



kavida rei

ultimate
erotic
massage
*the complete sensual
guide to hands-on bliss*



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What is erotic massage?

Erotic massage provides all the benefits of regular massage, but unlike most forms of hands-on manipulation it is meant to be a deeply sensual experience. Taking the best techniques from a wide range of massage styles and giving them a provocative and powerful twist, erotic massage helps couples to tap into their sensual natures. As the masseur, you will discover how to pleasure your partner; as the recipient you will learn to revel in your partner's touch. Erotic massage gives you the tools to explore your sexuality and connect physically and emotionally.



WHAT DOES “EROTIC” MEAN?

The term “erotic” comes from Eros, the Greek god of love, and describes the arousal of sexual feelings or strong desire. You can introduce eroticism into just about anything you do, be it listening to music, dancing, or eating a meal. It simply involves engaging all your senses and using the activity to help you get in touch with your earthy, sexual nature.

PRINCIPLES OF EROTIC MASSAGE

Erotic massage makes use of sexual energy to increase intimacy, prolong pleasure, heighten arousal, and intensify sexual fulfillment. It encourages individuals to freely express sexual desire, lust, fantasy, and passion. By promoting the flow of erotic energy throughout the body, this type of massage can also have healing effects. It certainly enables the recipient to enjoy deep relaxation and the blissful sensations of erotic touch.

The techniques in this book owe much to Swedish, Shiatsu, Taoist, and Holistic massage, and include all the traditional strokes, such as kneading, feathering, hacking, and cupping. There is plenty of freedom in erotic massage to experiment with your own ways of massaging and touching. As you relax and drop all expectations and agendas, you will find yourselves trying new, intimate strokes and caresses that you think your partner might enjoy. What is important is to experience a heightened awareness of each and

every moment, and to respond intuitively and lovingly. Everything is explained clearly, but the book is a guide: add your own strokes as you feel you want to.

A PLEASURE IN ITS OWN RIGHT

You and your partner can enjoy erotic massage as an end in itself, not necessarily as a prelude to sex. The key is to make it clear to your partner that you are giving him or her a gift, without desire for a reward. Learn to derive joy from your partner’s body, and from the pleasure you give. Enjoy the moans and sighs you are able to provoke simply by using your hands, fingers, mouth, hair, and voice in different ways.

The recipient is able to enjoy a feeling of freedom and intense relaxation, but there are advantages for the masseur, too. When you massage without an agenda or goal, the flow of energy becomes a cycle, passing between you and building up to a reciprocal exchange of pleasure. So the ecstasy is mutual!

Everyone has a unique response to massage so a masseur should never try to manipulate or “direct” the recipient into any particular reaction or experience. Erotic massage should be nourishing, loving, holistic, and empowering for both the giver and receiver. Massage is not about “doing” something to another person but about “giving” to each other, and being together in the moment.



THE ENERGY CONNECTION

When sexual energy is coursing through the body, human beings tend to feel at their most vibrant, energized, and alive. Fortunately, these feelings of happiness and vitality are available to all of us every moment of the day, and you don't have to be engaged in sexual intercourse to experience them. You do, however, need to learn how to tune into them, which is where erotic massage comes in. Erotic massage can take both partners into this state of optimum

awareness, in which every sense is alert and you feel alive in the moment. For some, the intimacy and orgasmic potential of erotic massage would define it as "sex." For others, it is not sex unless penetration occurs. The definition is for you to make. Just be aware that traditional ideas about massage and foreplay leading to sex can be limiting. Sometimes it is necessary to rethink old patterns of behavior or challenge unvoiced assumptions in order to provide room for freshness and spontaneity in a relationship.



VOYAGE OF DISCOVERY

To enhance your experience of erotic massage, see it as an opportunity to learn about and rediscover your partner's body and mind, however well you might think you know them. Imagine that every time you touch your partner, you are experiencing that connection for the very first time, eagerly and openly. Make-believe that you know nothing about sex, and have never even heard of the concept. Pretend that the only time you have with your partner is here and now; that the past doesn't exist and there is no future. By freeing yourself from the ties of familiarity and reality, you become more open to new ideas and more willing

to push boundaries. It both liberates you and encourages you to see your partner in a new light, so that when you touch and explore him or her, it is with a sense of wonder. Get to know every inch of his or her body and notice every distinctive mark or characteristic. Above all, have fun. You don't have to take erotic massage too seriously—it's also about playing together and indulging one another without any end goal. This in itself can take you both to new levels of bliss. Erotic massage is not something that leads to sex, or replaces sex, although it can if you both desire it. It is most definitely a pleasure to be enjoyed in its own right.



Benefits of erotic massage

When stressful, hectic lifestyles take their toll on your mental, physical, and relationship health, erotic massage provides more than a temporary respite. It not only calms the mind and relaxes the body but it also helps to restore your intimacy as a couple and keep you focused on what is really important in life.

CLEARING YOUR MIND

In the bustling flurry of life our minds are constantly in motion, generating a flow of thoughts. Meditation, yoga, and spa retreats can all help to restore inner calm, but nothing works quite as effectively as a massage. The strength of massage lies in the fact that the recipient's attention is on the movement of someone else's hands upon his or her physical form. The person enjoying the massage doesn't have to do anything at all, allowing his or her mind to take a back seat for a while. When you are in a deep relaxation, your concerns fall into perspective, and you remember what's really important in life. Erotic massage has a very powerful effect because it accesses and harnesses your natural sexual energy. This energy fills the mind, clearing it of cluttering thoughts and focusing it on feelings of harmony and orgasmic pleasure.

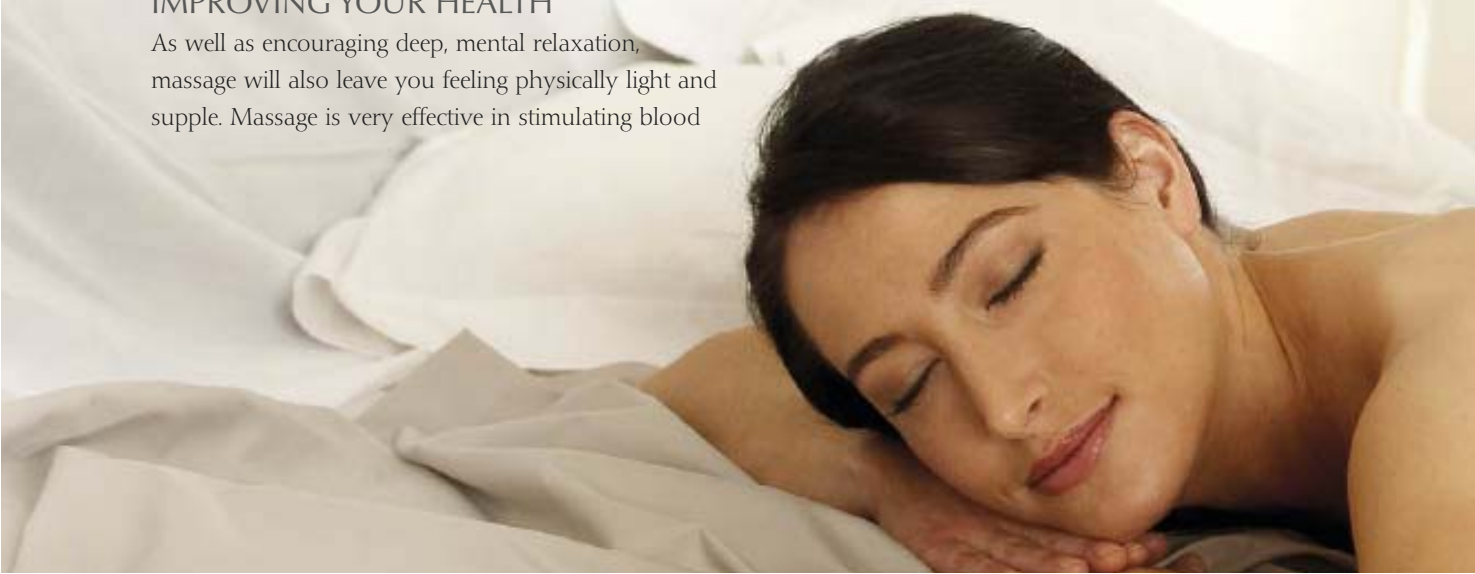
IMPROVING YOUR HEALTH

As well as encouraging deep, mental relaxation, massage will also leave you feeling physically light and supple. Massage is very effective in stimulating blood

circulation, and when blood is being transported efficiently your entire body, including your organs, muscles, and bones, reaps the benefits. Massage helps to direct the flow of blood towards the heart where it can be recycled, recharged, and pumped out again. Drumming on your partner's skin, using strokes like hacking and cupping, speeds up the release of fluids in the body by stirring up toxic waste that has accumulated deep below the surface of the skin.

BOOSTING YOUR RELATIONSHIP

Spending time with your partner, as you massage each other, helps to foster intimacy, trust, and love. As you massage, you give your time and attention to your partner. As the masseur, this is an opportunity to show how much you appreciate your partner as well as to discover where he or she holds tension, and which body parts respond to intimate touch.







Erotic Beginnings



Getting ready for massage

Just as you would show a guest to a table already prepared for dinner, the space in which you offer the gift of a massage should be prepared with love beforehand. Creating a comfortable, relaxing, and fragrant environment is essential to set the right mood and help the recipient gain the most from his or her experience.

CREATING A SPACE FOR MASSAGE

A truly satisfying erotic massage requires a sanctuary in which both of you can forget about the outside world and focus on your time together. The space you choose could be your bedroom, bathroom, living space, or a room that you have set aside. Take a few minutes beforehand to make the room tidy, warm, and welcoming. Clear away all clutter so that your minds can empty more easily and your bodies can start to unwind. The more able you are to settle into a peaceful state, the more you will both gain from the massage, and the greater the connection between you.

You can use a massage table to massage your partner's back, shoulders, legs, and chest, but you may prefer to have a bed, or a space prepared nearby on the floor for more intimate activity that may come later. A firm bed or mattress on the floor is ideal. Make sure that your partner always has freshly washed sheets and towels to lie on, and to cover him or her. Check that any cushions, blankets, or throws you use are clean and smell freshly laundered.

Lighting

Muted lighting and candlelight evoke an atmosphere of calm, relaxation, and sensuality. Place candles so that they pool the massage area in soft light, ensuring that they are also positioned safely and cannot be knocked over. Experiment with colored lightbulbs; it is easy to change your usual bulb, and the light created can change the atmosphere of the room instantly.

A red bulb, for example, will suffuse the room with a pink hue, softening any hard edges and bathing your bodies in warm, flattering light.

Temperature

Make sure that your room is draft-free and warm because the recipient may start to feel cold as the massage oil evaporates from his or her skin. This is especially important if you plan to massage on the floor since drafts are more noticeable when lying close to the ground. If your partner does feel cold, his or her skin will subtly contract, making it more difficult to fully relax. As the masseur, you are unlikely to feel a chill because you are active throughout. If the room is very warm, you may need to use a fan to gently cool the body. This will also counteract any soporific effect of the massage and keep your partner awake.

Aroma

Smell is highly evocative and can have a potent effect, especially on someone in a state of relaxed awareness. Aroma can transport the mind and aid deep relaxation. Use an oil diffuser to burn essential oils throughout the massage. You could choose oils that complement or match those in your massage oil. You could also burn incense, but check that it is made from natural ingredients. Many incenses on the market are synthetic and can be overwhelming in a small space. Scented candles will also bring fragrance and soft light to your massage space. Organic candles are best if you want to avoid harmful chemicals.

Scented candles are a convenient way to bring fragrance and soft light to your massage space. Organic candles made from natural ingredients reduce the amount of harmful chemicals released into your environment.





OILS AND LUBRICANTS

Use a natural base oil that doesn't irritate the skin, for example grapeseed, almond, or light olive oil. Add drops of essential oils to add aroma. The following scents are ideal for erotic massage:

Lavender—aids relaxation

Sandalwood—enhances feelings of sensuality and calm

Jasmine absolute—enlivens male sexuality and relieves sexual tension

Rose absolute—promotes feelings of love

Neroli absolute—stimulates virility and fertility, and soothes anxiety

Warm the oil bottle before you start by standing it in a bowl of recently boiled water. As you massage, replenish the oil on your hands regularly. Return the bottle to the water each time to keep the oil warm.

For intimate genital massage you may prefer to use a water-based lubricant designed specifically for intimate use. An oil used internally could irritate and cause infection. (See resources, page 188).

TOYS AND TOOLS

There are a number of toys on the market that can be used to enhance an erotic massage session. Here are a few suggestions that you may like to try:

Feathers, feather fan, or feather duster

Sarong or silk shawl (with tassels if you can find it)

Vibrator (for use on the whole body)

Water spray bottle (with battery-operated function)

Head massager (choose from a variety of gadgets that stimulate the head area, see resources, page 188)

Privacy

Make sure that you will not be interrupted during the massage so that you can both relax without fear of disturbance. Turn off all telephones. Make sure that children are either out or asleep in bed. If children are older, make sure they know not to come crashing into the house. Most teenagers, if you tell them you're going to be doing a massage, will stay well away! If you tend to receive a lot of visitors, put a note on your front door saying that you're "resting" and asking them not to ring the bell.

Music

As well as evoking an erotic mood, music can be used to mask any unwelcome noises from the outside world. Choose music that is not too invasive or insistent. Ambient music is ideal (see resources page 188), and there is plenty of music written specifically for massage.

Make sure that you have easy access to your music player and that you can control the volume. An MP3 player is ideal as you can compile your own playlist of suitable music that will continue for hours without you having to get up and change CDs.

Environment

Creating a special environment in which your partner feels pampered can enrich the whole experience. Make an effort to acquire exquisite rugs, shawls, cushions, sheets, and towels. Use quality materials in luxurious colors throughout your space to enhance the magic and mystery of the massage.

If you have a secluded yard and the weather is warm, set up your massage outdoors. You will enjoy the close proximity to nature, the sound of the breeze through the trees, the sun caressing your skin, water running into a pond, the birds singing. Bring a shawl or blanket to cover your partner in case he or she feels chilly, and lots of water to drink if you're giving the massage in strong sunlight.

ESTABLISHING GROUND RULES

When about to try something new, such as erotic massage, it is worth spending a few moments talking to your partner, and setting some ground rules. This will give you clear guidelines on what your partner likes and can give you both confidence to try new things.

- 1 Show respect for and honor your partner by paying attention to what's happening for him or her in every moment. If he or she is enjoying a particular touch, take your time before moving on to another part of the body.
- 2 Promise to devote yourself entirely to your partner's pleasure during the massage, putting all your personal needs and desires aside.
- 3 Promise to avoid maneuvering your partner toward any goal, such as toward orgasm or penetrative sex during the massage, unless this has been agreed beforehand.
- 4 Give full attention throughout the massage, and don't be distracted by anything.
- 5 Agree to respond instantly to any sign of discomfort or a negative reaction.
- 6 Agree to accept any negative reaction, even if you can't understand why your partner may not be enjoying it. Remember that this won't be about you; we all respond to touch in different ways. Your partner may not enjoy being touched on certain areas of his or her body, or they may not react well to particular types of touch.
- 7 Agree not to talk unnecessarily. The recipient will enter a very relaxed, altered state of consciousness, so any sound you make will seem louder and more intrusive than you would intend. Massage should take place in an atmosphere of calm.



Preparing yourselves for massage

To gain maximum benefits and pleasure from erotic massage, it is important that both you and your partner are mentally and physically prepared. Set aside some time beforehand to relax your mind, cleanse and pamper your bodies, ensure that your breathing is calm and controlled, and your every comfort has been catered for. This will ensure that by the start of the session, your cares have been left far behind.

GETTING IN THE ZONE

Give yourself time before the massage to sit quietly and relax. Let your breathing calm down, and leave the day behind. People who meditate, do yoga, enjoy walking, or have regular massages find it easier to relax, since they make time to let their body and mind rest. You can train your body to respond to cues such as, "breathe deeply, relax my belly, soften my hands, unfurrow my brow..." and so on, until you reach a point where you merely think the thought, and your body will respond instantaneously. You may find a yoga or meditation class a good place to learn how to relax, and you can take these skills home with you. One idea is to spend time with your partner before you begin your massage: go out for a walk in nearby countryside; sit quietly together and meditate, or listen to soothing music; or attend a yoga class together.



After a busy day, spend time on your own in a quiet space. Close your eyes, and breathe deeply for a few minutes. With each out-breath, let your shoulders and neck relax.



PERSONAL CARE AND CLEANLINESS

Both you and your partner should shower or bathe before the massage, taking special care to wash your feet well, as they rarely get the attention they need! As you refine your sense of smell you will find that you become more discerning about the quality of perfumed products, noticing how a smell can affect your mood. Wash with good-quality natural products that contain as many organic ingredients as possible. Their scents are usually more appealing, and can lift or relax your mood depending on the fragrance you choose. Rub a luxurious cream or lotion into your skin so it feels soft to touch. Remember all areas, especially those with a tendency to dryness, such as your feet and elbows. Another reason for using organic washes, lotions, and shampoo, is that skin is highly porous and through it we absorb the chemicals and toxins that many of today's products contain.

It is important to maintain scrupulous cleanliness throughout the massage. When performing intimate massage on a woman, wash your hands after massaging other areas, especially inside the anus, to avoid unwittingly passing bacteria back into the vagina. You might like to wear latex hand or finger gloves for anal massage. These may feel strange at first, but the recipient will hardly notice that you are wearing them, especially if you use lubrication.



CONTROLLING YOUR BREATHING

A stressful day can make your breathing shallow, which, in turn, affects your blood circulation and many physiological functions. Before your massage session, sit quietly and let your breathing become calm and deeper, filling your body with fresh oxygen. Your belly should inflate as you breathe in. Your ribcage should rise, allowing more space for your heart to do its job effectively. Make your outward breath strong and steady. Continue to breathe deeply for a few minutes. Notice how your body relaxes.

When you massage, breathe steadily and deeply throughout to help maintain deep relaxation in both you and your partner. Be aware of how you feel during the massage: are you still calm and relaxed? You will probably find that you are drifting into a state of calm bliss also. If thoughts come into your mind, let them go, and relax again.

GETTING COMFORTABLE

Before you start the massage, check that the room is warm enough. You won't feel the cold in the same way as your partner because you are active during massage, so you need to be aware of this. You should feel comfortable wearing just a lightweight top and shorts, for example. Avoid wearing clothes that are any heavier than this or you will find it difficult to gauge the room temperature.

Provide a pillow if your partner needs it. When your partner is lying on his or her back ready for massage, cover him or her with a sarong, shawl, or blanket. This serves two purposes: it can help to keep your partner warm and avoid sudden chills, and can also give your partner a sense of security if he or she feels a little exposed during massage. Remove the sarong or blanket as you massage up the body and replace it when you finish, then let your partner rest.



CENTERING YOUR PARTNER

Before you start to touch and massage the front of your partner's body, take a moment to practice this hold. It is an easy, but very nurturing embrace that balances and settles your partner ready for massage. This hold opens up the energy channel that runs through the center of the body, from the genital area to the crown of the head, making your partner feel more energized and alive to erotic stimulation.

Sit comfortably alongside your partner. Place one hand on the crown of her head and one hand lightly on her pubic bone, with your fingers facing down toward her feet. Your fingers should rest lightly over her perineum.

