adding different ways to do a massage. It will help you get creative and also keep you massaging a lot longer because you won't be feeling stale like you are doing the same thing over and over. Also figure out a way to approach the body. I usually start on the back, then a few strokes on the legs and make my way up to the arms, shoulder and then neck. Stay at the front of the table and perform long massage strokes down the back on each side of the vertebrae. Then I do the same thing on the other side. Please feel free to check my website as I will be placing video of the basic massage that I do sometime this year.

Here are some things to remember when giving a massage:

- Vary the strokes—light strokes, deep strokes-have a pattern but be able to deviate. I like to start with the client lying face down. I want to make sure he gets an all over regular massage with hints of sensuality before we start on the big finale. First, warm up my hands, then either rest gently on their backs or their heels. Then I start to ignite the body by gently gliding my fingertips from tip to toe I make sure each muscle group gets a variety of massage strokes like I just discussed. So, each section could start with a gliding stroke, then hand over hand, wring out the muscle a few times, glide, a little frictioning up the muscle, glide again and maybe pause at the end with a hold...

- Massage is more satisfying if you use your body to add pressure to the massage strokes. So, get your body involved and not just your hands and arms. A typical pattern I might use when the client is laying down is-back (I usually start with a hold-placing my hands on the back or sacrum and take a few centering breaths for myself and also for him to feel comfortable with your touch), buttocks (make sure you focus here with some gliding and gentle shaking side to side), thigh, calf, foot-then reverse the order. I do a few more massage strokes on the back area and then take his arm and place it by his side with the hand up. Pour some lotion into the hand—you can mix it with some oil. Start gently massaging the hand and make sure you massage each finger. At some point you can place your breast into his hand as you glide up his arm. It's a little bit of a shocker and fun. You can get silly and ask what body part is in his hand-your butt or boob. Whatever mood you are in. You don't have to say anything, but sometimes laughter is a good mood enhancer.

**Breast Cupping** -At some point you can place your breast into his hand as you glide up his arm. It's a little bit of a shocker and fun. You can get silly and ask what body part is in his hand-your butt or boob. Whatever mood you are in. You don't have to say anything, but sometimes laughter is a good mood enhancer.

Some guys, especially the younger ones may want to start facing up and finish facing up. If I have been seeing them for a while, I don't have a problem with it. Sometimes these are the massages that may go for 90 minutes or two hours which is good.

There are all types of Sensual Massage and different touches to experiment with and figure out what you and your partner(s) enjoy. I will give you my take on some of these and how I set them up but ultimately you decide!



## **Nuru Massage**

Nuru Massage is a very oily massage where you slip and slide all over your partner's body. I saw an episode of Gigolos on Showtime where the couple used a rubber sheet on a bed and had a very slippery, slidey experience. I used air mattresses with grooves and it worked okay but the grooves need to be going vertically. I wasn't too happy as it was a little difficult to slide up and down but my partner had no complaints. I suggest you try the rubber sheet on the bed with towels spread around the bed so everything stays dry. There is a Nuru Massage Oil that is very expensive or you could use Biotone Massage Gel but any oil if used liberally will do. The oil should be warmed up and you can start on your partners back spread liberally and slide over back and forth over your partners body. I actually do this in my basic massage for some clients as they love the contact-it is has a very comforting and nurturing feeling if you stop with your body over your partners and place your hands under their shoulders and just rest there for a moment or two. I have even been very heavy and they still love that feeling so feel free even with those extra pounds! And of course, every man loves the feeling of breasts gliding up and down their back. You can straddle him or kneel between his legs to give his back a breast massage with any type massage. You can straddle him or kneel between his legs to give his back a breast massage with any type massage.

# Basic Tantric Massage



This massage can lead to more intimacy. With the Tantric Massage, I like to create an air of drama. I have a big red velvet comforter which I place on the floor over memory foam and yoga mats. Over the comforter I place two matching huge terry towels. Which I then place pillows with matching pillow cases—I try to keep it sanitary and that is why the pillowcases and towels. I also have artifacts with an Asian flavor—a mirror and metal disc, but Indian or any exotic motif will do. Imagine a glittery sari—I usually wear a robe with gold strands—always think about the initial impression!