Tune into the rising and falling of your partner's breathing and feel energy passing between your two hands. Hold in this position for a few minutes.

Relaxing hands and arms

Supple, warm, relaxed hands and arms are key to giving a successful erotic massage. Your partner can feel your pulse and pace through your hands and will be aware of any tension. The more you can relax and surrender, the more your partner will be able to let go. Try one or two of these simple exercises before a massage to release any tension in your arms and hands.

- 1 Stand with your back straight against the corner of a wall or door frame. Reach behind you with one arm, and press your hand against the wall or hold the edge of the door so that you can feel the stretch in your shoulder muscles. Aim to keep your arm in a straight line away from you, behind your body.
- 2 Change position so that you stretch the other arm.
- 3 Stand or sit comfortably. Lift your shoulders up high toward your ears. Hold them there for a few moments, then let them drop. Release any tension that is in your shoulders. Repeat, and breathe out as you release your shoulders.
- 4 Rub your hands together vigorously for a minute or so. Rest them, completely relaxed, palms facing upwards on your thighs. Imagine that golden light is showering down into your hands and feel the energy radiating from them.



Basics of massage

The beauty of erotic massage is that there are no rules. You can customize each session for your partner's pleasure, and make it a different sensual experience every time. You can choose from a huge variety of strokes and use lots of them, or merely a few, on any or all parts of the body. Just go with the flow...and enjoy.

MAKING A START

If you already massage your partner, you may know some massage strokes and recognize them here. The difference with erotic massage is that you use every stroke with the purpose of heightening sensation rather than relieving muscle tension or soothing aches and pains (although this can happen, too). So whether you are using a featherlight touch, applying firm-handed pressure, using relaxing strokes, or waking up the body with more vigorous pummelling, you will always be arousing and stimulating body and mind.

In fact, most people enjoy a variety of touch during erotic massage, sometimes strong and firm, other times light and tender. Tougher areas of the body, such as the backs of the legs and buttocks, respond best to firm strokes. Following these with more gentle caresses gives erotic contrast. Sensitive body parts, such as the breasts, should usually be touched gently at first, but as your partner relaxes, he or she may want firmer massage. Also, your partner may crave different types of touch at different stages of arousal. Experiment to see what feels right for your partner. By becoming aware of how your partner responds during a massage, and on different days, you will become more confident in learning to read your partner's body and knowing which types of touch to use at which times. This is an excellent way to foster erotic intimacy. Always include enough long, flowing strokes to connect up the various parts of your partner's body as you move from one area to another. The strokes will feel good to your

partner, even if you are trying them for the first time. Enjoy the experience of feeling your skin touching and being in tune with each other.

EXPANDING YOUR REPERTOIRE

Each time you perform a massage, include one or two new strokes that you'd like to experiment with. Choose those that appeal to you both, and use them on one part of the body, or as part of a full-body massage. Erotic massage also encourages you to employ not only your hands and arms but also lots more parts of your body to stimulate your partner. Use your lips, tongue, hair, breasts, and anything else you like to increase his or her erotic pleasure. Feathers, silk scarves, warm water, bubbles... anything you like can be brought into your massage.



During erotic massage, try this position, with one hand on your partner's chest and the other below the belly button. This allows you both to rest and your partner to let the pleasurable sensations wash over them.

A photograph of a man massaging a woman's shoulder. The woman has her eyes closed and a peaceful expression. The man is leaning over her, his hands resting on her shoulders. The background is softly blurred, suggesting an indoor setting with natural light.

TYPES OF MASSAGE

Many of the ideas in this book draw on strokes and techniques from traditional massage practices:

Swedish: One of the most common forms of massage based on five core massage strokes—effleurage (light, flowing, flat hands), petrissage (kneading), tapotement (rhythmic tapping), friction, and vibration.

Shiatsu: A Japanese healing massage that works with the acupressure points on the body, also incorporating massage and mobilization of the joints.

Rolfing and Hellerwork: Profoundly effective, deep-tissue, restructural bodywork that “irons out” the body and realigns the skeletal structure.

Taoist erotic: Taoism combines the principles of yin and yang (masculine and feminine energies). Taoist erotic massage is a sensual massage that includes the genitals. It is effective in bringing together sexuality and spirituality.

Ayurvedic massage: An ancient healing system that involves listening to your body and recognizing and balancing your mental and emotional states. There are many styles of Ayurvedic massage; one that is common in the West is an oil-based technique that involves the practitioner using their hands and feet to help rejuvenate and balance the recipient.

Thai massage: A combination of Ayurvedic massage and deep, yogic stretching of the body.

Aromatherapy: Used in conjunction with massage, aromatherapy massage incorporates the therapeutic application of essential oils in order to affect a person’s mood or health.

Holistic: In this massage the recipient is treated as a “whole” person, and the massage aims to reach body, mind, and soul. It uses basic massage strokes and is likely to include various counseling and healing techniques.

Basic massage techniques

The strokes shown here appear throughout the massage sequences, although the order will vary depending on the part of the body being massaged. Some suit certain areas better than others, but see what works for you and your partner. Mastering plenty of large, flowing movements will help you to spread erotic energy over the whole body.



Flowing

Keeping your hands flat, sweep them in a long, smooth, flowing motion over the curves and corners of your partner's body and back again. Make sure your hands are well oiled, so they slide without catching, and keep the pressure spread evenly across them. Use these long, flowing strokes over larger areas of the body, too, such as the back, legs, belly, chest, and buttocks.



Circling

With your hands flat, make circles on your partner's skin, moving away from each other and then back around together again. Use this stroke where there is enough skin for your hands to make complete opposing circles, such as on the back, legs, belly, chest, and buttocks.



Mini circles

This is a variation on circling, where you use just your fingertips to make small circles. You can press slightly harder than if you were using your entire hand, especially if the area is fleshy. This is a good technique to use on the breasts, chest area, belly, facial cheek muscles, sides of the neck, and on the upper back and shoulder muscles which often carry tension and knots.



Friction

Use a fast and firm rubbing action with both hands to stimulate the skin's surface. The heat generated permeates through into deeper areas of the body. This vigorous stroke is best suited to less sensitive parts of the body, such as the legs, arms, back, buttocks, and shoulders.



Kneading

Perform this stroke as if "kneading" dough for bread. Pick up large handfuls of flesh, engage your hands and fingers, and knead confidently, at a fairly rapid pace. If you have long nails, be careful not to catch the skin. Check how the pressure feels to your partner. Use this stroke on any fleshy parts of the body, such as the waist, belly, buttocks, thighs, calf muscles, upper arms, and tops of shoulders.



Electric socket

Create a fast vibrating movement by moving two fingers extremely rapidly to wobble the surface of the skin. Imagine power and energy coming from the solar plexus at the center of your body. This sends a "charge" through your partner's whole body. You can use this stroke anywhere on the body, including the forehead, between the nipples, or the middle of the lower belly.



Thumbing

Make small, alternate, rapid strokes with your thumbs, either in circles or pushing away from you. Keep your hands as flat as possible against the body. Try this on all the fleshy or muscly parts of the body, especially when massaging close to, but not on, a bone. For example, you could thumb up on either side of the spine, back of the neck, arms, backs of the legs, backs of the knees, and fronts of the thighs.



Clawing

Using fairly firm pressure, pull your fingertips toward you, one hand after the other. If you have long nails you may really be scratching quite hard, so get some feedback from your partner. Try this on the back, thighs, and chest.



Feathering

Draw one hand after the other toward you, using your fingertips to create a light, featherweight touch. This stroke usually feels good everywhere. You can also try this with an actual feather; use a large, good-quality feather to trace light touches over your partner's back, shoulders, legs, and buttocks.



Hacking

Use the sides of your hands to rhythmically "hack" fleshy areas. This stimulates and excites the body, bringing blood to the surface of the skin. This stroke can be used on the shoulders, back (but not directly on the spine), buttocks, and backs of thighs.



Cupping

Rounding your hands slightly over your partner's skin, alternate them in a drumming action. Use this technique as you move over fleshy areas of the body, such as the back, buttocks, thighs, and calf muscles.



Knuckling

With your hands in a fist shape, use your knuckles to “grind” into the muscles. Avoid the bony areas. The best places to use this stroke are on the palms of the hands, the back, the arches of the feet (when your partner is lying face down), the buttocks, backs of the legs, tops of the shoulders, and the lower neck.



Draining

This is a deep pressure stroke for arms and legs. Hold your partner’s arm at the wrist and press firmly with both thumbs on the inside of the arm. Slide your thumbs up to the elbow, then pull your flat hands back down the inside and sides of the arm to the hand. Use exactly the same movement on the calf muscles, starting at the ankle.



Twisting

Use both hands to make a wringing action as though wringing out a cloth. Try this on your partner’s arms and legs. You can also twist a foot with one hand, from the underside to the outside, using one large, circular, turning action.



Licking and biting

Unique to erotic massage are the strokes given by the mouth. You can use your lips, tongue, and teeth to create an erotic charge and lots of pleasurable sensations. Experiment to find what feels best for you both. Try licking with the tip of your tongue and the whole flat of your tongue, nibble delicate areas with your teeth, and gently bite fleshy areas. Then calm the skin with quick, erotic kisses.

Whole-body massage techniques

These techniques are designed to move and relax the whole body, boost circulation, alleviate tension, and gently stimulate the genitals. Massage confidently and sensitively, working with the natural motion of your partner's body rather than trying to force your own speed and rhythm on to your partner. Rocking and wiggling can be tried before you start an erotic massage, as well as during one.

ROCKING

This method is very soothing and can remind the recipient of being rocked as a baby. Rocking loosens the tension in the muscles and joints that holds the body rigid. It gently stimulates the genitals, as they are pressed against the surface of the mattress. Remember that arousing your partner in a relaxed, unhurried way, guiding without pushing, is always the most conducive to taking them to an erotic sexual peak.



Hip rocking

Move your hands to the hip closest to you, and push the body away from you, "catching" her hips as they roll back to your hands. Try generating the motion by placing your hands on the back of one thigh and rolling it fairly vigorously from side to side. Change to the other thigh after a few minutes.



Sacrum rocking

Place both hands on your partner's sacrum (located near the hips), and rock her hips from side to side. Follow the rhythm your partner's body naturally assumes. Gradually build up the force of the rocking until it's fairly vigorous. Stay tuned in with the natural rhythm of her body, rather than trying to force your own rhythm onto it.

WIGGLING

This is a dynamic technique in which both hands are used to wiggle and shake different parts of your partner's body. It relaxes the joints, releasing any tension. Use when your partner is lying on her back.



Foot wiggle

With your partner lying on her back, hold her foot with both hands. Pass the foot backward and forward between your two hands at a fast pace to wiggle it. This dynamic motion relaxes any tension in the joints of the foot. Repeat with the other foot to release any tension there.



Shoulder wiggle

Ask your partner to lie on her back. Sit above her head and push each shoulder toward her feet. Wiggle your hands as if you are bouncing a ball from one hand to the other in quick succession. Your partner's head should rock from side to side of its own accord, as the neck releases any tension held there.



Arm wiggle

Raise your partner's hand slightly and grasp it as if you're shaking hands. Shake her arm from side to side vigorously, to loosen the arm and shoulder joints. If more comfortable, hold your partner's hand with both hands; this will make the massage less tiring for the masseur too. Repeat with the other arm.

Tender touches

Holding, caressing, hugging, and kissing your partner can enhance erotic massage as well as your relationship. Make these expressions of affection a part of your daily lives together to enhance the emotional and physical connection between you. Bring loving touches into your massage to create a sensual, emotional experience.

EXPRESSING YOUR LOVE

Every time you hug, kiss, or caress your partner you stoke the fire that fuels the physical and emotional connection between you. You can't be too affectionate with a lover, so take any opportunity you have to demonstrate through touch just how much you adore your partner.

In many relationships, after the initial honeymoon period is over, couples can forget to touch, caress, and hug each other, other than perhaps before or during sex. Introducing loving touch is a way to revitalize and renew your connection with each other.

We are expressive beings with a vast capacity for creativity in our sensual encounters. Don't fall into the same old patterns of physical expression, especially if you are in a long-term partnership. Experiment with the subtle nuances of touch that your bodies are capable of giving and receiving. Kiss and caress an area of your partner's body that you haven't touched for a while. Embrace your partner at times when it is least expected, and let these special expressions of affection and love enter your massage.

HUGS AND EMBRACES

A full-bodied, heart-to-heart hug is one of the best ways to experience love in its purest essence. Embrace your partner before and after a massage, to make you both feel loved and secure. Surrender and expand into a melting hug, to remind you that

you have a beautiful, responsive body and are not just a "talking head," lost in its thoughts and planning its next move.

During a hug your breathing deepens naturally and without effort. Hugging lets you express your responsive and vulnerable side, the part of you that's available to love and be loved. Merge into a hug with your partner often; you will both feel better for it.



Chest-to-chest hugging builds physical and emotional rapport with your partner: use hugs before and after your massage to reinforce the mutual trust between you.

Playing with touch

This game can teach you and your partner about the type of touch you like and your personal boundaries. These can change all the time, especially as you learn more about erotic massage and what works for you. This game can prepare you for further massage, or you may simply enjoy it as it is.

- 1 Stand opposite each other and decide how long you want to play the game together and which one of you is to go first.
discover the touches that elicit a "yes." You can continue with this type of touch, or move on to touch another part of her body.
- 2 The person to go first (in this example the man) then takes a slow step closer. The woman then says if she likes it, or not, with "yes," "yes, maybe," or "no."
- 3 The man slowly and consciously touches the woman, for example, he reaches out to touch her cheek or her hair.
- 4 The woman again responds, "yes," "yes, maybe," or "no." If your partner says "yes, maybe," slow down, and be more attentive and sensitive to what she really wants so that you
- 5 Try other touches, getting to know what your partner does and doesn't enjoy. You could kiss her neck, run your fingers through her hair, tickle her, hug her, and stroke her breast. Give your partner time to feel and respond authentically. Do more of what she likes, and move on from touches that she doesn't. Don't dwell on anything that your partner didn't enjoy; simply move on.
- 6 Continue playing the game for the length of time you've decided, ensuring that you swap roles about every five minutes.



CARESSES

A caress can communicate many things—desire, appreciation, and fascination. It can be sensual, erotic, tender, or passionate. During a massage, caress your partner with your fingertips, or even the back of your hand. You could caress any area of the body, although sensitive areas such as the insides of the arms, face, neck, and chest are usually most responsive. Make your strokes light and delicate, so that your fingers skim across the surface of your partner's skin—moisturize or oil your hands if you need to. Think about what you are doing as you caress, where you are touching, and how it feels to you. This can make caressing as relaxing and moving for you as it is for your partner to receive it. Delicate caresses can take you and your partner into a calm and relaxed state which, if you then choose to continue, can open up the pathway to erotic ecstasy.

KISSES

Before your massage, when you are preparing your space, or simply spending time with your partner, make time to kiss each other. Kissing promotes intimacy, romance, and sensual connection. As you kiss your partner you will find that you can gauge how your partner feels today. You will notice if he or she relaxes immediately or feels ticklish and sensitive. You can use this information to determine how you touch and massage, and whether you both need more time to relax and unwind first.

During your massage, pause to kiss your partner on the lips and anywhere else you both like. Soften your mouth and allow your lips and tongues to meet; you will feel that this fosters a sensual connection between you. Move down to your partner's neck, mouth, and shoulders, and make kissing part of your erotic massage routine. Kissing is a way to express your love and passion, and is another way to show that your massage is erotic and sensual, rather than purely therapeutic.

When you kiss, whether on the mouth or anywhere on the body, you both release hormones that make you feel sensual, relaxed, and more open to erotic and sensual touches. These hormones include dopamine, endorphins, and phenylethylamine, feel-good hormones produced by the pituitary and hypothalamus glands. As these hormones flood your body, they bring a profound sense of well-being, helping you to relax and prepare your bodies for further physical contact. Kissing, nibbling, and sucking will all have the same hormonal effect. Try gentle kisses at first, moving to more passionate as you both relax.



A kiss is one of the most intimate expressions of adoration two lovers can share—and it also triggers the release of a wave of sexually stimulating chemicals all over the body.

Caressing your partner

This exercise focuses the attention on one caressing hand, heightening the sense of touch for both the masseur and recipient. As you progress with the caress, you will start to become “hypnotized” into a meditative state that can lead to a feeling of deep, internal peace.

- 1 Ask your partner to lie, facing down, naked, and then sit alongside him.
- 2 Start to caress his body in slow motion and with one hand. Keep your hand as flat as possible, and use a light touch, but make sure you are firm enough so as not to tickle him. Use your fingertips only for the smaller areas of the body, like the neck and face. Caress the back of the body for ten minutes, making sure you cover every part.
- 3 Ask your partner to turn over and repeat the caressing for a further 10 minutes on the front of his body. Keep your hand moving seamlessly in one direction as much as possible, and don't skip to different parts of the body. This consistency of stroke will allow for a deeper experience of meditation.
- 4 After completing both back and front, sit quietly by your partner's side, giving him time to rest after the caress, and to integrate and assimilate the experience.



Connecting with your partner

To get the most from your erotic massage, you need to be relaxed with each other and feel a deep sense of intimacy and trust between you. Spending time close together, relaxing and focusing solely on each other can help you to forge a strong, loving connection before you begin your erotic massage.

STRENGTHENING YOUR BOND

Erotic massage will open your body to sensations it may not have encountered before, so you both need to feel ready to try it. Spending time just being close together goes a long way toward allowing a deeper intimacy or rekindling the spark of romantic passion. Take time to simply gaze into each others eyes, or grab your partner unexpectedly for a long, heartfelt hug. Lie together and listen to music, gently caressing each other as the mood takes you. The practical exercise on the opposite page can help to build trust and open up the lines of communication.

Your mind is key to your erotic pleasure. When your mind is relaxed (see page 166), your body will respond by enjoying the massage. Your mind is also key to forging an intimate connection with your partner. When you are both comfortable in each other's company, you can connect with your partner, emotionally and physically.

Simple things, such as bathing each other, can help to foster greater intimacy between you. If you feel disconnected, for example, if one of you has been away, or you have both had a stressful day, then bathing each other can bring you closer together. You could also try the game opposite, where you touch each other, and begin to read each other's minds during the game. This can lead to both of you feeling more confident with your sexuality, helping you to relax together before starting erotic massage.



BATHING YOUR PARTNER

Sensual bathing is a wonderful way to build up the bond between you. Easy, yet very erotic, bathing or showering will help to enhance feelings of physical and emotional intimacy. If you don't have a tub, you can perform this ritual in the shower to the same effect.

- 1 Run a bath for your partner, adding good-quality, natural bath oils. Make sure you have large, warm towels ready close by.
- 2 Invite your partner to settle in. Leave the bathroom to give her time to relax.
- 3 After a few minutes come back in and wash your partner's body, taking care to cover every inch. Take time over your partner's fingers, arms, and legs. Sensitive wash your partner's genitals. Shampoo her hair and massage her scalp.
- 4 When you have finished, ask her to step out and wrap her in a large towel and dry her gently and with the adoration she deserves.

Reading your partner

Learning to read the subtle nuances of your partner's body language will make your erotic massage more effective. You will learn to recognize when your partner softens and relaxes, or tenses at a certain touch. Knowing which touches give your partner pleasure, will strengthen the bond between you.