Then I reach for the large singing bowls and the others that I have collected and we have fun gonging and feeling the vibrations going through us. You have to beat the bowls pretty intensely and it can be a lot of fun! I use a large singing bowl that is almost 100 percent pure tone. Tones are very healing and most people do not get the chance to experience singing bowls. New experiences are what people crave.

There are so many ways to do Tantric Massage or prepare. I eliminated any idea of jumping or dancing around in order to increase blood flow. I incorporated breathing techniques such as laying side by side and breathing together and then doing alternate breathing when one partner breathes in as the breathes out. Then both of you should change places and repeat the breathing. If you are into yoga, buy a partner yoga book and incorporate a few sitting stretches—ones that you think are kind of sexy and put those into the session. It's really sexy and fun as you find yourself in different positions—in front or behind, back to back or front to back. Choose a few and put them in with authority. I normally do not give my clients a chance to tell me what they don't want when it comes to pampering treatments... as long as it's safe and fun we engage in it! Be prepared for laughter and cracking up. And they feel a lot better for a longer time after the massage.

So here is a sample tantric session:

I plan what we are going to do before we start... also choreograph—first sitting and stating our desires for the sessions and then easing into some sitting yoga

stretches then laying side by side for the breathing, then starting the massage... maybe a break for hot tea or sake, Always stating that it is the journey and not the end result.

I usually start with us sitting on huge pillows—remember men are not as flexible and they may need more cushions in order to sit comfortably. We sit facing each other and look into each other's eyes and then talk about what we want to bring into the tantric experience-sense of fun, honesty, release stress, avoid negativity.

Then we usually say one or two things we like or observe about our partner. We hold hands and make a big circle to bring in the good things and then throw out any negativity that we want to keep out of our intimate bubble.

Then onto the yoga stretches. It is especially fun sitting back to back or back to front, stretching back and forth, side to side or circular motions. Also, sitting face to face with the soles of your feet touching is also a good one. You take each others wrists and rock forward and back as far as each other can comfortably go. A circular movement also works with this position.

We may take a break before we start to lie down-bathroom, hot sake or tea. We then incorporate some breathing techniques with one of us in front of the other and then switching. You may want to do a few massage moves such as stretching your partners arm up to the ceiling and gently stretching the arms over his head and down to his hip.

Feathers could come into play about now before you start with the oil for the massage and gently sweep and tickle you partner with the feathers. I prefer the dusters they sell at the dollar store, but feathers have a more sensual glamorous look. But keep the dusters in mind for other scenarios! I throw the feathers out after one use just to be on the sanitary safe side.

Now supposedly you ask if your partner wants to massage you but I find most men just want to be spoiled and aren't as interested in the reciprocation. This may be different at your home but as clients I find that most men just want to be spoiled. So, take the lead in all of it.

Then do a sensual massage with a lot of contact and end the session with a little

prayer or a Namaste...

## **Playful Bondage Massage**

Buy 4 long chiffon scarves of the same color. Red is a good choice and if you can find any with a gold or silver stamp on them is even better. Light bondage is fun but I always make sure my partner can get out of the bondage just by pulling the scarf. You may want to place headphones with sensual music playing on their ears and use another scarf for a blind fold. I may do half a massage with this-usually when they are facing up and then I may spring it on them if we have discussed something about this in the past. Now is the time for feathers, feather duster, hot candle wax and anything else you may come up with from the dollar store. A BDSM Dungeon in New York was going out of business and I obtained a paddle and a pink cat o nine tails from the internet and I hung them up for ambiance. I found the clients were concerned about cleanliness and didn't want them used on them. So disposables from the dollar store is the way to go!

## **When Men Get a Little Older When I first started, I would never consider doing this type of work, but as I got older and the men got older, more attention needed to be paid to keep the sensations at their peak.**

**Prostrate Massage** -I don't advise doing this without medical training... if you insist, please buy more than one video on the subject and wear gloves-vinyl and nitrile are the choices for gloves to consider. Latex and rubber gloves can cause a severe allergic reaction where your client/mate may even stop breathing. I buy a vinyl glove which is powder free from Curad. The same consideration goes for using a dildo on a man. Dildos should wear a latex/rubber free condom just to be on the allergy safe side. It is very important to remember not to rush prostate work. The movements should be slow and luxurious, never short and choppy. If you do not do this work on a regular basis, I recommend watching a video before your session to slow you down and get into the right frame of mind for the prostate session.

**Vibrator** -the vibrator should be wearing a condom-stay clean and sanitary-you know why. **Anal Play** -You can focus around the anus. You could wear gloves and focus a little more in that area. That helps. Have a wastebasket with a liner handy to discard the gloves and condoms. I usually excuse myself for a moment (really) and head to the sink and wash my hands and oil bottle and quickly return to the room.

And please wash everything with soapy dish detergent or if you can place some in the dishwasher is better, even if you do use a condom. Also the room needs to be sanitized even more thoroughly after this type of session. Safety is always number one.

# Spicy Elements



# Hot Candles



**Hot Candles** -candles are fun but I do not use them on any private area and I do not spill them really closely. I may use them to drip down the back but I do not go much further. Safety is number one so I keep them away from any private parts including nipples. It's a hint of sexy and danger so, don't go too close to private areas! Spelling it out: nipples, butt cheeks are okay, butt crack is not, and penis areas is not advised. It should just hint at a little danger but not go there. If a guy starts to feel a little too much fear he most likely will stop enjoying what you have set up for him. So, hint at sexy and don't overdo. I also may massage the oil in with one hand as I drip from the candle with the other. My favorite massage candle is by Earthly Body and it's scent is Dreamsicle. The candle scent should be a favorite for you, so buy a scent you like. I try to buy the 6oz. as it lasts longer and I also use the candle sparingly and not as the main attraction.

## Hot Stones



**Hot Stones** -Hot stones should never be really hot. Warm them up so you can hold them. You can use a crock pot on warm, but never the microwave because the iron content in the stones will ruin your microwave. I prefer an electric skillet with a wash cloth placed on the bottom before you fill with water. If the stones get a little on the hot side always keep them moving and never rest them on the skin if you are unsure of the temperature. I also have a bowl of water handy to cool them if needed. When your mate is lying face down, place two of the heavier stones under the shoulders. I like to use a row of two up the back on each side of the spine. A heavy stone placed on the sacrum feels good. I have a stone in each hand and kind of knead the shoulders which they love. I also may give a scalp massage as my client enjoys the heat of the stones. To lie on the table/bed with hot stones and the feeling of being taken care of is a wonderful gift to give someone which they will crave again and again.

You can get sexy with the hot stones—make sure they are warm and not hot and you use them to rub the sides of the inner thigh. The more you avoid the main attraction the more intense the session will get. I don't usually use the stones to massage the lingam (tantric word for penis).

**Hidden Stone Treatment** -I might place a warm stone under the privates when they are lying face down and of course that is a really nice sensation.

**Pillar Ceremony** -Once in a while, I may take the small stones meant to be placed between the toes and circle the lingam with that-and then I might proceed to

**Pole Dancing** -Where I glide the warm small stones once or twice up and down or lightly swirl around the lingam which will surely increase the sensation. All of these different treatments are what adds to the pleasure and intensity of the overall massage. This is what men truly appreciate-the set up and pampering increase the sensuality of the massage. I must emphasize: never get casual or lackadaisical when you are giving a treatment. You want to focus on pleasurable experiences.

# Paraffin Dip



**Paraffin Dip for Feet and Hands** -I think paraffin dips really help to relax a client and are very enjoyable to them as well. Most have never experienced one and I sometimes say women pay close to 100 dollars for a treatment but we are including it just for you! Here is how I handle the paraffin so that the paraffin dip stays clean and sanitary. Buy gallon or two gallon plastic freezer bags and try to buy them without the Ziploc. Places like the Dollar Store are more likely to have gallon bags without the lock. Small wastebasket bags will also work. Heat up the paraffin in a real paraffin warmer. (Make sure you have plenty of massage lotion on your partner's feet before you begin as it helps when you want to remove the paraffin.) Place your hand into the plastic bag and then into the paraffin dip. Grab some melted paraffin and then turn the bag inside out. Then place it over your massage mates foot. Wrap it so the paraffin does not leak out. Make sure the paraffin goes over the heel. I usually then go to another part of the body and let the paraffin cool. When the paraffin is cooled, it comes off the foot very easily. This can also be done for the hands. Clients love this treatment. It truly feels good and they feel special...