During this touch and response game, you will feel as if there is no time lapse between one partner moving and the other following. You will find yourselves giving and receiving with an intuitive awareness that will teach your hands to respond to the subtle messages you receive from your partner's body during massage.

- 1 Stand facing each other. Make sure you are both comfortable. Imagine that one of you is the initiator and the other is the mirror.
- 2 The partner who is the initiator begins by touching or stroking the mirror. The mirror copies the same movement and attempts to match the pace, pressure, and rhythm of the stroke exactly. Use your right hand to caress the left cheek of your partner's face, then the mirror partner does exactly the same.
- 3 Take your hand to your partner's belly and chest. Caress there, then take your touch to the arms, neck, and waist, with your partner mirroring your caresses.
- 4 Continue for a few minutes, and notice how your responses heighten and become in harmony with each other. After a time, swap roles so that you take turns being the initiator and the mirror.



Erotic games

Set aside a special time to play some creative, erotic games with a partner and you will notice how your mind will be more than happy to let go of control, giving space for your body to become more spontaneous, accessible, and responsive to touch. Bringing out your sense of fun and laughter can also help to put your cares aside.

SAFE FUN

You both need to feel secure, both physically and emotionally, before you can experience subtle erotic sensations. If one of you is wary, with nerves on edge, it's impossible to feel anything more than skin deep. Daily life can leave you a little stiff and desensitized; sensitive touch and loving communication can open the way to more effective erotic massage. Add some fun and adventure, and you will both feel more alive, stimulated, and open to new experiences.

LEFT VERSUS RIGHT BRAIN

Massage and erotic touch accesses the left side of the brain, which is the more intuitive and artistic side. The right side of the brain is more analytical and logical. It is the left side of the brain that will guide you into the realm of deeper bliss and expanded awareness. Erotic games give you a chance to tap into this often-neglected potential. They unlock your imagination, leading to a stronger current of creativity, both in your sensual world, and throughout life in general.

Take some aspects of these games into your massage and expand your repertoire—not only will you and your partner experience a greater sense of well-being, you'll also never be bored. Erotic games can build a deep sense of trust between you, and bring playfulness, zest, and color to your intimate life. Whether you are in an established relationship, or are new to it, it is always worth spending time on activities that deepen the trust and intimacy between you.

PLAYING EROTIC HIDE AND SEEK

This is a sexy variation on the childhood game. If you dive into it with abandon, and allow yourselves to have fun with it, you might find that the combination of adrenalin and laughter provides erotic excitement that you can take in to your massage.

- 1 Before you start, create a massage space. This could be a large towel on a bed, or a rug on the floor. Place some massage oil nearby. Set an alarm to go off in five minutes, preferably one that the "seeker" can carry with them.
- 2 One partner should hide, and the other partner counts to an agreed number, for example, 30. Head out to the yard, or to a room that you rarely visit!
- 3 The seeker then tries to find the hiding partner. If you find your partner within the time, you can request a ten minute massage of your choice, such as a shoulders and neck massage, or a foot massage. If you cannot find your partner in time, they get to request the massage. Go to the massage space you have created to do the massage.
- 4 Heighten the erotic anticipation as you seek by calling out sexy threats and fantasies, such as, "When I find you I'm going to tickle you until you beg me to stop," or "Any minute now I'm going to find you, and you're going to kiss me all over and give me a ten minute genital massage."
- 5 After the first massage, change places, so the hider becomes the seeker. The massages can become as erotic as you like—and feel free to incorporate requests for sexual favors into the game.

Blindfold touch game

Wearing a blindfold in an erotic game brings a sense of adventure to your massage. The wearer will also have a heightened sense of expectancy, and will tune in with greater awareness to his or her other senses.

- 1 Gather a variety of items that you can use to stimulate your partner, such as feathers, silk scarves, warm oil, ice cubes, and a vibrator. Try some unusual items such as a stone, a leaf, or a mango, and see if your partner can guess what they are.
- 2 Create a warm, comfortable space with plenty of cushions for reclining on. Your partner should be naked, except for a blindfold.
- 3 Begin with slow caresses and kisses. Stroke your partner's body with feathers. Drape a silk scarf over his body and lift it slowly so that the edges trail over his skin.
- 4 Run an ice cube up and down his arm or inner thigh. Drizzle warm oil onto his chest and down his belly, rubbing it in slowly and sensually. Alternate between the two.
- 5 Use a vibrator to stimulate various part of his body, such as the thighs, neck, nipples, pubic bone, and genitals. If the vibration is too strong for the area, place your hand between the vibrator and the skin to soften the sensation.
- 6 Stay with the game, and don't move toward sex. Playing with this delicious sexual tension will allow your partner to sink fully into the moment, relaxing and receiving, rather than feeling that they might be expected to "do" something or respond to you sexually. Let this wonderful experience be just for your partner.
- 7 Slowly remove your partner's blindfold. You can either swap right away, or wait until another day for your turn. You could move on to a massage sequence.



MAKING TIME FOR PLAY

Playfulness is one of the most important qualities you can foster in a relationship with your lover. It is easy to consider life's daily pressures more important than the nurturing of intimacy with your partner, but over time this negligence can lead to boredom, and the loss of passion and desire. All relationships that you wish to nurture need conscious awareness brought to them regularly and nothing is more effective in bringing fresh energy to a relationship than a healthy dose of fun and frolics. Laughter is a deeply connecting force; it reminds you of the bond between you, and why you came together in the first place.

To keep the relationship with your lover vibrant and fresh, feed it with spontaneous moments of touch and laughter. You don't have to play games to be playful, although they are a great way to bring energy to your relationship. Surprise your partner by coming up behind him or her and giving a shoulder massage; this will relax you both and bring you into the moment. Finish with a playful bite to the neck, or a tickle. Act unself-consciously and be willing to make a fool of yourself. If you can't be silly with your lover, when can you be?

GET OUTSIDE FOR A CHANGE

Getting out of your normal environment is an effective way to generate spontaneity and impromptu moments of playfulness. Taking touch and sensuality into nature is both erotic and fun; with a hint of adventure.

Find a secluded garden, empty beach, or a private space buried deep within unfrequented woods. Lay out a large, soft rug or blanket with cushions. Remove your clothing if you feel like it, and lay in the sun and feel the heat and breeze caress your skin. Tune in to your surroundings with all of your senses; listen to the birds or waves and smell the flowers. Stroke your partner's skin with soft-petaled flowers and leaves. Give your partner a sensual massage, as he or she relaxes on the rug or blanket. Share a picnic together.

Take delicious food that perhaps you don't eat every day. Choose items that are "rude" in some way, such as juicy fruit, items for dipping, and sweet treats that you can share and feed to each other.

Make time to get away from your usual environment; book a night away in a gorgeous hotel, or even a rural campsite; the idea is to break from routine. A new room or bed can inspire you to try something new. This is your time to focus on just you two as a couple.



THE CHOOSING GAME

If you are new to erotic games, this is an easy game to try first. You both write down ideas to try with your partner, and you choose at random. This can feel like a safe way to suggest something new, and encourages you both to suggest new massage touches, or role play scenarios, rather than one partner deciding.

- 1 Tear up some paper into about 10 small pieces. Take half each. Sit down together and write on each piece one activity that you would like to try. This could be anything from drink a glass of wine together, listen to a piece of music all the way through, kiss your partner all over, or try a massage while the receiver wears a blindfold.
- 2 Put the papers in a bowl placed between you. Take it in turns to draw one piece at a time, and read it out loud. You can agree to do that idea right then, and then choose another, or you can agree on four or five ideas that you will then try at your leisure later in the evening.

Moving the mannequin

In this exercise, your partner is blindfolded, and trusts you to look after him or her. You carefully move your partner, showing care and attention. This will help to build your trust in each other, show that you can look after each other, and relax you both before massage. Decide who is to go first.

- 1** The man should stand still like a shop window mannequin, and put on a blindfold. Take deep breaths, and try to relax completely.
- 2** The masseur will be in charge. Start to move your partner's hands, fingers, and arms. Your movements should be slow and gradual. As your partner relaxes, lift his arms above his head and move them in a slow, steady way. The man should relax and allow his body to be moved without resistance; if you feel any tension as you are moved, breathe out, and imagine it leaving your body with each out-breath.
- 3** The masseur can try moving other areas of your partner's body. Move his head backward and forward.
- 4** Gently take his head round in circles, holding it with both hands. Do this gently and slowly, to prevent pulling neck muscles.
- 5** Walk your partner forward, guiding him with words, for example, "Take two small steps forward," and guiding him with your hands. Direct your partner to sit down.
- 6** Caress your partner. Stroke his chest and arms. He should relax, learning to trust you. Move his feet and ankles. See how relaxed and trusting your partner can become.
- 6** After a while, remove your partner's blindfold. You could move on to another massage, or change places so you become the mannequin.



Finishing touches

The holds and strokes suggested here can be used at the end of an erotic massage. After a massage, your partner will feel very relaxed and all the senses will be heightened. The lightest touch will feel amazing, so caress, blow, and stroke to help your partner feel nurtured and keep his or her mind completely in the moment.



Meeting of heaven and earth

This is a “holding” position rather than a stroke. Rest one hand on your partner’s head and the other over his genitals. Inhale deeply, and as you breathe out, imagine breathing out through your hands. Let each inhale and exhale begin to rise and fall with your partner’s breathing rhythm. Use this at the end of a full body or intimate massage so your partner can absorb the feelings.



Connecting caress

This gentle caress connects all the areas of your partner’s body. Stroke your fingertips down your partner’s body from the top of the head toward the feet. Start again at the top, and take your fingertips down his arms to the ends of the fingers. Use this at the end of a full-body massage, so every part of the body feels related.



Energy caress

In this stroke, you caress your partner’s aura (the energy field that surrounds the physical body). Raise your hand an inch or two from your partner’s body and stroke down his body two or three times. You may feel an energy radiating from the hands, perhaps even heat. This slow aura stroke will invoke a sense of calm throughout the body.



Feather and fur

You can make this either a relaxing or an invigorating stroke. With a large feather or fur mitt, stroke your partner's body in a slow, hypnotic rhythm. Stroke his belly, thighs, and arms. To relax him, use slow strokes. To arouse and invigorate, use flicking motions. These are ideal to wake the skin, perhaps before you move toward lovemaking.



Merging as one

If it feels right for you both to connect physically, lie next to your partner. You may have taken turns massaging each other, and now feel emotionally and physically connected. Use one or two fingers to softly trace patterns over your partner's body. Let your fingers follow their own path, tracing the curves and contours, sometimes slowing down to dwell in a crevice or on the tip of a nipple.



Breath of life

Blow air softly over your partner's skin, and imagine you are breathing life-force energy into his body. Warm breath may be relaxing at the end of a full body massage, and cool air can arouse, readying your partner for intimate massage or lovemaking.

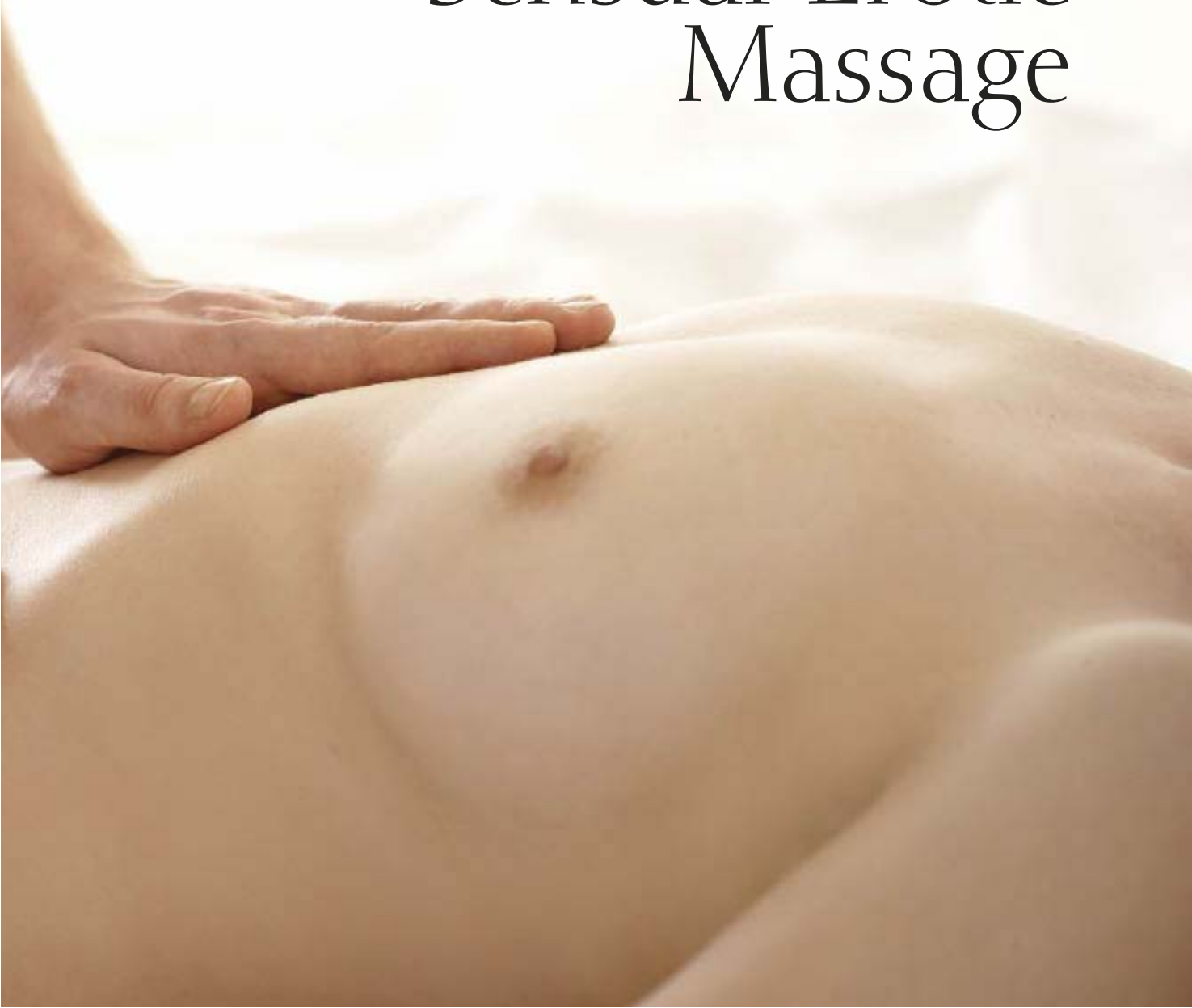


Sinking into bliss

Ask your partner to turn slowly onto his side and spoon with him. You can place a pillow under both of your heads. Drift off into sleep together or catch the simmering of sexual energy beginning to heat up between your bodies.



Sensual Erotic Massage





1 Sensual Essentials

Your senses are the gateway to your erotic experience. By becoming more aware of sound, taste, visuals, and touch, you intensify your massage, and discover more sensuality.



Bringing the senses into massage

Even though we think of taste, smell, sound, sight, and touch as individual senses, we mostly use them in unison. Consciously focusing on one sense at a time makes you far more aware of it. With greater awareness, you can focus on every reaction, feeling, and sensation, and so heighten and intensify your massage experience.

RAISING YOUR AWARENESS

Sensual, erotic massage helps to make you more aware of each of your senses, unlocking your full capacity for a blissful experience. Being able to respond fully to the stimulation of your senses and enjoy a heightened awareness of yourself in the moment are key to experiencing true sensuality. When you allow yourself to enter a state of heightened sensory awareness, even breathing can feel ecstatic. With each breath out, waves of physical pleasure move through your body.

Bear in mind that your body is designed to make use of its senses and to stimulate your erotic response. Imagine, for example, that you're lying quietly, eyes closed. A charismatic voice begins speaking to you. You listen, but before long you find yourself aching to open your eyes and see what the owner of this irresistible voice looks like. When you look at the face with its sensual mouth, you become aware of the natural, appealing fragrance of newly washed hair and skin. It makes you want to discover more through the taste of a sweet kiss. When all the senses are engaged, your body feels alive and tingling with anticipation and arousal, even before any touch has taken place.

Help each other to enjoy this extra-sensory experience by allowing yourselves to become more "sensitive" to each other. Think about how you touch and caress one another. As you receive touch, focus on the sensation; is it smooth, rough, tender, or tentative? Notice your partner's scent, and the warmth of his or her skin.

SOUND

Sound vibrations are deciphered in the brain, but also felt deep within the body. Human beings are extremely responsive to sound on an emotional level. A beautiful love song or a sexy voice can be a potent aphrodisiac. Music instantly creates an atmosphere and can change your mood in a second.

USING THE SENSES IN MASSAGE

Although erotic massage is primarily about touch, taking time to stimulate the other senses will create an enriched experience for you and your partner. Try the following suggestions for a massage rich in sensual pleasures and erotic delights:

Sound—Play peaceful or evocative music, whisper loving and empowering words into your partner's ear, or hum directly onto his or her skin, creating a sound vibration through the body.

Taste—Have fun with food during your massage. Eat tasty morsels directly from your partner's body, or feed your partner bite-sized delights like fruit or chocolate while you are massaging.

Smell—Burn aromatherapy oils in a burner, light scented candles, or place drops of essential oils on a tissue and waft them under your partner's nose.

Sight—Watch a favorite sensual movie beforehand to stimulate the erotic mind. As the massage unfolds, slowly remove each layer of clothing in a slow-build striptease and when you're eventually naked, dance erotically for your partner. Beautify the space with flowers, aesthetic art, and stylish candles.





TASTE

The human tongue has about 10,000 taste buds that send information via receptors and channels to the brain enabling us to distinguish between various flavors. We can distinguish between salty, sour, bitter, sweet, and savory tastes. The sense of taste gives you pleasure as you nibble, lick, and drink. Every bite is a chance to slow down and enjoy the moment. Bringing taste into erotic massage and play between two lovers is a wonderful turn-on for both partners. Treat each other to your favorite foods, feeding your partner during the massage. This simple act can open up yet another dimension of intimate connection.

SMELL

The sense of smell is extremely evocative, unlocking memories through signals sent from olfactory nerves that stimulate the hypothalamus and hippocampus in the brain. The human nose can detect the difference between 10,000 different chemicals. Pheromones are the chemicals that emanate from the body when it is sexually aroused and we can be attracted or repelled by the smell of another. Chemistry between lovers is a subtle yet crucial factor in the success of an intimate relationship. Use favorite aromas during massage to remind the brain of happy, relaxed, and sexy times.



Choose massage oils that appeal to your sense of smell and help to create the right mood for your massage. If you're using a base oil, essential oils can be added to give aroma.

SIGHT

The visual sense is extremely important in sexuality and eroticism, especially to men. It is the most complex of the five senses, giving us a vast amount of information about the world around us. We can "see" brightness, color, and depth, but the aspect of the visual sense that is most relevant to our intimate and sexual relationships is that of "perception." What we perceive is a complicated mental process influenced by our experiences and the type of culture in which we've lived.

In the meditative environment of massage and lovemaking, practice softening your vision, "receiving" the world in through your eyes in a gentle way. To do this, relax your gaze; don't scrutinize what you see before you. Look only at the soft outline, the key features, the parts you love. This allows for a more receptive approach to the way you see your partner. As you soften your gaze, you leave behind your image of how your partner looks to the outside world, giving them space to relax and become a tender and vulnerable being.