If you want to economize on the paraffin—you can cut the bag up one side, take a spoon and pour a few spoonfuls into the uncut corner. Place your partner's heel into paraffin and tie the two corners around the front of the foot. Let the paraffin cool and then carefully remove so there is very little clean up. This treatment feels awesome and both treatments are sanitary. I never ask if they want any of the pampering treatments. I decide and it comes as an agreeable surprise.

# Hot Towels



**Hot Towels** -I use hot washcloths for all my massages. They especially feel great for the feet and back. You can clean the feet with a cloth, take the scrub off or remove too much oil. Place a hot towel on each shoulder and then knead the top of the shoulder-this will definitely be appreciated. I use a warm towel to clean the Lingam(penis) area after the massage and place a warm towel over that area and usually proceed to work the neck, shoulders and scalp. This lets them relax even more. There is a little warming box called a hydroculator which keeps the towels warm, but I really prefer an electric pressure cooker. I fill it to the brim with fresh white washcloths, I lightly spritz them with a mixture of alcohol and peppermint essential oil. Men love the towels with a little scent of peppermint and more than one has commented on this. I place the cover on loosely and keep on warm. They stay fresh and do not mildew. I did not find the hydroculator to be as reliable. If the towels become too hot, I turn off the cooker for a while. I have also placed a damp pile of wash cloths for 30 seconds or so in the microwave and that can also give you a quick supply of warmed cloths.



**Scrubs**



Scrubs are also a wonderful pampering treatment. I usually just do the hands or feet to keep the mess to a minimum. If you choose to use a scrub on the hands or feet, combine the scrub with a massage lotion. It feels better and you are less likely to scrape too much skin off your client. Sugar scrubs melt the easiest so that is a consideration. Salt scrubs are my next choice. There are also sand scrubs which do not melt and kind of cause a mess. Minty scrubs are refreshing on the feet. **Shower Scrub**— Something very nice to do is at the end of the massage to give the entire body a scrub and then follow your mate into the shower and help to rinse him off .which can be quite sexy. When you are in the shower, keep the focus on him at least at first and really work to remove the scrub from his entire body.

## More Thoughts on Any Sensual Massage



To me any massage with sensual elements is all about anticipation and the ability to relax enough and not stress out about results! Anticipation is a key ingredient in order to give an out of this world session. In my experience most men want to get to the main attraction. Well, I make them wait! That's why I add all sorts of specialties to the massage-I am in control and they don't get what they want right away and they appreciate it. You will learn basic strokes from a good massage video (please check my web site as I will have clips of my own massage available later this year.) and here is what I can add.

For the Ultimate Massage everything will be all set up and available so I do not have to go looking for anything. I usually have the client lay on his stomach and start with finger strokes-light feathery strokes from tip to toe with just the tips of my fingers. I usually avoid any intimate part as I feel it is better to ease into the massage rather than shock their systems right away. I am very soft and no strokes or moves are abrupt. Think of this as a masterpiece that you are creating and every element keys into the end result!

Move the strokes toward the heart. This will increase relaxation. Even a casual massage at home should still be thoughtful and respectful of the person. I had one client who insisted on giving me a quick massage but it never made me feel better as he hurriedly rushed over my body. I suspect he wanted to prolong the session and experience pleasure from rubbing my body because that massage was never about me feeling any better.

## Hints and Tips

For the most part keep the focus away from the penis. The entire body is an erogenous zone and make sure you ignite the entire body. When massaging the lingam, start with light strokes and then increase the firmness and intensity of your strokes and at least at first, keep moving from the penis to other parts of his body including the chest. You can do your little routine of massage strokes on the chest area. Many men enjoy a massage to the chest. I would add that I would first massage the base of the lingam for a while before the tip as the tip is more sensitive and you want to create a build toward release. Also, you may want to massage the Lingam with one hand and the thigh with another to increase variation. You can do a sweeping massage up the back and let one hand graze the inner thigh area. All this variation is adding to the intensity of the massage. Check out Volume 2 for my complete version.

**Inner Thigh Seduction** -Stand at the foot of the table and sweep with your hands from the feet all the way up to the inner thigh-you can do this when your client is either prone or supine. You can catch your mate's eyes when he is supine and your hands travel up towards his secret spot.