TOUCH

During daily activities we tend to focus on the mind and thoughts, and bring awareness to the wellbeing of our bodies only when unwell, tired, or aching. Our instinctual intelligence becomes activated through the senses, and particularly through touch. Touch brings us instantly into the physical realm, linking mind and body to make us feel whole, and living in the moment. Erotic touch heightens your awareness of your sexual energy within you, waiting to be accessed.

THE SIXTH SENSE

In some healing systems (for example, tantra), the "kinesthetic" sense, which incorporates feelings and emotions, is also acknowledged. This is your emotional response to the world. Be aware of how you respond to massage and to your relationship with your partner, and how your responses change over time.

Waking the senses

When your body is working well, you feel healthy, happy, and whole. When all your senses are functioning at optimum level, you can take in and enjoy more of the world around you. Bringing your fully alert, heightened senses to your erotic massage enhances the experience tenfold for both masseur and recipient.

DISCOVERING YOUR SENSUAL SELF

Every individual experiences the world differently, depending on which senses they use most. We all know people who are very visual, or have an ear for music, or are great gourmets. For example, if a person is mainly “auditory,” they might walk into a room and hear the sounds of people laughing and music playing in the background, before anything else. Someone who is primarily “visual” will enter the same room and instantly notice what people are wearing and the furniture. Taking time to think about what stimulates your senses the most, and also what arouses your partner, can help you get more from your erotic massage. Sensual knowledge is key to your ability to give and receive erotic pleasure. Each sense links directly to the brain and activates the release of endorphins, hormones that make you feel good. This will enrich and deepen an erotic massage.

MAXIMIZING YOUR RESPONSES

Massage is one way to enhance the sensitivity of your own body, whether you are giving or receiving it. Whatever your role, bring your full awareness to each moment. What can you see, feel, taste, hear, and smell? What makes you respond positively? Think about each sense in turn. Use different techniques and mix up strokes in ways that engage all of your senses, then keep practicing until massage makes all your senses feel vibrant, responsive, and alive. Use the exercise opposite to help you focus on each sense, and gauge how you and your partner respond to stimulation.

EXPRESSING EMOTIONS

For some people, having certain senses stimulated can provoke deep emotional, as well as erotic, responses. A particular smell, for example, can transport you to a time and place in your childhood, or a sound may trigger a long-forgotten memory. In fact, there are many reports of intense emotions or repressed memories being released as certain areas of the body are massaged. During a massage, as the senses are activated, your partner may feel memories or strong emotions coming to the surface. These may be positive or negative—in fact, it’s perfectly natural for the recipient to suddenly cry or laugh during an intimate massage. Whatever the feelings, it’s important that the recipient expresses them outwardly. As the masseur, you should encourage this and make sure the recipient feels comfortable showing emotion. Experiencing turbulent emotions enriches an erotic massage and deepens the bond between you and your partner. You may even make a surprising discovery: a certain sensation might spark a reaction in you that you would never have imagined.

Many spiritual practices, such as tantra, teach that becoming aware of touch, smell, taste, sight, and hearing and using them consciously will create a more mindful life. In these systems, the senses are viewed as being integral to developing greater spiritual awareness. While it is through our senses that we see the outside world, they can also help us to connect with our inner, spiritual selves and develop awareness and wisdom, which can ultimately transport the mind and body to a higher state.

Testing your senses

This exercise is designed to help you understand the erotic power of your senses. By bringing your senses to life methodically and in turn, you will recognize just how potent each is, and how we tend to take these gifts for granted in our daily lives. Simply smelling and eating can be fascinating activities when you are blindfolded and you focus only on these.

- 1 Collect a few objects you think your partner will like, and don't show him or her. Gather items that will appeal to the different senses, such as a feather, a silk scarf, a soft brush, an orgasmatron (see p.188), small pieces of fruit or a chocolate to eat, hot or cold drinks to taste, essential oils, perfume or aftershave made from natural ingredients, a favorite CD to listen to, and something to wear that you know you look good in.
- 2 Help your partner to get comfortable, then blindfold her.
- 3 Stimulate your partner with sound. Play some music softly, sing a song, or read a short poem.
- 4 Treat your partner to the food you have gathered. Let her smell each item before tasting, and allow her to savor each bite.
- 5 Next, stimulate your partner's sense of smell by massaging her neck and shoulders with sweet-smelling oils.
- 6 At this point, your partner will be feeling very receptive, so move to the sense of touch. Use your hands, fingers, mouth, hair, and breath. Vary the way you touch her, and remember that her senses are heightened, so do not surprise her with sudden movements or sounds.
- 7 Finally, stimulate your partner's visual sense. Wear something you look great in, and put on some sexy dance music. Take off your partner's blindfold and move or dance for her. Your partner will love to see you dance without any inhibitions. If you are a woman dancing for your man, wear something sexy, throw on a feather boa, and have some fun with your feminine charms.



Sensual connection

As you become aware of your own sensual system, you also increase your ability to read your partner's sensory map. Once you have an understanding of how your partner responds to sensory stimulation, a new level of intimacy opens up to you, based on the transformative effects of the senses on body, mind, and soul.

USING ALL THE SENSES

When you give an erotic massage, think of your partner as a body, mind, and soul, capable of feeling, thinking, and sensing on many levels. When you massage, you know that the sense of touch plays a crucial role in erotic stimulation, but also aim to bring the other senses into play. All the senses heighten erotic pleasure, so a truly holistic approach is required. If you have discovered that your partner has a very keen sense of smell or hearing, for example, bring those elements into your erotic massage. For a partner with a sensitive sense of smell, make use of some high-quality scented oils, chosen to suit the mood. If he or she responds to sound in a heightened way, you could try playing some calm, evocative, tuneful music to enhance the atmosphere.

TRANSFORMING YOUR FEELINGS

In Tantra, and other spiritual and sensual practices, it is thought that the senses can act as a gateway to the soul. Imagine that as your body is flooded with sensory awareness, your heart acts as a kind of "transformer." Every sensation, thought, and emotion passes through your heart, forming a connection between your physical world and your spiritual world.

If it is allowed to do its job, your heart will transform negative thinking into positivity. With sensitivity and kindness forming the foundation of an erotic massage, wonderful, sensual feelings are created, leaving you feeling happy and rejuvenated. As you surrender

into a massage, allow any tension to fall away; you can feel your own heart opening, enabling you to receive more pleasure from your partner, and experience a desire to share yourself, physically and emotionally, without restraint. This can create and foster richer and more meaningful relationships both with ourselves and those with whom we wish to connect intimately. As the masseur, you have the power to give the gift of sensual pleasure, to transform your partner's reality in the moment, and to facilitate the flow of sensual energy around their body.

SENSUAL DANCING

To waken and inspire your sensuality, make time to dance. As you move, breathe deeply, free your hips, and become aware of your sexual energy rising.

- 1 Invite your partner to sit comfortably, to watch you dance. Put on some music that stirs you, and you both think is sexy. Begin to move in a flowing way, releasing your hips.
- 2 Imagine that your hands are your partner's hands and as you dance let them caress your body. Dance as if you're being made love to. Look into your partner's eyes as you dance, inviting him into the experience of your body's enhanced, erotic pleasure.
- 3 Gradually remove your clothing and let your erotically charged hands generate sensual pleasure over your entire body. Notice how your body fills with sensual energy, and flows around it as you move. You can take this energy into further massage, or into lovemaking.

Exploring your senses

This exercise encourages you both to explore your own senses and your partner's sensual responses. This can be an enjoyable process on its own, or as a prelude to a massage or lovemaking. There is no need to "perform"; simply move and dance as if no one is watching. If a man feels reluctant to dance, reassure him that you love to see him move his body, no matter what his dancing is like. Take a risk; your partner will love you for it. Men can skip the sexy shoes and lingerie if they wish!

- 1** Stand facing each other, naked, so that you are up close, but not touching. The man should put on a blindfold. The woman starts by saying, "Meet me through energy." She moves as close to him as possible without actually touching. Try to imagine and tune into the energy that is generated between your two bodies. After a few minutes, she backs away, leaving him in his own space for a minute.
- 2** The woman says, "Meet me through the sense of smell." She moves close to him again, and he uses his nose to explore her whole body, up and down, from top to toe. After a few minutes she moves away again. He rests, standing, for a moment, to absorb the experience.
- 3** The woman says, "Meet me through the sense of touch." She moves close to him again, and lets him explore

her body with sensitive touch. After a few minutes, she moves away again.

- 4** The woman says, "Meet me through the sound of my voice." She then whispers intimacies, hums, or sings into his ear. As a man, he will love the sound of his woman's voice speaking intimately to him alone. She then moves back again.

- 5** The woman says, "Meet me through your eyes" and steps forward to remove his blindfold. She puts on some music and dances in a provocative and sensual way. She can wear sexy shoes and lingerie if she wants to spice things up.

- 6** Finally, both partners change places, or move to lovemaking or massage. If she doesn't have a turn at being the blindfolded explorer straight away, make sure she does so soon.



Sensual woman

Women are aroused in different ways to men, and it can take time to truly know how your partner wants to be touched and stimulated, especially at different times of the menstrual cycle. Massage deepens your understanding of your partner's sensual responses, helping you to appreciate what she really needs and desires—and when.

ENCOURAGING HER SENSUALITY

Men are often mesmerized by, and sometimes in awe of, a woman's feminine sensuality and sexual power. These intoxicating qualities, combined with a man's passion, provide great potential for erotic fireworks. Women's hormonal cycles, however, are not always easy to understand, and their partners often need to show patience and care in order to encourage female sensuality to come to the fore and be fully and unselfconsciously expressed.

The menstrual cycle establishes a rhythm that underlies a woman's entire existence. Each month, and over the course of her life, she experiences the ebb and flow of fluctuating hormone levels and associated physical and mood changes. One moment she might feel sensual and erotic, the next markedly less so. Her emotions may alter, and her skin can feel more sensitive at certain times of the cycle. A touch that was well received last week may not register the next, or may even irritate. The ability to recognize this and bring this knowledge to your massage will deepen your connection with your partner.

In order to access her deep sensuality, a woman must also feel deeply. For this reason, it's important to make sure that your partner feels wholly validated, valued, and loved if you want to enhance her enjoyment of your erotic massage. When she feels secure, she can truly open herself up to your massage. There are subtle gestures you can use to reinforce her sense of being

adored on every level. One is to place a hand just above her breasts. Touching her here, where her heart chakra (an energy vortex) lies, will help her to connect the feelings you are generating in the erogenous areas of her body with her heart. It is also a way of physically affirming that you acknowledge and appreciate what she feels in her heart.

FEMALE EROGENOUS AREAS

Men and women share many erogenous zones, but here are a few to focus on to arouse and delight your female partner:

Neck: Stroking and nibbling this area, particularly the sides of the neck, feels very erotic for your partner.

Lips: This highly sensitive area will respond well to being stroked gently with the fingertips and kissed in a variety of different ways.

Waist: Try kneading this sensitive, erogenous area with two hands or stroke with your fingertips.

Arms: Using the tips of your fingers, gently stroke the insides of the lower arms for a delicious sensation.

Hands: Lightly stroke the palms, then suck the fingertips gently for an erotic charge.

Breasts: Start by touching and caressing the entire highly sensitive breast area. When she is aroused, move to give more attention to the nipples.

Lower belly: Massage this erogenous area, including the pubic hairline, to arouse her sexual appetite.



Caressing her erogenous zones

This massage helps you discover your partner's erogenous zones through your caresses. Each time you try it, she will become more sensitive to your touch and discover new erogenous responses. You get to enjoy close contact with her sensual curves and her responses to your moves.

- 1 Ask your partner to lie comfortably. Both of you should close your eyes. Rest your hands on her belly and tune into her breathing, so that you are breathing in and out together.
- 2 Use one hand to caress the curves of your partner's body. You can allow yourself to become aroused as you stroke, but stay with your partner and don't give in to your desire to lead her toward sex. Keep your own breathing slow and listen carefully to sounds that indicate her pleasure and arousal.
- 3 When you sense that you are stroking an erogenous area, stop your hand moving for a moment and feel her energy rising. Try to become aware of the subtle vibration there. Use two fingers to trace lines over the erogenous zone.
- 4 Breathe warm air onto the erogenous area. Use your mouth to slowly and erotically lick and kiss the area. Then allow your hand to continue on its exploratory journey, finding another erogenous zone to caress and excite.



Sensual man

Erotic massage is an effective way to draw out and develop a man's sensual nature. Given with love and awareness, massage can help remove any resistance he may have to revealing his softer, sensual side and encourage him to relax and enjoy it.

ACCESSING HIS SENSUAL NATURE

Men are different sensual creatures than women. They tend to be more practical and possibly less intuitive, being more likely to process what's going on in the world using the analytical right side of the brain, rather than the more emotional left side. For a man, getting in touch with his sensual side means being willing to make himself vulnerable by letting go of his sense of order and exploring his deeper sensuality more fully. Erotic massage is a powerful tool in helping to release the very potent male sensual energy.

One of the best ways to access a man's deeply sensual nature is through his mind. Men are visual beings, hence their appetite for eye-pleasing stimulating material, such as erotic dancing and provocative lingerie. They also respond to auditory input: listening to erotic literature being read aloud or simply hearing a lover's voice can put a man in touch with his sensuality. A woman who learns to incorporate these elements into her erotic massage and lovemaking will help her partner to feel totally absorbed in the sensuality of the moment.

THE ULTIMATE PLEASURE ZONE

A man's genital area is the center of his sexuality. Together, you can have a lot of fun exploring his capacity for pleasure in this most erogenous area. From the scrotum (the skin sac that holds the testicles) to the penis (particularly the head) and the perineum (the area between the scrotum and anus), the male genital region is a hotbed of highly sensitive nerve endings. The best way to arouse this area is with

intimate genital massage (see pages 122–127) that gives him time to surf the waves of growing sexual arousal and reach a delicious plateau where he can remain fully charged over a long period of time.

The more time you can give to gentle stimulation, the greater his sensual pleasure. A long, slow period of arousal causes the testicles to grow and expand and, as the genital area becomes more engorged, the penis also becomes increasingly enlarged.

The perineum, the flat muscle between the testicles and anus, is more prominent in the male body than in the female body and is considered by many to be the foundation of male sexual energy. It is often ignored, but it is an erogenous area that enjoys firm stimulation given with fingers or a curled up fist (see page 124).

MOVING BEYOND EJACULATION

Ejaculation is a natural function and a release that men need at intervals. However, many men fall into the habit of ejaculating every time they masturbate or have sex, unaware of their potential to orgasm without ejaculating, which can allow them to retain this energy. The compulsion to ejaculate, which often leads to a feeling of depletion, occurs because sometimes it's the only way a man knows how to experience pleasure and also because it can be the only outlet through which men can release pent-up energy, stress, and unexpressed anger. As he learns how to expand his sensorial response he can also discover the joys of becoming orgasmic, rather than being driven by the need to ejaculate. See page 147 for techniques on how to delay ejaculation.

Rating your touch

This exercise helps improve your communication in the bedroom as you discover what types of sensual touch your partner most enjoys. Because men tend to find it difficult to discuss sexual matters openly, this can be a very illuminating experience for you both. It also helps to awaken the man's sensual nature by focusing on touch for its own sake.

- 1 Invite your partner to relax comfortably and begin by asking where he would like to be touched first. Using just your fingertips, explore the chosen area with different types of touch, sometimes light, at other times firmer.
- 2 Ask him to rate his sensual response to the touch on a scale of one to ten, ten being "like it very much."
- 3 Ask him to choose another area, and touch here. Ask him to rate it again. Continue this process so that you gradually cover his entire body.
- 4 As he relaxes deeper into the experience, go back to the first places you explored and ask if anything has changed. You might find that in some areas, his sensitivity is heightened.





Sensual Exploration

Discover each other's bodies as you massage each other from head to toe. Choose one area of your partner's body to devote your attention to, or follow each stage of the massage for an all-over sensory experience.



Shoulders & back

Massaging the shoulders and back first in a massage will help your partner to relax immediately. The benefits will be felt throughout the entire body, which means he will be more open to the benefits of further erotic massage.

SENSUAL OVERVIEW

The back is probably one of the most touch-deprived parts of the body, especially between partners; during sex we tend to restrict sensual touch to the face, chest, breasts, and genitals, often ignoring the back of the body. The shoulders and back have the potential to be highly responsive, sensitive, and erotically charged, so it is well worth finding new ways to touch this area of the body. Many people hold tension in their shoulders and back, but as you massage these areas, you will find that the whole body starts to relax, so it is a very good way to start a full body massage.

BENEFITS OF MASSAGE

The shoulders tend to carry tension, and will respond well to firm, strong strokes that relax the muscles. Energetic and deep strokes will work best, and intense, elbow digs will be effective in relieving deep-seated tensions and easing muscle tightness. Muscles run either side of the spine, and massaging these can help to relax the entire body, as messages are sent around the whole central nervous system. The spine is a delicate area, so use slower, more sensual strokes to wake the skin and send subtle, erotic messages to the muscles here. The sides of the back are very sensitive and can feel ticklish, so adjust your strokes to suit your partner. Surface, fingertip strokes will cause pleasurable and erotic sensations, and can be used on the entire surface of the back as well. As you massage the shoulders and back, your partner will sink deeper into bliss, and begin to relax and welcome further touch.

AREAS TO MASSAGE



- shoulders: knead the muscles firmly*
- shoulder blades: firm pressure on the muscles, not the bones*
- spine: massage either side, and avoid pressure on the spine ridge*
- back: featherlight strokes on the back*
- waist: knead the sides of the body*

LIFE FORCE ENERGY

The spinal cord and brain is surrounded by fluid that can rebalance the whole skeletal system. When you massage near the spine, this can help to stimulate circulation of this vital fluid around the central nervous system, which in turn causes the receiver to feel energized, stimulated, and alive. This fluid is sometimes referred to by healers and therapists as “life-force energy,” and when activated through massage has a powerful effect on the balance and wellbeing of the body and its organs.



Shoulder & back massage

The sarong and feather strokes at the start of this massage stimulate the surface of the skin and feel highly erotic. Breathe deeply, and let your own shoulders relax before you start to massage; your partner will feel your calm energy coming through your hands and will respond naturally, deepening his own breathing and allowing his whole body to slow down and relax. Shoulders carry tension, so this sequence will relax your partner, allowing him to respond more readily to touch elsewhere on his body. Take care not to press directly on the spine at any point.



- 1 Sarong caress**
Lay a light sarong or scarf over your partner's body, covering his back. Take the middle of the sarong and pull it slowly upward to lift it from his body. Glide it lightly over the entire back of his body.



- 2 Feather strokes**
Use one or two large feathers to gently stroke your partner's back and shoulders. Vary the speed, moving from very slow to quick, flicking movements. Take your time and enjoy this playful stage.



- 3 Full back sweep**
Apply oil over his back with easy, unhurried strokes. Use a long, flowing stroke from the base of his spine up toward his neck, then sweep down over his shoulders, arms, and toward his hands.



4 **Butterfly sweep**
Sweep your flat hands up the middle of your partner's back, and then down the sides of his body to return to the lower back. Repeat a few times, aiming for a strong but flowing movement.



5 **Ironing the back**
Lean onto the muscles on the opposite side of your partner's back with your forearms. Bring your elbows and hands together, then spread them out in opposite directions, as if "ironing" his back.



6 **Spine circles**
Using your thumbs, make a circling motion up one side of his spine. Push one thumb after the other around in small circles. Work up one side of his spine, and then the other. Repeat three or four times.



7 Sweep and wiggle
Place your hands on top of his shoulders, and sweep them down his back. When you reach his hips, sweep outwards and wiggle his body from side to side. Return to the top again.



8 Slide and knead
Using the weight of your body, slide your hands and arms upwards, pressing down with some pressure on either side of his spine. Knead his shoulders, working into any tight muscles.



9 Circle massage
Use your fingertips to massage small circles all over his upper back. Vary the pressure. Take care not to scratch his skin with your fingernails. If your nails are long, circle with your knuckles instead.



10 Sacrum pummel
Lightly pummel his sacrum (see page 68) with your fists for one minute. Then take your flat hands up his back, around and over his shoulders, and back down the sides of his back and buttocks.



11 Light strokes
With your fingertips, lightly stroke down his back from his shoulders to his buttocks. Rest one hand on his neck and place the other over his sacrum. Breathe in time with your partner.

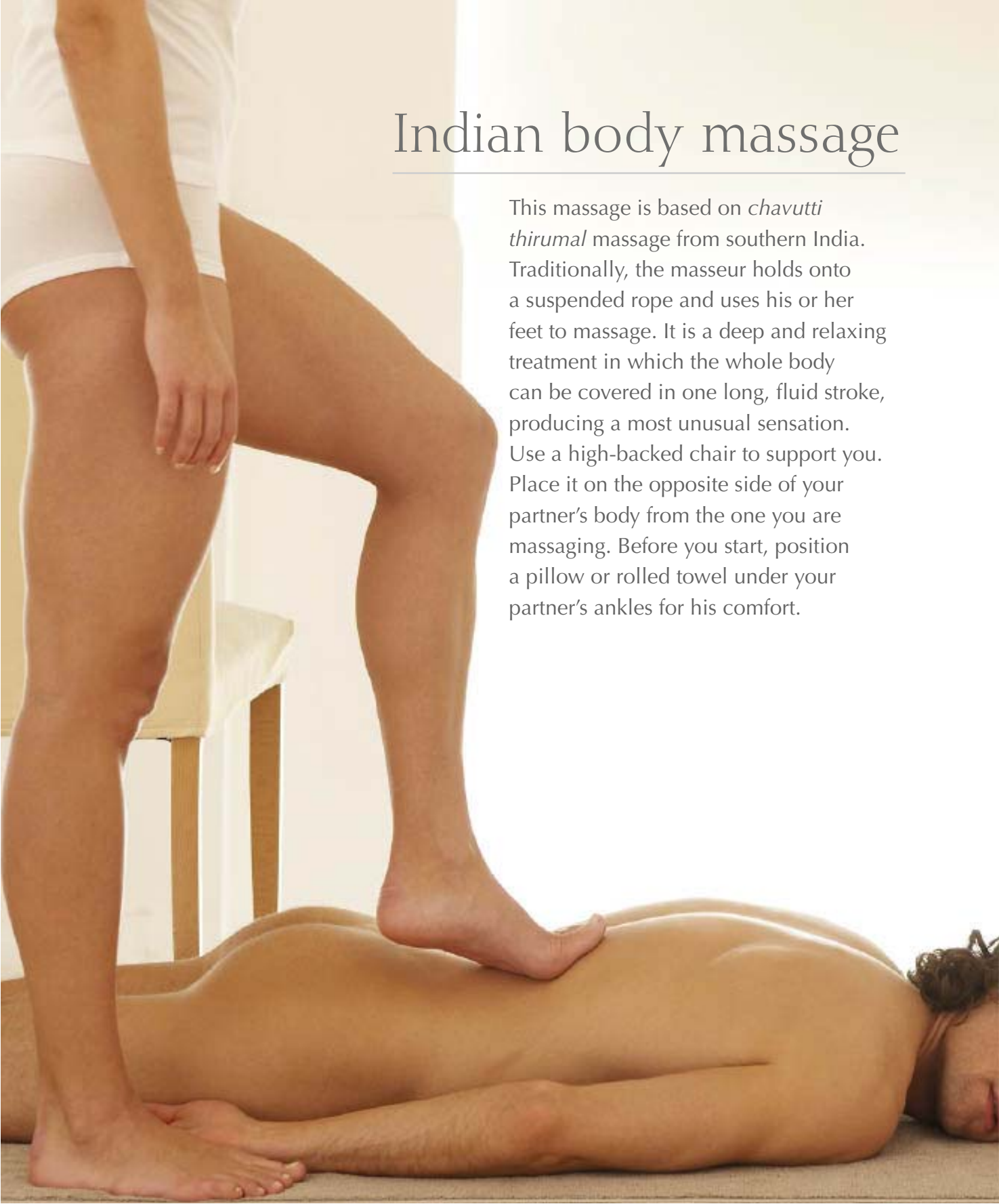
REST YOUR HANDS

Pause any time during the massage to rest your hands and to let your partner absorb the benefits of the massage so far. Leave your hands on your partner. Imagine energy passing through your hands into his body. This gives your partner a chance to breathe and relax deeper. It reminds him that this is not a therapeutic massage but a sensual, erotic experience.



Indian body massage

This massage is based on *chavutti thirumal* massage from southern India. Traditionally, the masseur holds onto a suspended rope and uses his or her feet to massage. It is a deep and relaxing treatment in which the whole body can be covered in one long, fluid stroke, producing a most unusual sensation. Use a high-backed chair to support you. Place it on the opposite side of your partner's body from the one you are massaging. Before you start, position a pillow or rolled towel under your partner's ankles for his comfort.





- 1** Getting into position
Apply oil to the entire back of your partner's body, using your hands. Stand with your right foot near his right hip. Apply oil to your left foot, then place it onto his right buttock. Hold the chair for support.



- 2** Buttock kneading
Massage the right buttock in large "figure-eight" movements, pressing firmly. Continue straight up the right side of his back toward his shoulder. Curl your toes to create more pressure as you go.



- 3** Palm slide
Once you reach the shoulder, slide your foot down to his right hand, "stepping" onto his palm, with firm pressure. Move your foot back onto the buttock to repeat the whole movement several times.



- 4** Leg slide
Place your foot facing away from you at the top of his thigh. Sweep your foot down his leg to the ankle. Glide your foot back up and over the buttocks, continuing in one long stroke up to the shoulder.



- 5** Shoulder massage
Use your heel to massage the shoulders and upper back. Try using the ball of your foot, too. Alternatively, stand at the top of your partner's body and use the flat area of your foot.



- 6** Changing position
Move the chair to the other side of your partner's body. Apply oil to your right foot, then place it onto his left buttock. Repeat the entire massage on the left side of your partner's body.



Buttocks & backs of legs

Receiving a massage to the buttocks, backs of the legs, and thighs will feel fantastic to your partner. The large muscle areas mean that you can massage with some strength, alleviating tension, while the proximity to your partner's sexual organs means that this massage has the potential to be gently arousing.

SENSUAL OVERVIEW

This area of the body has a high number of erogenous zones. Massaging the buttocks will feel highly sensual to your partner, especially if you take your strokes down the legs as well, moving the energy you create down the length of your partner's body. The legs and buttocks are connected by the sciatic nerve, so it feels entirely natural for the receiver to be massaged from their buttocks down to their feet.

The backs of the legs can feel highly sensitive, especially as they rarely get any attention. Be careful when massaging near the back of the knees, as lymph nodes are located here. Use a lighter touch and glide over the area to avoid excessive lymph drainage.

The sacrum (see box right) is located at the base of the spine, above the buttocks. Massaging the buttocks also stimulates this area, indirectly arousing sexual energy.

BENEFITS OF MASSAGE

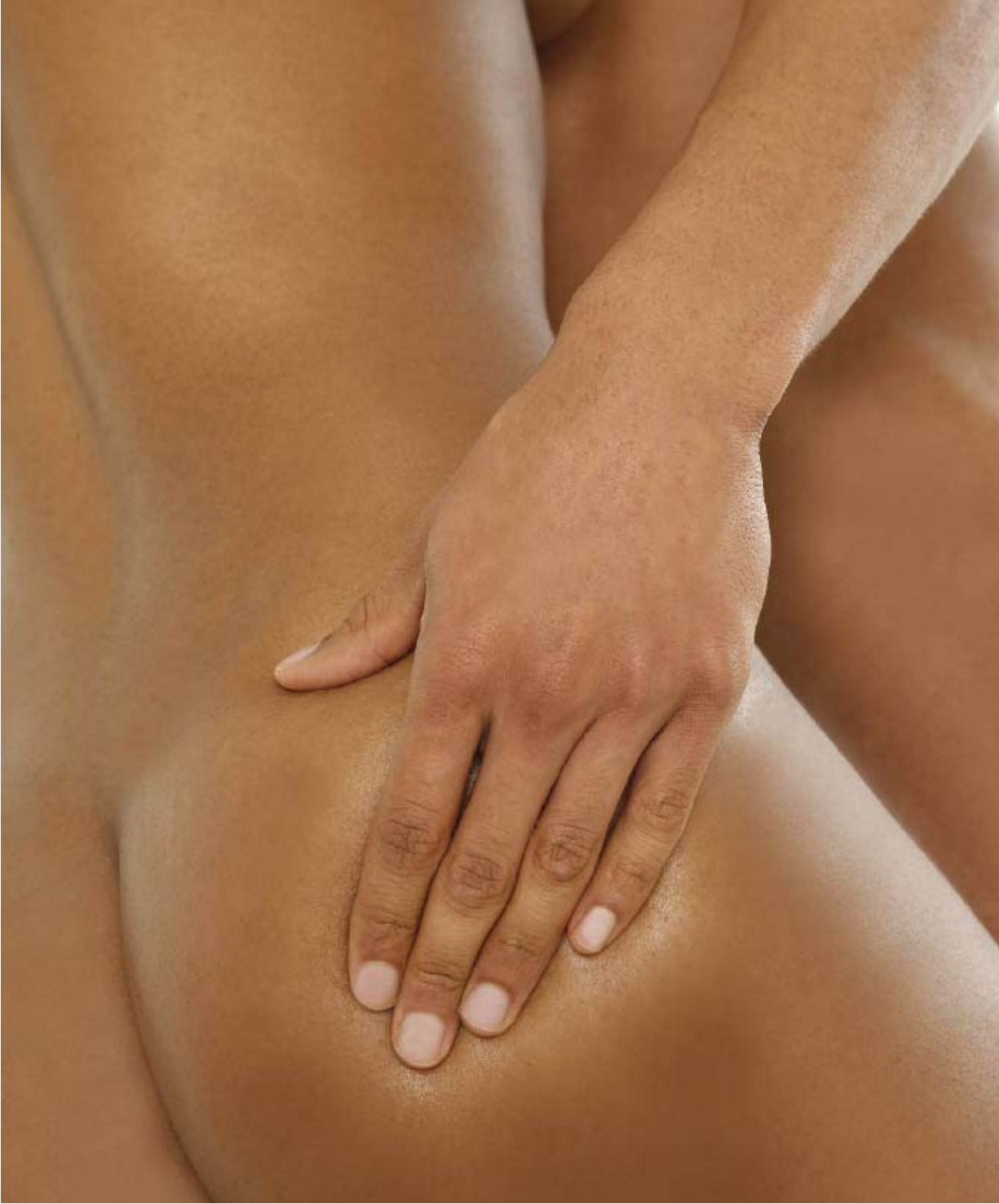
The gluteus maximus muscle found in the buttocks is the largest muscle in the body. It can be strong, particularly in men, and can really benefit from firm massage. You can massage deep into the buttocks and upper thighs, using kneading and pummeling. This can relieve tension in your partner, and also in you! Bring in caressing strokes to vary the massage. Feather-light strokes will wake the skin and stimulate the circulation. Alternating between firm and delicate touch can feel highly erotic to your partner.

AREAS TO MASSAGE



MASSAGING THE SACRUM

The sacrum is a large, triangular bone located at the base of the spine. The word stems from the Latin word "sacred," meaning divine. The pudendal nerve, which innervates the genitals and stimulates orgasm in both men and women, originates here, so the sacrum is a powerful erogenous zone. Alternate firm pressure and feather-light caresses for erotic sensations.





Buttocks & backs of legs

When your partner is lying comfortably, spread oil generously over her buttocks and the backs of her legs. During the massage, sweep your hands up her body so the feelings generated during the buttocks and legs massage flow throughout her body.



1 **Buttock massage**
Knead your partner's buttocks with both hands. Become more vigorous as you massage. Grab as much flesh as you like and go as deep as you want to; the intensity of this stroke will feel sexy to most people.



2 **Buttock circles**
Press into the flesh of her buttocks and make small circles. You can do this with one hand on one buttock first, or try with two hands. Build up to a firm stroke, being aware of how your partner responds.



3 **Feather strokes**
Take your fingertips gently over her buttocks for a light, gentle feather stroke: this contrast in pressure can feel very erotic. Try alternating between circles and strokes on each buttock in turn.



An erotic and sensual part of the body, the buttocks and back of legs adore being caressed and stroked. Use large, sweeping strokes over this sensual, curvaceous area and massage with confidence: the strong muscles will enjoy firm touch. Get your arms and elbows involved to give your hands a rest.



4 **Thigh glide**
Place your hands flat on her thighs, pointing toward her feet. Glide your hands down the thighs. At the widest part of the thigh, spread your hands apart over the thigh, then bring them back together.



5 **Inner thigh glide**
Try the glide stroke again, but let the hand closest to the inner thigh sweep gently and slowly over the genitals. Repeat a few times. This is a gently arousing stroke. Repeat the thigh strokes on the other leg.



6 **Strong thigh massage**
With both hands flat, use flowing strokes up your partner's legs. Then, in one continuous motion, slide up and over the buttocks and rest there, with your body lying flat over her legs.



7 **Calf massage**
Knead the calf muscle that is nearest to you, using gentle then firm kneading strokes. Use plenty of oil so your hands glide easily.



8 **Calf wringing**
Massage your hands backward and forward in opposite directions, in a "wringing" action. Work from the ankle to the back of the knee.



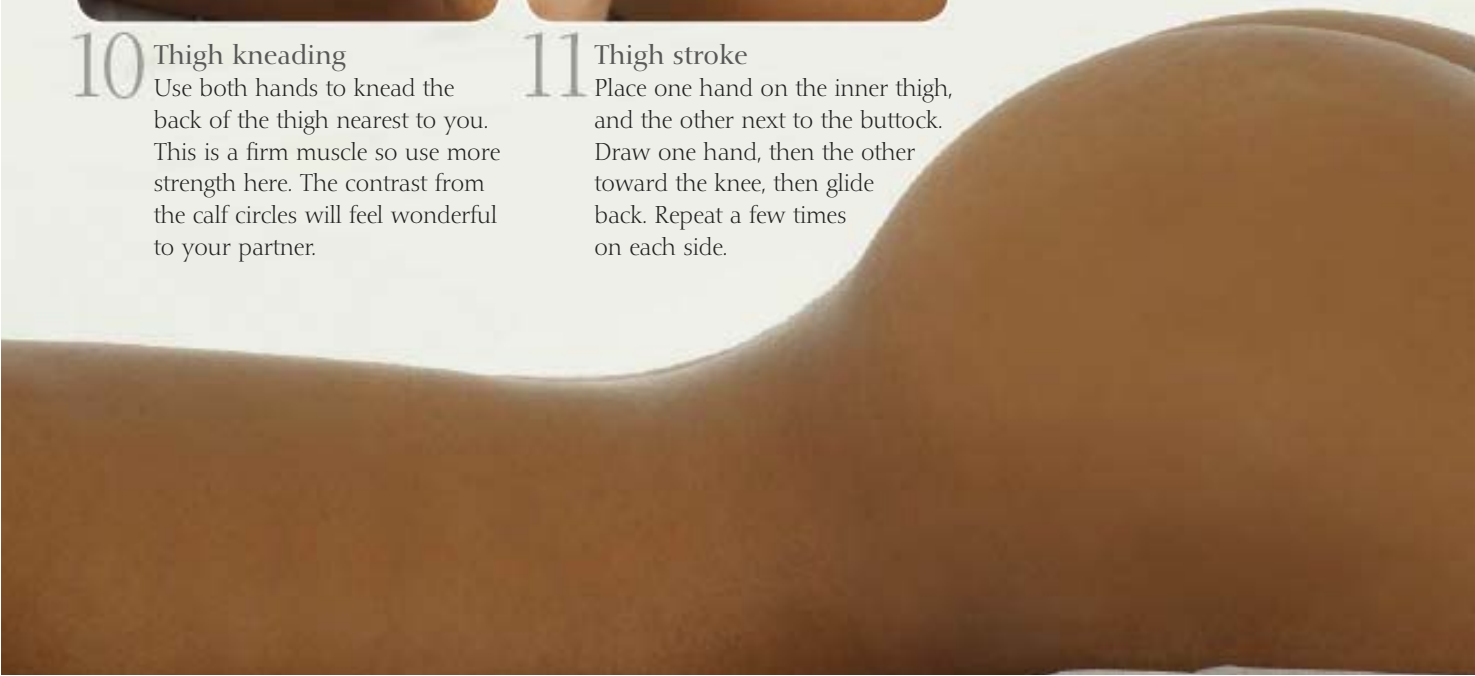
9 **Calf circles**
Use both thumbs to make small circles up the calf from the ankle toward the back of the knee. Circle gently over the back of the knee.



10 **Thigh kneading**
Use both hands to knead the back of the thigh nearest to you. This is a firm muscle so use more strength here. The contrast from the calf circles will feel wonderful to your partner.



11 **Thigh stroke**
Place one hand on the inner thigh, and the other next to the buttock. Draw one hand, then the other toward the knee, then glide back. Repeat a few times on each side.





TURNING OVER

When you ask your partner to turn over, suggest that she first rolls onto her side and then turn her slowly. This will help to retain the peaceful mood and relaxed openness you've generated while working on the back of your partner's body.



Using your arms & elbows

To give your hands a break, shift onto your forearms and elbows and use your whole body weight to massage. Lean into your partner's body to deliver strong pressure to large muscles such as the buttocks and thighs. Your elbows can be used to target areas of tension and you can grind and circle your elbows to great effect.



1 Forearm shoulder sweep
Place your right forearm on his lower back. Slide your arm up his left side toward his shoulder. Then sweep around the right side of the shoulder blade and over the top of the shoulder. Repeat a few times.



2 Forearm buttock massage
Place your forearm onto his left buttock and lean into his body, using the weight of your body to press down. Make deep, wide circles with the side of your arm, adding oil if needed.



3 Elbow buttock massage
Position your elbow into the fleshy area of his buttock and lean in again to use your body weight. Grind your elbow in circles in to his buttock to massage the muscle more deeply.

ADDING AN EROTIC TOUCH

Using your forearms has the added benefit of allowing your face to be close to your partner's body, so include kisses and hair stroking. After massaging his back, lean down and lightly kiss his shoulders. After massaging his legs, run your hair over them for erotic contrast.



- 4** Forearm thigh sweep
Place your right forearm on his left leg, just above the knee, and glide your arm upward toward the buttock, using your body weight to create a firm pressure. Sweep over the buttock and return to the knee.



- 5** Double arm sweep
Place both of your forearms gently on the back of his left knee and slide them away from each other. One will end near the buttock, the other by his ankle. Use a steady pressure as you move across.