**Booby Glide** -When he is supine (face up), grab both of his heels, lift his legs and proceed to massage his feet with your breasts... it may cause laughter, but they love it. You can glide the feet up and down together or in tandem-get creative! The littlest element in a massage can cause a lot of enjoyment and fun.

**Hot Bun Rock** -Do a lot of massage on the gluteus (large muscles of the buttocks)-place a hot towel on the bun area and knead, squeeze, vibrate and rock.

**Butt Crack Shake** -Fold the washcloth in thirds down the buttocks, so the anus is covered and give a closer massage shaking the hot towel with the side of your hand. Keep the cloth there for this next massage idea.

**Tantric Tease** -When your partner is lying prone (face down), sit between the legs with your ankles running under the hips and feet out to the side so there is more access to the main attraction. Make sure to ask if your partner is

comfortable. Slowly and teasingly work toward the center-so do the inner thighs and the abdomen and work closer and closer to the penis. Focus around the penis and then massage the scrotum (balls or the hanging pleasure) very gently for at least 5 minutes or the duration of a song. This will drive him crazy in a good way and it's therapeutic! After this procedure I usually excuse myself and quickly wash hands and oil bottles if I can grab them. They won't mind after the prolonged massage in that area of the body.

**Yoga Slide** -For you Yoga lovers, I have actually done a downward facing dog sliding up my partners back to an updog a few times for something different. You get a little workout in and your clients like it. Your hands are on the table or bed by the shoulders and your feet are between his legs.

A soft touch only is needed for what I call inner thigh work. Too firm in that area will cause discomfort. Prolonged inner thigh work may cause a standing ovation.

I use lotion on the feet and hands rather than massage oil. It is much more satisfying. I may use essential oils to scent the massage oils, but I find it is better to put more scent in the warmers for the oils and stones as many men do not want scented oil used for their massage. Pick essential oils that you like. I think it is important for the provider to like the products that they choose and a wonderful scent increases enjoyment for both the client/mate and the provider.

Buy a little plastic brush that fits in the palm of your hand from the beauty supply and give your mate a wonderful scalp massage. Give him the brush after. They only cost about a dollar. They really appreciate the scalp massage-it feels great with that little brush.

A nice touch at the end of the massage is a **Dry Towel Scrub** . Start at the shoulders and with both hands scrub the skin with the towel until the entire body has been scrubbed and refreshed. This is to release any last bit of burnt energy they may have.

## **What Do Men Talk About During a Session?**

You may be curious about what men talk about during a massage. Is it any different than at home? Does he spill his innermost secrets on the table? The short answer is, for the most part-no. With a Sensual Massage, men really want to relax and feel better. They usually don't want to discuss anything too serious especially if it is about themselves!

Men want different things from their massage. Some are very silent and just want to relax and enjoy the good feelings of being pampered. Others like more of a conversation. For the most part, men have talked about general work related problems but they don't focus on wives and girlfriends and rarely if ever speak of that part of their lives at all. I don't encourage them to reveal themselves as I respect privacy and discretion on both our parts.

Through the many years of doing this type of massage, I found I had some of the best minds on my table and brought up some of my situations and this was a time where I got some of the best advice. Now, if you are doing this at home... it might be a good time to bring up a problem as you are doing your best calming massage. When I related a problem, this had nothing to do with them but your questions might-so give it some thought before you invade the space with something that might set him off. I have had the same clients for over 10 years and they enjoyed hearing about my crazy, free spirit type of life style and close family antics to put it nicely.

## **What Your Husband or Client is Requesting**

You may wonder what types of things do men really want in their sessions at home or with me. This next Chapter I will be writing from my point of view as a sensual massage therapist. I am presenting facsimiles of emails that I received so that you may see how varied the requests are and maybe add something to your own repertoire!

Some clients have a feeling of freedom with emails and some feel they can talk however they want and some do, very rudely. You can be assured many are requesting what they really want. Many want the touch of an understanding woman and they do request that. Others get more out of the ordinary from scenarios, to bondage, to light spanking, to requesting a certain outfit and more. I am enclosing renditions of emails and calls that I have received over the years and am writing about them from my point of view and experience.