- 6** Calf sweep
Lift up the foot nearest to you and use your right forearm to massage the fleshy area on the back of the lower leg. Repeat a few times. Change sides and repeat on the other side of his body.

Head & neck

Without realizing, we can hold a lot of tension in our face, neck, and skull that then radiates as tension to other parts of the body. A head massage is effective at relieving muscle tension, as well as relaxing the body. The number of erogenous zones in this part of the body means that a head massage has can also have a sensual element.

SENSUAL OVERVIEW

A thorough scalp massage has the potential to cause your partner to feel not only relaxed but deliciously aroused as well. Begin with firm strokes using strong fingers, as if shampooing the head. Move on to light fingertip caresses, including running your fingers through his or her hair. This should send shivers of pleasure through your partner's entire body.

The face is highly sensitive, containing fine muscles that are easily affected by tension in the larger muscles of the neck and shoulders. Make sure you keep your hands and fingers relaxed and your touch light as you massage here. The lips are sensual pleasure zones and respond well to fingertip caressing and, of course, kissing! For most people the neck and ears are erogenous zones, so pay lots of attention to them— in doing so you can relax and arouse your partner with surprisingly little physical effort on your part.

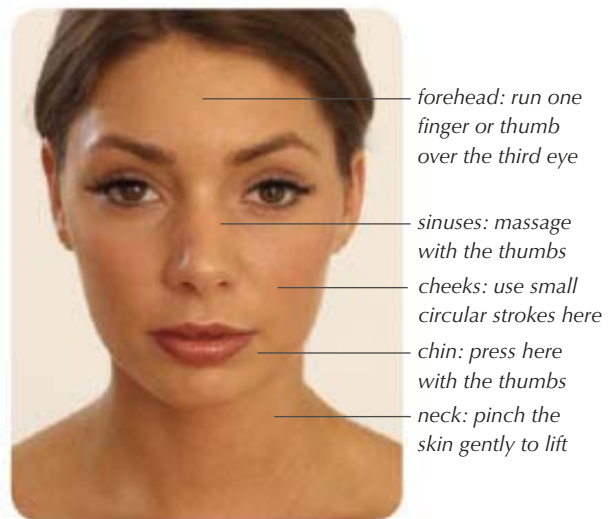
BENEFITS OF MASSAGE

A massage of the head and neck will relieve accumulated stress, improve blood circulation and lymphatic drainage to the upper body, as well as affecting subtle energy matrices such as chakras within the body. The head contains hundreds of nerve endings so massaging the head, scalp, and neck will send sensations throughout the whole body in the same way as a foot massage or reflexology. Head massage, particularly Indian head massage, is known as a powerful way to relax and calm a person.

AREAS TO MASSAGE: HEAD



AREAS TO MASSAGE: FACE





Head & neck massage

Stand or sit comfortably above your partner's head. Before and after you start, hold your partner's head in your hands and consciously relax your fingers and hands. Settle into stillness with your partner and feel the full weight of his head resting in your hands. This relaxes you both, and helps your partner feel grounded.



1 **Preparation**
Hold your partner's head with both hands and slowly rotate it to the left. As you turn his head, slide one hand underneath to support it. Turn his head back and slide your other hand underneath.



2 **Head cradle**
Ask your partner to close his eyes and relax. Take the full weight of his head in your hands. Sit for a few moments, breathing together. Return to this position at the end of the massage.



3 **Loving kisses**
Lightly kiss the center of your partner's forehead (sometimes known as the "third eye"), then kiss each eyelid in turn. This is a loving gesture that makes your partner feel appreciated.



4 **Sailor's stroke**
Like a sailor pulling on a rope, stroke your hands toward you, one after the other, from the base of your partner's neck to the base of his skull. Your fingers should grip along the sides of the neck.



5 **Shampooing**
Using firm pressure from your fingers, slowly massage your partner's scalp, as if "shampooing" the scalp. Massage along his hair line, near the ears, and down to the base of his skull.



6 **Hair pull**
Grip large clumps of your partner's hair and tug gently. If the hair is long enough, run your fingers to the ends. Work across his entire scalp. This lifts the scalp slightly and alleviates tension in the area.



7 **Ear stroke**
Cup the top of each ear between thumb and forefinger, with your thumb at the front. Rub in small circles, moving your hand down to the earlobe. Repeat a few times.



8 **Jaw release**
With fairly firm pressure, rub small circles along the jawline, up to the ears. Repeat a few times. You can do both sides of the jaw at the same time, or one at a time.



9 **Sound deprivation**
Cover your partner's ears with the palms of your hands and press firmly, muffling all sound. Hold in place for a few minutes.





10 **Sight deprivation**
Now cover your partner's eyes with your flat hands, with your fingertips facing down toward his feet. Gently rest your hands there for a few minutes.



11 **Side neck circles**
Turn your partner's head slightly and rest it on one hand. Use your thumb to massage in a circling motion up and down his neck. Return his head to the center, then repeat on the other side.



12 **Skull massage**
Hook your fingers up into the occipital ridge, which lies at the base of the skull. Press firmly and make tiny circles with your fingertips. Move your fingers up and down, circling all the time.

When given with tenderness and sensitivity, a facial massage is deeply nurturing for the receiver, engendering feelings of peace and well-being.

Regular face and head massage can be highly effective in reducing wrinkles and other signs of aging or stress.



Chest, belly & breasts

The front of the body has many erogenous areas waiting to be awoken and aroused. Both partners will benefit from receiving a massage to the belly, which can hold tension; its proximity to the genitals means that massage here can also be arousing, while breast massage can feel sensual for both partners.

SENSUAL OVERVIEW

A woman's breasts and nipples are powerful erogenous zones and, when stimulated, send direct arousal signals to the genitals. But her entire chest area will benefit from erotic touch, so make sure your massage sweeps the entire area.

As men learn to relax into being massaged, many find that their nipples are more sensitive than they realized. Spend time massaging your male partner's chest to wake this area of the body. Massaging the solar plexus area, just below the ribcage, can make a man feel very masculine, so he will enjoy being massaged here.

Its close proximity to the genitals makes the belly an erotic area for men and women. Firm massage can alleviate tension there, and as the area relaxes, erotic feelings will start to circulate.

BENEFITS OF MASSAGE

Having your chest massaged lovingly is empowering for both women and men. While massaging the chest or breasts, tell your partner how attractive he or she is and how much pleasure it gives you to look at and touch his or her body. This will make your partner feel more confident and build the trust between you.

A woman will only become receptive sexually when her lower belly is soft and free of tension. To help her relax deeply, spend time lovingly massaging all areas of your partner's belly and waist.

AREAS TO MASSAGE: MAN



— chest: use firm strokes with whole hand on pectorals

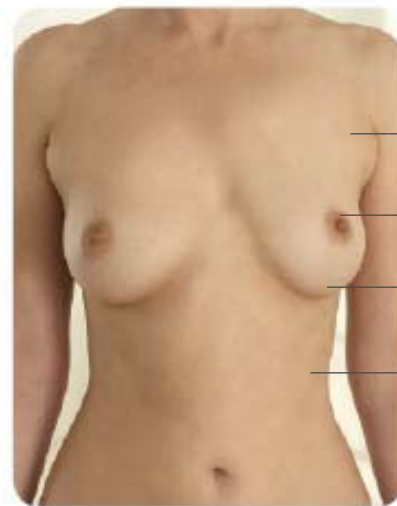
— nipples: lick, suck, and tease these

— solar plexus: massage in circles

— waist: knead on both sides

— belly button: add a surprising lick!

AREAS TO MASSAGE: WOMAN



— chest: try firm and gentle massage

— nipples: use the fingers, lips, and tongue

— breasts: knead with both hands

— waist: sweep flat hands around the waist smoothly



Chest & belly massage

Take your time massaging the chest and belly area, and allow your partner to relax into the massage. Encourage your partner to breathe deeply and to give themselves permission to sink into an erotic trance. In such a state you can experience being sexually aroused and profoundly relaxed at the same time.



1 **Waking the skin**
Position yourself at the head of your partner's body. Stroke a silk scarf, feather, or tasseled scarf the length of his chest and belly.



2 **Body glide**
Place your hands over his collar bones. Slide forward so your flat hands move down his body. Slide your hands around his hips and to his lower belly. Draw your hands straight up to the chest, and repeat.



3 **Chest circles**
Massage circles over his breast area. Use flat hands, then cupped hands. Circle clockwise, then counter-clockwise. Build up your stroke, to move the breast tissue. For women, see also page 88.



4 **Belly massage**
Move to sit on your partner's pelvis or upper thighs. Massage upward over his belly and chest with long flowing strokes. Take your hands up between his breasts and down the outside of his breasts.



5 **Soothing circles**
With smooth, flowing strokes make circles of varying diameter on his belly. Try making a half moon with one hand, lifting it up and following on with the other to complete the circle. Repeat several times.



6 **Triangle**
Place your hands just below your partner's belly button, pointing inward. Run your hands flat out to the waist. Repeat a few times. Move one hand across the bottom of the belly to make a triangle.



7 The lift
Reach around and underneath your partner's body with both hands so that your fingers touch near his spine. Pull up slightly to lift his lower back. Draw your hands out, letting your partner sink down.



8 Kneading
Use both hands to knead his belly and waist on the side furthest from you. Then draw your hands toward you, over his belly. Repeat this, moving up the side of his body each time. Repeat on the other side.




9 Integration
Use long, sweeping strokes from the lower belly up through the chest area, over his breasts and down his sides. Repeat a few times to create a wonderful feeling of the whole belly and chest areas being connected.

MAKING SOUNDS

During your massage, encourage your partner to overcome any feelings of self-consciousness and to make sounds of pleasure, desire, and release. This can enable him to connect with his erotic nature, charging the sexual fire and activating his more primal energies. Encourage your partner to relax and soften his throat, vocalizing as he breathes out. As you massage, make sounds as you exhale; the more confident and spontaneous you are, the more your partner will match your uninhibited expression.



A woman with blonde hair, seen from the side, is performing a sensual massage on a man's back. She is leaning over him, with her hands resting on his upper back. The man is lying on his back, and only his back and legs are visible. The background is a soft, out-of-focus white, suggesting a spa or massage setting. The lighting is warm and gentle, creating a relaxing atmosphere.

Both men and women enjoy a sensual, loving massage on the belly and chest, which will generally result in a feeling of “openness” throughout the body, allowing the recipient to feel emotionally available and receptive to more intimate touch.

Breast massage for women

An attentive, unhurried breast massage is a divine treat for a woman, especially if it is given in a relaxed and skillful way. Confidence is the key, so ask for feedback during the massage. To add an erotic frisson, pause and kiss her during the massage.



- 1** **Oiling**
Cover your partner's breasts with plenty of oil. Sweep your hands from her ribs up through the middle of her breasts, around the top, and down to the ribs again, making the shape of a heart.



- 2** **Circling**
Glide the flat of one hand around one breast in a clockwise direction, making circles. Repeat a few times, then change direction. Repeat on the other breast, using whichever hand feels most comfortable.



- 3** **Kneading**
Rest both hands on one breast then starting gently, begin to knead the breast. Work toward a more vigorous action. Check with your partner what feels good to her. Repeat on her other breast.

As you massage your partner, tell her how beautiful her breasts are and that you enjoy touching them. This helps her to relax into the erotic experience.



4 Ironing
Using a flat hand, slide up and along one breast toward the shoulder. Repeat a few times and then change to your partner's other breast, adding oil if necessary to ensure a smooth stroke.



5 Scooping
Place a hand on the outside of one breast and scoop the breast toward you. Squeeze gently so that the breast slides out from under your hand. Repeat a few times, then repeat on her other breast.



6 Spider fingers
Place your fingers together on the top of one nipple. Spread them open and push your hand downward so that your hand ends up flat. Repeat a few times, then repeat on her other breast.

Arms & hands

Your arms and hands work hard every day, so it feels nourishing and rejuvenating to receive an arm massage, either on its own or as part of a full body massage. The arms are ideal places to use gentle, erotic touch as well as firm strokes.

SENSUAL OVERVIEW

An arm massage can be a calm, easy way to start a massage session, particularly if you both feel you need to connect before moving to more intimate areas. It can feel fairly unobtrusive and can be done at any time on its own so you could try this when you are sitting together in the evening. Give some loving attention to your partner's arms and notice them relax and soften, becoming more ready and able to receive more intimate massage.

Be aware that sensation feels very different on the top and the underside of the arms, with the underside usually more sensitive, with softer, thinner skin. The top of the arm, particularly at the top near the shoulder, will respond well to firm massage, such as kneading. The underside of the arm will love gentle caresses, such as those using your fingertips. This can relax your partner into the present moment, in a very easy and gentle way.

The hands contain a profusion of nerve endings, hence your ability to feel sensitively with your fingers and palms, and they too can benefit from firm and gentle massage.

BENEFITS OF MASSAGE

Massage on your arms will do wonders for balancing your whole system, relieving tension, and boosting your circulation. Massaging the arms can help relieve tension collected in the shoulders. Hands are busy all day and hold tension, so massage will bring relief.

AREAS TO MASSAGE: ARM



forearm: firm pressure with thumbs

elbow: avoid firm pressure on joint

upper arm: use kneading strokes

AREAS TO MASSAGE: HAND



fingers: pull or suck gently

palm: use thumbs

pad: use firm pressure

wrist: bend the hand back and forth to stretch



Arm massage

Your partner will need to have uncovered arms and shoulders. To make sure that he is comfortable, keep a warm blanket nearby to place over the rest of him. This massage is ideal if you just have a short time. At the end of the arm massage, either continue to the hand massage on the next page, or massage the other arm.



1 Finger suck

Before using any oil, you might like to take your partner's finger or thumb into your mouth and suck gently. Most people find this erotic and highly arousing.



2 Shoulder circles

Take your partner's right wrist, and hold his arm up so that his shoulder is raised. Take his arm around his head in large, slow circles a few times and then lay it gently by his side.



3 Arm glide

Spread oil on your partner's right arm and hand. Use your flat hand to glide from his hand up to his shoulder. Massage downward with both hands, one hand on his inner arm. Repeat a few times.



4 **Circle massage**
Place both thumbs on the top of his wrist. Massage with a circling action up his lower arm to his elbow. Use both thumbs to circle, alternating as you massage. Return circling to the wrist and repeat.



5 **Inner arm circle massage**
Turn your partner's arm over and continue to circle with your thumbs, massaging up the inner arm. Return circling to the wrist and repeat.



6 **Knuckle massage**
With a firm pressure, run your knuckles up the top side of his arm from wrist to elbow. This powerful stroke releases tightness in the large muscle that runs down the front of the forearm. Repeat a few times.





- 7 Milking massage**
Place your hands on his wrist. Bring your hands down one after the other from the wrist to the elbow in a smooth “milking” action.



- 8 Elbow massage**
Massage his elbow, front and back. Use your fingertips to work deeply around the outer elbow joint, using circling movements.



- 9 Kneading**
Use both hands to knead the fleshy part of his upper arm. The inner surface of his upper arm is sensitive and will respond to light strokes.



- 10 Full arm glide**
Place one hand under his shoulder blade and the other on the front of his shoulder. With a smooth, gliding action, bring both hands down from the arm to the ends of his fingers. Repeat a few times.



- 11 Feather touch**
Run a feather up and down your partner's arm and across his chest area. The arms are sensitive to light touch so this will send a tingle through his whole body.



- 12 Side stroke**
Stretch his right arm above his head. Slide your right hand down his inner arm and down the side of his body as far as you can reach. Repeat a few times. Change to the other arm.

RELAXING YOUR OWN BODY

Use this arm massage as an opportunity to tune into your own breathing, especially if you are giving your partner a whole body massage. Slow and deepen your breaths, taking each inhalation all the way into your belly. Notice how you relax and soften. As you move on to each new part of your partner's body, take time to become aware of how you are feeling. Have you relaxed yourself and has your breathing softened? You will be relaying your state of mind to your partner throughout your massage.

Hand massage

Connecting hand to hand with your partner can be an erotic and intimate experience. Hands communicate your feelings to your partner and they can give pleasure as well as receive it. You can do this massage on its own, at any time, or as part of a full body massage following the arm massage.



1 **Circle massage**
Sit alongside your partner. Hold your partner's right hand in your hands and circle your thumbs over and across the top of his hand.



2 **Finger pull**
Hold his hand and pull his fingers and thumb, one at a time, toward you. Repeat this a few times for each finger. Add more oil if needed.



3 **Palm massage**
Turn your partner's hand so that his palm is facing upward. Spread open his hand and massage deeply into the palm, using your thumbs.





4 **Hand circles**
Interlace your fingers with your partner's fingers. Move his hand around in circles both ways, giving some pressure as you push his hand up and away from his wrist.



5 **Rest together**
Place your partner's hand gently on his belly and rest your hand on top for a few moments. Breathe and relax together. Repeat the massage on your partner's other hand.



Using your mouth

Your mouth is capable of bestowing a wide range of sensual pleasures. Using your mouth in creative ways during your massage can surprise and heighten sensation. When you need to rest your hands, try giving kisses and nibbles, anywhere you like.



1 **Fairy kisses**
Give your partner tiny, rapid kisses all over her back. Use your lips lightly and move toward her neck. This contrasts with firm hand strokes to make the skin tingle.



2 **Licking ears**
Run your tongue gently over the outer edge of your partner's ear, from the lobe to the top, then back down again. Repeat a few times. Then suck with confidence on her earlobe.



3 **Vampire nibble**
Find the fleshy part of your partner's neck and sink your teeth in, gently at first. Change the position of your teeth slightly with every bite. Alternate with licking to relieve and excite the skin.

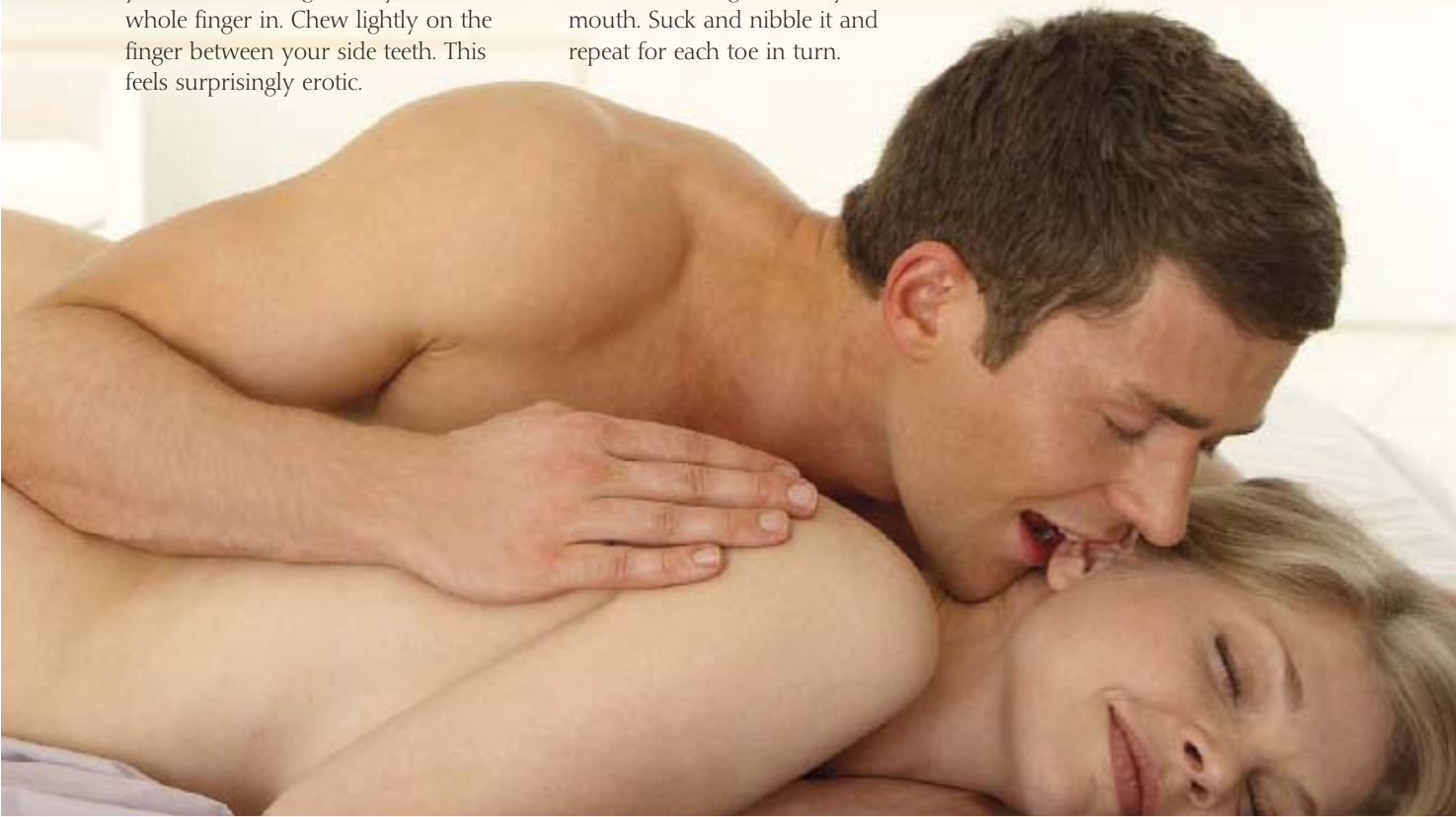


Your lips contain a large amount of nerve endings, so use this sensitivity to kiss and caress your partner with awareness. Experiment with kissing, sucking, and licking. Use your teeth to give a gentle nibble. Notice if your mouth is moist or fairly dry, and which your partner likes best.



4 **Sucking fingers**
Take your partner's forefinger into your mouth and gradually suck the whole finger in. Chew lightly on the finger between your side teeth. This feels surprisingly erotic.

5 **Sucking toes**
Kiss your partner's feet and toes then take her big toe into your mouth. Suck and nibble it and repeat for each toe in turn.



Front of legs & feet

Having your legs and feet massaged is grounding and reassuring, making you feel very aware of your body and of the present moment. Your thighs and feet don't receive much touch during the day, so they will respond well to being massaged, sending messages of pleasure all over.

SENSUAL OVERVIEW

Some women find a leg massage extremely validating as it can make them feel more beautiful and confident, perhaps reminding them how gorgeous their legs really are. For men, it can be very relaxing and erotic to have their legs touched in a sensual way. Male legs tend to be strong, with tight muscles, but men will enjoy delicate touch to the skin, and firm massage.

When you massage the front of your partner's thighs, knead the large muscles and use lighter strokes on the more delicate inner thighs. When moving from one leg to the other, sweep your hands across the top of the thighs near the genitals to gently arouse and waken your partner's sexual response.

The human foot is highly sensitive and responsive to touch and, when massaged, feet will transmit the erotic sensations they're receiving to the whole body, filling it with pleasurable sensations.

BENEFITS OF MASSAGE

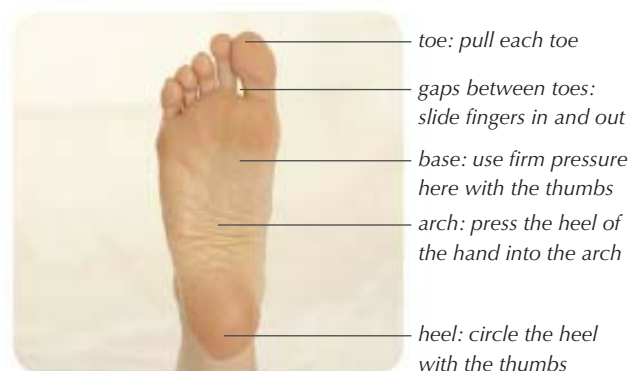
A firm massage to the front of your thighs can help you relax deeply and release some of the tension your body holds during the day.

The fleshy parts of the feet welcome deep pressure, the bones enjoy being manipulated, and the tendons and ligaments respond well to being stretched. You can stimulate the sexual organs indirectly by massaging the underside of the feet, particularly the heels.

AREAS TO MASSAGE: LEGS



AREAS TO MASSAGE: FEET





Front of legs massage

It is relaxing and arousing to have the front of your legs massaged deeply; many people find their thighs highly sensitive and full of erotic sensation. As you work your way up the thigh, the massage gives the hint of sexy and erotic pleasures yet to come. Brush your hands over the genital area during the massage.



1 **Lower back wiggle**
Hold both ankles and raise your partner's feet slightly. Wiggle her legs from side to side, pulling gently. This is a wonderful way to relax her legs and lower back.



2 **Shin glide**
Spread oil on your partner's right leg using long strokes. Place your thumbs either side of your partner's shin bone. Work your hands up the shin with your thumbs pressing on either side of the bone.



3 **Calf kneading**
Move to sit or stand at the side of your partner. Knead the fleshy part of her lower leg with your fingers and thumbs. Work from just above her ankle until you almost reach her knee. Repeat a few times.

MAKING MASSAGE SEXY

Energetic, deep strokes tend to feel therapeutic while slower, teasing strokes tend to feel more sensual. Surface, fingertip strokes will cause pleasurable and erotic sensations. Vary the pressure of your hands as you massage, but at the end of each part of the body use light strokes. This will make it easier for your partner to relax into the more vigorous strokes, and receive the benefits into his or her body. As you continue, your partner will sink deeper into bliss.



4 Inner thigh stroke
Bend your partner's leg so that her knee is resting on your lap. Massage the inside of her thigh using a pulling action from the groin down to her knee. Repeat a few times.



5 Leg stretch
Move your partner's leg so it is straight. Place your hands at the knee. Gradually pull your hands apart until one hand is near her groin and the other at her ankle. Repeat a few times.



6 Leg hold
At the end of one leg stretch stroke, hold your hands still for a minute. Your partner will feel energy flowing around her entire body, from feet to head. Repeat the massage on your partner's left leg.

Foot massage

If you can get beyond any ticklish tendencies, a foot massage is one of the most honoring and sensual experiences you can have. The foot is a highly erogenous part of the body, with great scope for the flirtatious, sexy arousal of your partner. Try this on its own, perhaps at the end of a long day or as part of a full body massage.



- 1** **Foot flex**
Sit in front of your partner. Take her right foot in both hands. Flex and stretch the toes backward and forward. Start gently, then become firmer with the movement each time you flex her foot.



- 2** **Breaking bread stroke**
Place the heels of your hand on the upper side of the foot, with your fingers under the arch of the foot. Pull your hands apart as if "breaking bread," pressing your fingers under her foot.



- 3** **Toe slide**
Slide your fingers or thumbs up the grooves between the bones of the top side of the foot. Slide from between the toes up to the point where the bones join the ankle. Repeat this a few times.

BATHING THE FEET

Washing the feet of your partner is a loving and intimate practice that honors the recipient. Prepare a large bowl of warm, soapy water and have warm towels and a cloth or natural sponge to hand. Invite your partner to sit comfortably and to place both feet in the water. Take one foot at a time and wash it gently, without rubbing or scrubbing. After washing both feet, dry them with care.



4 **Pressing the pressure points**
Lift your partner's foot so the toes point upward and press your thumbs firmly into the heel. Make small, deeply penetrating circles. Repeat the movements on the ball of the foot, under the big toe.



5 **Toe pulling**
Grip her big toe between your thumb and finger. Pull the toe, taking your hand over the end of the toe as you let go. Continue along the foot, pulling each toe in turn. Use plenty of oil.



6 **Circular pushing**
Slowly push your forefinger in and out between each toe, starting with the gap next to the big toe. Then push your four fingers between all the toes and make circular pushing motions. Repeat on her other foot.

Wet massage

A massage with water and soap feels very different from one with oil, and can be extremely erotic. Try massaging each other with bubbles in the bath or shower, and help the stresses of the day float away. If you enjoy this, try the true “soapy” massage that originates from Thailand; it will be a memorable experience!

THE APPEAL OF WATER

Water is a major constituent of the human body, and we generally feel very at home with that element, whether swimming or playing in it. A massage using water and soap bubbles feels delightfully different than oil massage and can be a highly erotic experience as well as a lot of fun. The bubbles feel fabulous on the hands and body of the masseur, as well as on the person receiving the massage.

To make a large amount of bubbles, pour some foaming bath product into a bowl of warm water or straight in to the tub. Stir vigorously with your hands to create thick suds. You can control the degree of slipperiness by the amount of water you add to the mix.

Wet massage can be enjoyed as a substitute for erotic massage, or incorporated at the end. Bringing it in at the end of an oil body massage serves two purposes: to wash off the oil if you choose to (recommended if you are going to put clothes back on as many oils can stain), and of course, to have fun!

MAKING SHOWERS SEXY

For a simple, yet sensationally wet, mutual massage experience have a shower together. Lather each others' bodies with soapy bubbles while standing face to face, and then allow your bodies to meet and join. Begin to wriggle and slide against each other in a slow-motion, gliding action. Concentrate on different parts of your body at different times: for example, focus on your

stomachs, moving gracefully from side to side, and then in small circles. Shift your awareness to your chests and continue. Massage your partner's arms and hands. See if you can connect the fronts of your thighs. Holding on to your partner's neck, bring one leg up and wrap it around the thigh of your partner and slide it up and down. Turn around and slide your backs from side to side and your buttocks around and around. Rinsing the bubbles off each other at the end of your mutual massage is equally erotic, especially if you combine it with warm, wet kisses.

SAFETY PRECAUTIONS

Soap can sting, so avoid your partner's eyes and ears when massaging with bubbles and water. Similarly, keep soap outside the vagina as it can irritate the sensitive lining. Don't get too much water in the ears as it can cause earache. Don't try soapy massages while under the influence of alcohol as you need to be acutely aware of your balance in order not to slip when in the shower or tub.

CHOOSING GOOD BATH PRODUCTS

Many people are unaware of the harmful chemicals found in many bath and body products on the market. In order to avoid skin reactions, try to find bath oils and washes that are 100 percent organic. These can be hard to find, but they are worth searching out so that you can play in the shower or bath to your hearts' content (see Resources, page 188-9). Apply plenty of moisturizer afterwards to rehydrate your skin.



Massage in the bath

We all know that relaxing in a warm bubble bath at the end of a tiring day can feel soothing; your muscles soften and relax and the aroma of bath oils can relieve and lift your mind. Take this further by taking turns to massage each other while in the bath. Get in the tub together or stand, whichever is most comfortable.

- 1 Run a hot bath, adding plenty of foaming bath oil. Light candles around the bath so that the lighting is soft and subdued. Sit behind your partner, either in the bath or near it, so his back rests on your chest or against the bath. Soap and massage his back, shoulders, and chest.
- 2 Using warm water, massage your partner's face. Take some shampoo and wash his hair. This can feel extremely erotic.
- 3 Lather his genitals, perineum, and legs. If you both prefer, he could stand while you massage his genitals and legs. Massage his buttocks using plenty of soapy water. (If massaging a woman, take care not to let the soap go inside her vagina, as this can irritate.)
- 4 Lie down in the bath together again and finish by massaging his arms and hands. Rest together, and feel the stresses of life melt away.



Soapy massage

This form of massage was created in Thailand. It involves using lots of soapy water but you can try this using oil instead, if you like the slippery sensation but don't want to clean up the mess. You use your entire body to massage your partner, and you create pressure using your full bodyweight. It's an energetic massage and requires some flexibility, but it's a good work out for the masseur and a wonderful treat for the receiver!



1 **Preparation**
Place a large towel or airbed on your bathroom floor, with plenty of towels either side to soak up any overflow. Ask your partner to lie face down and lather his whole body with warm soapy water.



2 **Sun salutation**
Sit on your partner's thighs and lean down so that your breasts are touching his buttocks. Slide forward and curve up your chest, as if doing part of the sun salutation in yoga. Grind your pelvis into his buttocks.



3 **Chest slide**
Lie flat on your partner's back and make deep, wide, sweeping circles with your chest. Move your chest down to his feet, then snake your body up over his body all the way to the top, pressing as you slide.



4 **Downward leg slide**
Turn around and sit on your partner's lower back, facing his feet. Place your hands on his thighs and slide forward all the way to his ankles, pushing away on his ankles to stretch his legs.



5 **Leg ride**
Ask your partner to turn over. Sit on his upper thighs, and face his feet. Massage his thighs with your buttocks, grinding with your full bodyweight to add pressure.



6 **Full frontal slide**
Turn around and lie flat on your partner. Massage his chest using your chest, so that your bellies are touching. Sit up and finish the massage using your hands on his chest, to calm him again.

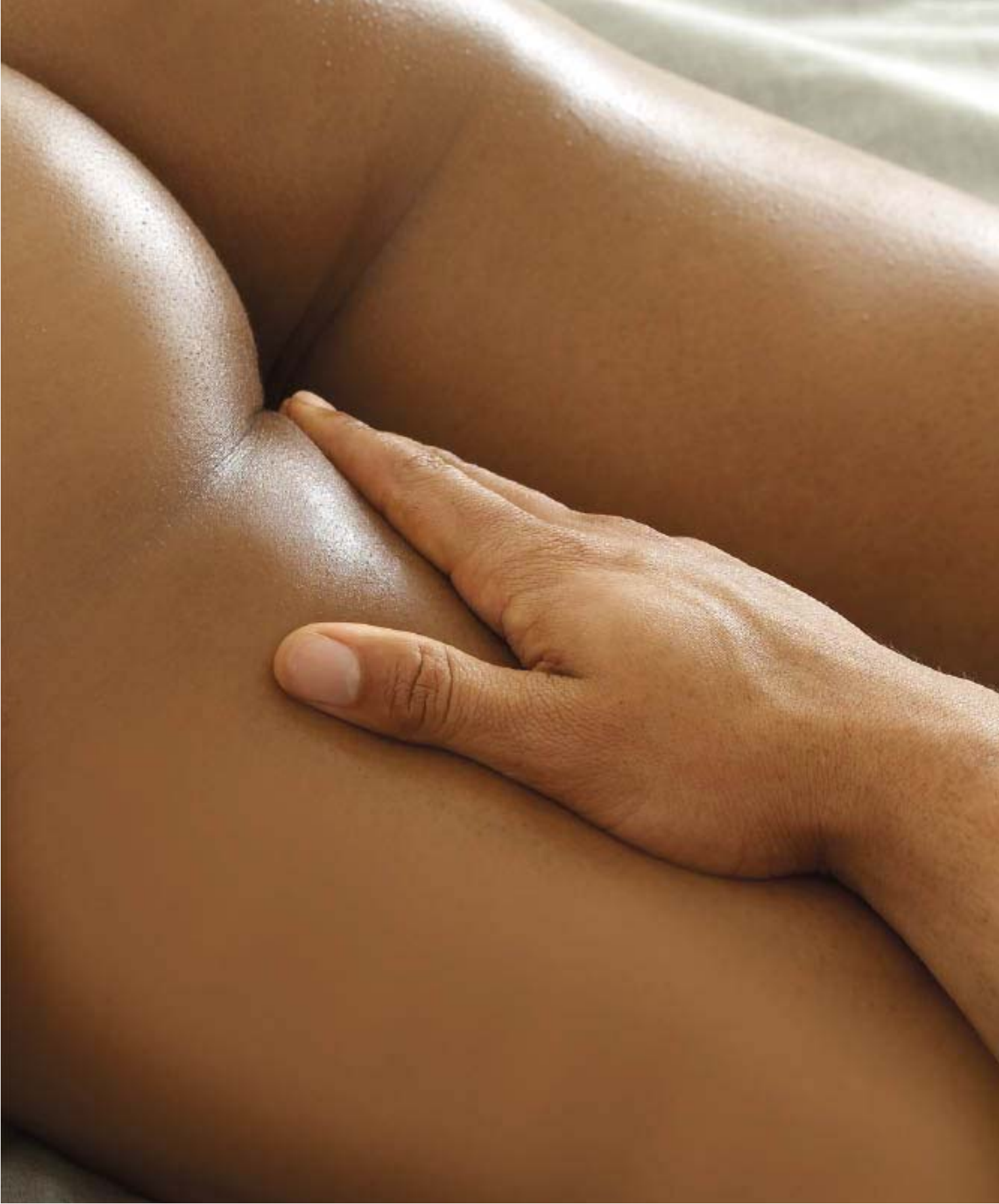


Intimate erotic massage



3 Intimate massage

When you and your partner feel ready for a deeper level of intimacy and more intense erotic sensations, intimate massage can give you both new experiences. These massages are designed for you to give and receive erotic enjoyment for its own sake, rather than as foreplay for intercourse.



Feeling connected

To get the most from an intimate massage, it is important to feel completely comfortable and uninhibited with your partner on every level. Finding ways to tune into each other both emotionally and physically can help you to let go of the everyday and surrender yourselves to the sensory pleasures of the massage.

DEEPENING YOUR BOND

When two people feel so close that they are as one, they have a truly intimate connection. When there are no barriers between you, when you can be entirely honest with each other and trust one another implicitly, this is when you feel real connection. When you both feel very emotionally secure, it's only natural to want more physical closeness, too. By taking time to reinforce your intimate bond you pave the way for a much more intense, emotional, erotic, and enjoyable intimate massage experience.

CONNECTING EMOTIONALLY

Before you embark on intimate massage, take time to simply lie together quietly. Hold, stroke, and caress each other lovingly. Gaze into each other's eyes to help you tune into each other on an emotional level. Match the rhythm of your breathing, slowly inhaling and exhaling together to help you focus on the moment and enhance your feeling of togetherness. This should also help to relax you both as well as bring you in line with each other's arousal levels. As you lie together, consciously think about your partner and what you



appreciate about him or her. What are his or her unique qualities? Look into his or her eyes, and notice their color and attractiveness. If a positive thought arises, share it with your partner. For example, say that you feel comfortable lying together, he looks gorgeous, or her skin feels soft. All these messages, along with the sound of your partner's voice, will help to connect you emotionally.

Later, the partner who has received the massage can drift off, and focus on his or her own pleasure for a while. The masseur can focus on the pleasure derived from giving the massage. Moments such as these can help you to appreciate your connection even more.

BONDING PHYSICALLY

When you touch, your body sends messages to your brain, which then floods your body with pleasurable hormones. The act of touching, with thought and awareness, can help to arouse you both, so if you

think at first that you are not in the mood for erotic massage, simply lying together and touching can help to bond you and awaken your body's response system. As you hold and caress your partner, notice every aspect of his or her physicality. Stroke her skin and feel how soft it is. Feel your partner's muscular arms and strong hands. Just becoming aware of your physical differences can be energizing and arousing.

CONNECTING THROUGH BREATHING

You can use your breathing to help you relax and connect to one another, as well as to help clear any emotional blockages you may feel.