Emails that focus on your looks or a body part are ones to try to avoid-are they looking for a massage and can you live up to their fantasy that they have created? Emails that send you pictures of their body parts are to be avoided. Emails that keep asking you for unwanted (by you) extras are to be especially avoided. I think if you offer more than a wonderful Tantric Therapy experience it should be defined as a separate massage.

I am not sure why men send naked pictures of themselves to me-I suppose as an enticement but for me that has the opposite effect. Respect and politeness is what I look for in a client. Having an enjoyable massage experience should be for both parties. So, never sacrifice your feelings-there are plenty of options in massage, so feel free to suggest an alternative if you are not comfortable with a request.



## **Types of Emails That I Avoided / Timewasters**

My name is George and I would love for you to tingle my spine, do I get to kiss every inch of that precious body???? So when are you coming to Phillie, sure hope you tell me your here... Please send more pics as you are a treat for the eyes.

Thanks,

Greg

*Wants too much and for the price of the massage? He is looking in the wrong ad category...*

\*

Hi,

I will be in NYC on Monday. Are you available that day? I have a bit of a breast fetish. During the session, are you nude or topless? Can I play with your breasts, or will you rub and massage me with your breasts? Are they natural? How much for a session? Thanks for the info.

Michael

It's Michael again. I didn't tell you anything about me (other than my breast fetish). I am white, in my mid-50's (never outgrew my love of breasts!) and am a college teacher in the Huntington area. I will be in NYC on Monday.

Thanks

\*

I am new to FBSM and I have a question. I have had a few appointments with different providers so far and although my experience in general has been favorable, I have a question. Is it ok to coach the provider in a preferred technique? Or to correct something that is known to not be effective? Afterall, nobody knows me like me. , I have very sensitive nipples and like them stimulated as much as possible. I know that's not true for most guys, or some are just queasy about it (latent homophobia I guess).

Thanks for any input.

\*

Other than your looks, and from what I can tell you are very beautiful, is your massage worth \$100 more than the Asian spas on here???? I have been to those.

Jonathan

*Yes I am a graduate from a two year massage school and am constantly learning. The studio is private. This massage is for someone who really enjoys the journey of massage and not just how it ends.*

Hmmm, fair enough. Good answer.

*never heard back-I found after a time just to not bother with explanation seekers-they either want a massage or possibly they want to feel some sexual connection and not pay .*

\*

Hello. You sound lovely. I am a 45 yo professionally employed MWM (married white male). I feel the need for "me time;" a moment where I can forget the world and its worries and reside in a temporary utopia where all is fun and exciting. I work in Soho and hope to be able to skip out for a wonderful lunch hour. Is mutual touch allowed ? *Do you kiss?*

*It's apparent this guy wants to kiss and likes to most likely do a good amount of touching. If this is not what you do, you could ignore the email or possibly tell him you can touch where I am not clothed, but if you don't kiss—are you what he really wants and will it be a session you are comfortable with?*

\*

Hi-I am a 49 yo white professional and am interested in a massage. It would be either this evening or tomorrow evening. I prefer light touch caress.

Please also let me know if you are wine and 420 friendly during the session.

Thanks for accepting my reply and I look forward to hearing from you.

*420 means marijuana and I am not marijuana friendly as it is still not legal in many states and I have too much to lose if I start going down this path, so I stayed away. I have had a drink with special clients but this also is not an often occurrence.*

\*

I completely understand about discretion. I am 35 and have a busy professional career. I like your pictures and prefer mature women.

I do not mean to be inappropriate but I do not want to waste anyone's time. I am interested in full service. If that is ok, I would like to make an appointment.

*At least he let me know what was on his mind-intercourse and probably more and like I said it is your business but be discriminating Do Not discuss this type of work or any description of any work online or on the phone. Do not discuss fees. The fee should be written on your ad or in your site-nothing of an explicit sexual nature. Do not feel as though you know the person and he would not turn on you... he can and might in the future if your business relationship sours. Please keep that in mind! Always be aware of the future and you may want the freedom to change jobs or your present situation.*

\*

My compliments on your advertisement and photographs. I was wondering as to whether or not you gave over the knee spankings? Your lap looks so inviting! Please advise and if so, how I may contact you to arrange it.

Merci

\*

Good morning, is oral included?

*Hands on only is Hands on only*

\*

*Also, too many emails about a body part like-long sexy legs-wow or cancellations on the same day or long drawn out explanations-many times they are indicators of a time waster and don't rush after them... most likely you won't hear back—* Here are some of the “special requests’ that have entered my mailbox. I am keeping many of the typos in order for you to feel the flavor! If you have a good web site set up you can always refer them back to your “menu of specialties” so you don’t have to have a conversation or argument about anything. Some women like to talk and screen on the phone, but I have found if a guy is really eager to talk on the phone he may want to find out if you will have sex (unwelcome phone call) or even get himself off. So, I don’t speak with a client initially. I keep having them send me email after email and that will also give you a sense of who they are.

\*

Hi!

I read your ad and you have me intrigued. I’m a 37 year old professional male that works in the finance field. I was wondering if you offer role playing as part of your sessions The fantasy that I have in mind would be for you to be a photographer and for me to be your nude model. We could perhaps to this for the first 30 to 45 minutes of a 90 minute session, followed by a massage.

Thank you for your time.

Brad

*If this sound interesting to you, by all means pursue the communication further.  
Unfortunately some are time wasters and want just to communicate and possibly  
pursue a happy ending by themselves...*

\*

Sandra,

Thank you.

Will you be in your birthday suit too?

I hope so.



Terrance

*Some women do massage in the nude, but I think it is better to wear something-  
at least a string to establish boundaries that you are not going further.*

\*

Hi there,

Retired, horny widowed pilot living near you. I love touching and kissing and  
licking you to the moon! When can we hook up? You'll not regret it!

Love,

Sam

*Whoa, there... I am offering an ultimate massage—thanks, though.*

\*

im 35 on ssd from motorcycle accident i want back neck shoulders thighss inner thighs whole body except feet and if any thing else offered im not sure times ur available wens morning im free tex me 8am till 12 let me know all of services thank u \*

Hi, I really love your ad! I'm all about discretion, and certainly appreciate being on the receiving end of it also. I'm 50, very nice, and looking for exactly what you say you offer - a more sensual and complete therapy/bodywork session. I am a bit adventuresome, very sensual, and enjoy having a true connection. I will be in the City on Monday, July 9th. Do you have availability around mid-day?

*This email would be worth following up on.*

\*

Hello,

I read your ad and appreciate your seeming warmth and maturity. I happen to like massage sessions with some playful bondage. I have my own restraints I usually bring. Please let me know if you're open to this. I'm 40, with an Ivy graduate degree... and more importantly friendly and sane. I've just moved back to NY from Boston (where I had my regulars) and am looking for someone near me here in Soho . Thanks, Eddie *It's up to you to decide if you want to get into light bondage and trust his restraints... usually they are used to tie him and it is never the other way in my experience and of course I would not want to be restrained alone in my studio with a client I really don't know or even one I do know.*

\*

yes, I hope to see you soon... I would love the massage-FJ combo that we had planned last time. Let me know when we can meet up and do that.

*FJ is a footjob where you stroke with the feet. Many men really enjoy that especially if you have a new pedicure! You will feel better doing any massage if you have a fresh pedicure.*

\*

Hi Sandra,

I am 35 yrs and love being in the care of someone older than me. I liked your description, do you have any more pictures to share. I love the way you are. In a way I like being very submissive on the table and let the other person help me through the stress. Do you help in the shower as well?

Thanks,

Robert

*T his man turned out to be a very nice person and great client. Here is my partial answer: Dear Robert, I will take care of you and help you in the shower... I will give you the most wonderful massage... He responded after the massage: Hi Sandra,*

That was an awesome experience. Just wanted to thank you once again.

Regards,

Robert

*This is a good client and one who appreciated the time and effort taken to create his session.*

\*

hello we live in Myrtle just like to no if i can get a massage tomorrow about noon and if you would mind if my wife help you do all of it to me only she want nothing but to help with me thanks.

*Couples who want a massage is also very popular This could also be an avenue to make money. I limited myself to men exclusively but you are in charge of your own business!*

\*

Hi I saw your ad and I believe we have corresponded before, I just can't find the emails. Anyway, I'm into foot fetish particularly shoe dangling where you dangle your shoe seductively and aggressively from your toes. Does this sound like a sensual session that you would do? If so what is your shoe size? DO you have a selection of shoes? And do you have a high arch?

Joe

*A foot fetish is a sexual attraction to the feet-some men have special requests to the type of nail polish and hose.*

\*

Hello

I think I contacted you already, but I'll try once again a little more strait forward this time. I'm looking for an open-minded dominant women who would enjoy trampling on me. I love being stepped on with heels & stomped on by beautiful women's stocking feet on my face & privates. I adore the aroma of women's dirty feet. I also enjoy my member crushed against the floor. If you would be interested in meeting please respond. I've seen quite a few women for this fetish of mine & most are squeamish when it comes to the face. They say it's all good at first contact, when it comes down to it they act like they're walking on broken glass. I am strong & get this done at least once a week. I want someone who this won't bother. I ask for nothing more, wear what you're comfortable in. I do have a thing for nylons & pretty much any type of shoe. I have no weight restrictions,  
Thank you.

Ray

*Even more explicit foot fetish and some type of pain.*



## **Preview of Volume 2**

So we are coming to a close with Volume 1. I hope you have found the read to be helpful, beneficial and brought you a few new ideas for a more exciting evening. Please continue to Volume 2 if you would like even more thorough information about giving a sensually satisfying massage, more examples of letters, true stories and also what you can expect if you decide to make this your business. I will discuss advertising, the merits of the review boards, the merits of having friends in the business and the minuses or possible solutions for any decision you make. This guide will be a very comprehensive guide to setting up a safe and successful Sensual Massage Practice. Looking forward to seeing you in Volume 2!

Sincerely,

Sandra Sutton SMT  
(Sensual Massage Therapist)

## **Glossary Anal Play -focusing the massage around and possibly in the anus.**

**BDSM** -Bondage and Discipline, Sadism and Masochism (not to be confused with FBSM).

**Booby Glide** -massage his feet with your breasts by lifting his feet by the ankles and rubbing the feet on the breast.

**Breast Cupping** -gently placing your breast into his upturned hand when he is lying face down.

**Butt Crack Shake** -place a warmed washcloth folded into thirds and vibrate the area with the side of your hand.

**Dry Towel Scrub** -scrub from tip to toe with a dry hand towel or two at the end of the massage to increase well-being.

**FBSM** -Full Body Sensual Massage.

**FS** -Full Service means sexual intercourse and it is offered by some, not all sensual massage therapists and the massage is no longer just FBSM.

**Hidden Stone Treatment** -place a warmed stone under his privates when he is lying down.

**Hot Bun Rock** -place an open washcloth over the buttocks and using both hands on the washcloth, shake, shake, shake or more slowly rock the hips back and forth.

**Hot Candles** -candles made specifically to pour onto the skin when lit and melting.

**Inner Thigh Seduction** -start at the feet and slowly sweep your hands up on each side of the inner leg up toward his sweet spot. If he is lying face up you may add eye contact to increase the intensity.

**Lingam** -tantric word for penis.

**Nuru Massage** -a slippery massage with extra oil or gel and the provider slides her body all over her partner.

**Penile Overkill** -when you rub the penis for a half hour straight and nothing

happens.

**Pillar Ceremony** -place small warm stones (stones usually placed between toes) around the penis and proceed to Pole Dancing.

**Pole Dancing** -warm stones gliding and swirling up and down the penis.

**Prostate Massage** -massaging the prostate by inserting a finger into the anus and slowly and gently massaging the prostate.

**Rub and Tug** -light massage and hand release.

**Shower Scrub** -liberally use a scrub from tip to toe and proceed to the shower-use a washcloth for a little more exfoliation and rinse your man off with the shower hose.

**Tantric Tease** -prolonged massaging of the private parts especially the scrotum while he is prone and you are sitting between his legs.

**Yoga Slide** -down dog to up dog and sliding your breasts up and down his back.

## **Dedication**

To my therapist Natalie, who encouraged me from the start. Whose help and kindness motivated me to keep going.

To my Mother, who always said I would write a book and who knew it would be one like this! She was almost as excited as me to publish and wishes there were books like this 60 years ago.

To my wonderful clients who were always so supportive of my creative endeavors. And of course, I would not have written this book without them.

And to my friend, Pio, who came up with the title-Why Your Husband Comes to Me-in an intense brainstorming session.

Sandra