Take deep, slow breaths through your nose and exhale through your mouth. As you exhale, feel the tension in your body ebbing away. If negative thoughts arise, visualize them leaving your body as you breathe out. Imagine being enveloped in comfortable feelings of calm and well-being as you breathe in. Deep, slow breaths also help to activate your sexual energy.



Intimate massage for her

For a woman, who often feels pressure to take care of and please her partner, receiving a genital massage can be a moving and liberating experience. Any stress she may feel around sex is eased by the freedom to focus entirely on her own pleasure, without having to reach orgasm or have intercourse unless she wishes it. Intimate massage makes her feel cherished within and sensually alive throughout her whole body.



STARTING SLOWLY

Having made sure that your partner is warm and comfortable, keep your hand flat and your fingers together, and drum rhythmically over her pubic area, thighs, and lower belly. This will stimulate and wake up her skin, drawing blood to the surface and generating a delicious, tingling sensation. Rest one hand on your partner's heart, between her breasts, and place the other on her pubic area. Inhale and exhale together. Make sounds on the exhale to help you release any emotional tension. Gently but firmly vibrate both hands to wake up her sexual energy.

Before beginning the intimate massage let your partner know what you are about to do and ask her for permission to go ahead. This shows the respect and consideration you have for her.

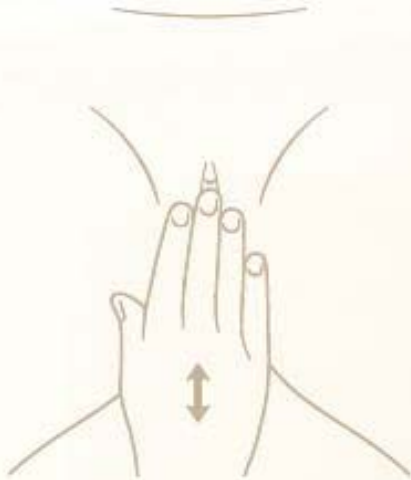
Make sure that your fingers and her vaginal opening are well

lubricated with a lubricant suitable for intimate massage. Take your time and don't think that you have to stimulate your partner to orgasm. Let her relax and enjoy the massage for its own sake. The more deeply relaxed she feels, the more able she will be to ride the exquisite waves of pleasure when they come. Take a break every so often to massage and move your strokes down her thighs and upward to her belly and breasts. This will help move the sexual energy you create all around her body and help her savor the pleasurable sensations.

USING LUBRICANTS

Before you start your intimate massage, check that the oil or lubricant you are using is suitable for intimate use. As a general rule it's better to use a water-based lubricant (see Resources, page 188-9), as some oils can cause irritation. Since the vulva is more susceptible to infection than the penis it is also important to have very clean hands.





1 **Labia massage**
 Pour lubricant or oil onto your hands. Slowly run three fingers up over her outer labia. Let your middle finger glide between her labia to gently stimulate the clitoris, while the other two fingers glide either side of the labia.



2 **Clitoris massage**
 Tease your partner's clitoris with a feather-light touch. Massage slowly and sensually with one finger. Use your thumb to press down on the clitoris and then lift it up, repeating this action in a steady rhythm, as if pressing a doorbell.



3 **Clock massage**
 Imagine that the clitoris is a clock face and use one finger to rub in slow circles around the clock, changing "hour" every few seconds. Each "hour" will feel different to your partner; many women like 2 o'clock the best!



4 **Vagina massage**
 Gently slide one finger inside her vagina, then slowly pull back out, gradually building up speed to a moderate, steady rhythm. After a few minutes, add another finger, so that two fingers are sliding in and out.





5 **Changing directions**
Using your fingertips or the sides of your fingers, massage in four directions within her vagina, imagining the walls of the vagina as north, south, east, and west. You can stretch the walls inside gently, massaging sensitively.



6 **G-spot massage**
Insert your middle finger to massage the G-spot prostate gland. Hook your finger back toward the pubic bone. Rub this area gently in small circles. Alternate between massaging your partner's G-spot and clitoris.



7 **Twisting massage**
With one or more fingers, push in and out of your partner's vagina while at the same time, twisting from your wrist. Make this movement gentle at first, then increase the size and strength of the movement gradually.



8 **Rocking massage**
Remove your fingers and insert your thumb. Curl your palm over her pubic mound so that your fingertips are near her clitoris. With a slow, rocking motion, alternate pressure between your thumb, palm, and fingertips in a steady rhythm.

MASSAGING YOUR PARTNER'S BODY

Although this massage focuses on the vagina, labia, and clitoris, remember that the rest of your partner's body is alive with erotic potential. Each part of the body is connected and arouses the others, meaning that sexual arousal has the potential to be a full-body experience. Take regular breaks from your intimate massage to take your strokes outward, down her legs, and up onto her belly and beyond. Your partner will feel that her whole body is included in the the massage, not just her genitals, and the fantastic feelings generated in the massage will travel all over her.

NECTAR OF THE GODS

Intimate massage, which creates an extended state of heightened arousal, can lead to ejaculation from the prostate gland. This may be a new sensation to your partner, who may at first feel that she needs to urinate, but this feeling will pass. When she ejaculates, your partner will feel a wonderful sense of release. Unlike male ejaculate, female ejaculate is a clear liquid. Although it is sometimes mistaken for urine, it is in fact released directly from the prostate gland, not the urethra. In ancient times, this "nectar of the gods" was considered sacred, and rituals were performed in temples to honor its power and potency.

THE MOMENT OF ORGASM

Your partner may or may not have had an orgasm during the massage; it doesn't matter. The key is for you both to enjoy the intimate massage as an erotic experience. The art of massage is to keep your partner in this highly aroused, erotic state for as long as she desires, rather than rushing to orgasm and conclusion. Orgasm may come later, or your partner may prefer to stay in this aroused state for longer. If your partner does orgasm, continue to massage through the orgasm. Your partner may wish to relax, or may desire you to continue, perhaps by gently massaging other areas of her body before returning to intimate massage.

AFTER THE MASSAGE

When you have finished your massage, let your partner lie still and rest, uninterrupted for at least five minutes. Let her assimilate all that's happened to her body. Her whole system will pulse and vibrate for quite a while as the sexual energy courses through her body. If you both choose to, lie together in a "spooning" position, and enjoy the blissful moment.

TRYING SOMETHING DIFFERENT

If you would like to vary the intimate massage from time to time, change the order of the steps and introduce one or two of the following to move the focus away from the clitoris for a while and let your partner enjoy other sensations:

- Press deeply with your fingers together in a slightly downward direction in to the area above her pubic hair line. Pull small tufts of pubic hair gently, but hard enough so the skin is also lifted. Ask your partner if the pressure feels good to her and increase or decrease it according to her preferences.
- Gather the outer labia together with your fingers and squeeze firmly together. As well as feeling surprisingly sexy, this also increases blood flow into the lips of the vulva. Pinch and rub the outer labia between your thumb and forefinger. Gentle tugging of the skin also feels very good for your partner.
- Using your thumb, press into the fleshy area of one outer labia. Push and vibrate on one point, then continue this vibrating movement around the outer labia in an oval pattern. Then use your thumbs to press up and down each side simultaneously.
- With one finger resting on your partner's clitoris, place two fingers on the crown of her head and make small circles to stimulate the chakra located there (see page 182). This encourages a feeling of deep bliss at any point during the massage.
- For a few minutes, give time to pleasuring your partner just as she enjoys it best. You could combine direct or indirect clitoral stimulation with any other stimulation that turns her on.

Intimate massage for him

For a man, receiving a genital massage can be a profoundly validating experience. Not having to think about his own “performance” means that he can truly relax and enjoy your undivided attention. It also encourages him to relinquish control and surrender to the moment, leaving his everyday roles and responsibilities far behind.

SHOWING HIM YOU CARE

Men often set high expectations of themselves for sexual performance. They may feel under pressure to maintain an erection, to give their partner an orgasm, or to reach orgasm themselves quickly and easily. All too often sex is focused on achieving orgasm rather than on enjoying the journey. Intimate massage provides the perfect opportunity for your partner to calm down and settle into the experience of receiving. This can be difficult at first for men who are more used to setting the pace or taking a more active role. You can help him adjust by making him aware that this time is purely for him. Let him know that you are deriving enjoyment simply from giving to him. Bear in mind that you are not trying to lead him toward orgasm or intercourse, but simply giving him love and attention in this moment. More than anything, a good genital massage will create a sense of physical and emotional well-being and leave him in no doubt about how much you desire and care for him.

However confident your partner may be in daily life, there is a possibility that he might feel vulnerable prior to an intimate massage. Remember that it is equally as important for men as for women to feel valued and desired by their partners. During the massage, keep telling him how attractive you find his body. Use the massage as an opportunity to give love and validation to your partner. Take your time to touch him and use a variety of strokes to show care and attention.

STAYING IN THE MOMENT

This massage will work best if you have at least half an hour of sensual body massage and caressing beforehand so that you both feel more relaxed and ready for intimate touch. This will also help your partner to fully experience the expanded state of sexual arousal during the genital massage without feeling the need to ejaculate. To create an atmosphere of respect, ask your partner’s permission to massage his genitals before you start. Suggest that he focuses throughout on each sensation as it happens in the moment. Remind him that all he has to do is lie back and enjoy himself.

As the recipient, try to feel how your sexual energy builds during the massage, and notice how it flows all around your body rather than being solely focused in your genitals. Learn to recognize and ride your waves of sexual energy, with its peaks of orgasmic energy and quieter moments of stillness. Give yourself space to enjoy these, rather than thinking of orgasm. There is no need to have an erection during these massages—in fact, some of the strokes work best on a soft, malleable penis.

MOVING AWAY AT INTERVALS

Make sure that you take regular breaks from your intimate massage and move your strokes up to his belly and chest and down to his legs. This helps to keep all the sexual energy moving around the entire body, so alleviating too much build-up in the genital area.





1 **Gliding stroke**
 Pour warm oil through your fingers and spread the oil slowly over your partner's penis and testicles. Pull both hands upward repeatedly in a gliding motion from the perineum to the head of the penis, to cover liberally with oil or lubricant.



2 **Clock massage**
 This stroke is for when the penis is soft. Place your partner's penis toward you at "6 o'clock." Move his penis to "9 o'clock" and massage with a gliding motion, then up to "12 o'clock." Continue around the clock a few times.



3 **Twisting**
 Hold your partner's penis in one hand. With the fingers of the other hand make a twisting motion just under the head of his penis. It looks like the action of juicing an orange. Vary the pressure of the massage, increasing and then decreasing it.

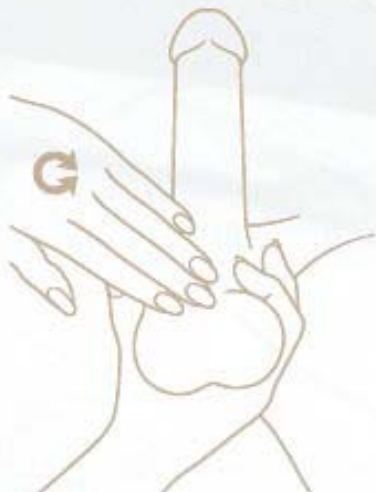


4 **Perineum massage**
 Gently hold the penis and testicles up and away from the pelvic floor area. Make a fist and push into the perineum, making a gentle grinding motion with your knuckles into the muscly area between the testicles and anus.

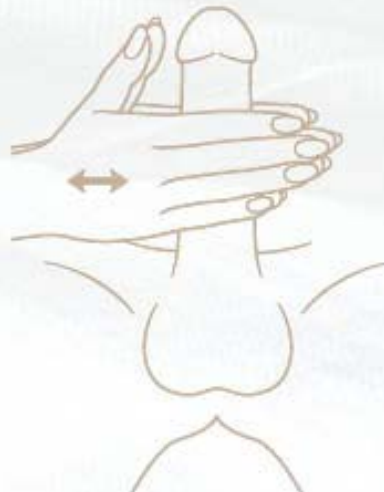
PAYING ATTENTION

During the massage, pay attention to what's happening in your own body. Are you present in the moment? Are your hands relaxed? Is your breathing deep and steady? Relax your own genitals and let sexual energy circulate throughout your body while you massage, expressing your own enjoyment through audible breathing and sounds of pleasure. This will help your partner to feel more comfortable in his own experience, and surrender more completely to the massage.





5 **Testicle massage**
Encircle your partner's testicles with your thumb and index finger (be careful not to squeeze). With the right pressure the testicles should "balloon" out slightly. Massage the testicles using the fingers and palm of your other hand.



6 **Energizing massage**
This stroke works best on a slightly or fully erect penis. Use plenty of lubrication. Roll the penis between both hands, massaging vigorously. The motion is as if you were rubbing your hands together to warm them up.



7 **Chakra massage**
Place your left hand on his genitals. Place the middle finger of your right hand on his forehead, between his eyebrows. Vibrate your hands. Then move your middle finger to his perineum (just under the testicles), and press and vibrate firmly.



8 **Penis stroke**
Circle your partner's penis, and stroke downward, changing hands, ten times. Then stroke upward ten times. Follow with nine strokes. Continue down to one stroke. If your partner feels like ejaculating, pause, then resume.

MASSAGING THE WHOLE BODY

Remind yourself and your partner that he has many erogenous zones located over his whole body. While giving a genital massage, take short breaks to also tease and titillate his nipples and massage his thighs and waist. The sexual feelings you have generated will spread to these areas too.

THE DESIRE TO EJACULATE

When a man can put aside his desire to ejaculate, a whole world of enhanced sensation and extended pleasure awaits him. Both self-pleasuring and genital massage can help to extend the amount of time a man can be sexually aroused and remain in an erotic state, before ejaculation. One way of managing your ejaculation is to simply observe your feelings of arousal without trying to suppress or heighten them. This is not the same as controlling your ejaculation because you don't actually have to take any conscious steps to do anything. Simply relax into the moment and surrender into receiving pleasure.

THE MOMENT OF ORGASM

If you find yourself on the brink of orgasm, try contracting every muscle in your body with all the strength you can muster. Point your toes, clench your fists, tighten your facial muscles, and draw in a deep breath, holding it for at least twenty seconds. Visualize the sexual energy you feel in your genitals shooting up through your body. As you breathe out, allow your body to react spontaneously—it may writhe, quiver, or just settle into stillness. Enjoy the release with abandon, relishing the explosive force and letting it impact your whole being. You might find that your erection has gone, but that your whole body feels charged and revitalized. Practicing this will help you achieve mastery over your ejaculation. Use the sexual energy generated during the massage to revitalize your body so that you feel alive and energized after orgasm, rather than tired and depleted.

AFTER THE MASSAGE

When you have finished the massage, let your partner lie still and rest, uninterrupted, for at least five minutes. Let him assimilate all that's happened to his body. His whole system will pulse and vibrate for quite a while as the sexual energy courses through his body. Lie together to enjoy the blissful moment. Let him know, through words or actions, that this powerful climax is to be celebrated.

TRYING SOMETHING DIFFERENT

If you would like to vary the intimate massage from time to time, change the order of steps and introduce one or two of the following to give your partner new sensations to experience:

- Place both hands facing away from you over the penis and testicles and stretch them gently apart. Move your lower hand completely over and under his testicles, and your upper hand up and over the head of his penis. Then bring your hands together and repeat a few times.
- Rest one hand on your partner's penis. With your other hand, find the center of his chest between his nipples. Using two fingers make small strokes in a clockwise circle on his chest.
- Move up to your partner's head and massage his scalp and forehead. This moves the energy up and away from the genitals, encouraging it to spread throughout his whole body.
- With your hand resting over your partner's penis and testicles, place a vibrator on top, so that the vibrations travel through your hand. You can repeat this in different places over his body, such as his belly, the center of his chest, or his forehead (for the location of a chakra, see page 182).
- While massaging the penis with one hand, take the middle finger of your other hand and, using lubricant, insert it into your partner's anus. Hook your finger up and toward you to find the prostate, located on the "top" wall. A firm pressure massage feels really good here.

4 Oral massage

Using your mouth and tongue for intimate massage is a wonderful way to give your full attention to your partner's body. It also introduces both masseur and recipient to an entirely different and intoxicating array of sensations.



Oral connection

Kissing, licking, biting, and sucking; your mouth can give an entirely different kind of massage. Oral massage does not need to lead anywhere: giving and receiving without expectation can be enjoyed for its own pleasures. Your highly sensitive mouth is able to give sensitive, subtle pleasure, so let it create a stream of new sensations, guiding your partner toward erotic bliss.

SHOWING TRUST

Oral massage is one of the most intimate and loving acts you can engage in with your partner. A person can feel exposed and vulnerable when allowing another into such close contact, so think of oral massage as an opportunity to express your sensitivity and awareness. As the recipient, show your trust for your partner by being open to this experience. Oral massage creates a deep connection and bond between two lovers that can develop your relationship.

HYGIENE

You should both have a shower or bath, and clean your teeth before you begin your oral massage. Try to use natural, non-synthetic products as they are better for your health and have a more natural and appealing scent. You should still be able to smell and enjoy the subtle and aphrodisiac qualities of your partner's pheromones.

DOING WHAT YOU ENJOY

In any intimate encounter, whether erotic massage or sexual intercourse, the key is to enjoy yourself. There is no need to force yourself to try something that

doesn't feel good. Some people believe a good lover is one who will "try everything," but it is essential that both partners take pleasure in what they do together. You and your partner should experiment in a spirit of playfulness and fun, free from the pressure to please. Spend time together doing the things that you enjoy, and tell your partner what feels good and what doesn't. Be aware that what you like can change over time, however, so do keep trying new things. Doing a lot of what you enjoy will slowly but surely make you want to try a little bit of something new, and this exploration will be unforced, fun, and conducive to pleasure.

BEGINNING WITH KISSES

Before you start an oral massage, try mouth-to-mouth kissing, which is a glorious way to stimulate and sensitize your mouth. Your mouth is full of tiny, eager, and active muscles, and they can be stretched, flexed, and exercised, just like the muscles in other parts of the body. Kissing first will also help to kindle the flame of romance. When two people kiss there is an exchange of chemical and tactile information. Both partners will sense and express desire, and begin to respond passionately to each other.

TITILLATING YOUR TASTE BUDS

To further enhance the connection between you, and to set the scene, you may like to use food to add a new dimension to your oral play. Gather together tasty foods that you both enjoy, including a few items that will surprise and amuse your partner. Cream, honey, chocolate sauce, and ice cream are good choices, or squeeze an orange over your partner's body... use your imagination. Feed each other small morsels of delicious food, such as berries or chocolates, or try sharing food mouth-to-mouth with your partner. Spread luscious delights over your partner's body, then lick them off, before, during, or after your oral massage. Nibble and lick the food as you nibble and lick each other. If you think it's going to get messy, have an old sheet or a towel to hand to help clear up, then just throw it out of the way as you resume your oral massage.



***Pour a small amount** of cold light cream on your partner's warm body for an unusual erotic sensation, then take your time licking it off again, using your tongue to tickle and tease.*



Oral massage for her

A sensitive and seductive oral massage will feel amazing to your partner. Just the change from strong hands and firm massage to gentle, more sensitive licking and probing can create enormous waves of excitement. In addition to the erotic thrills, oral massage can make your partner feel that she is adored and appreciated.

FOLLOWING HER LEAD

For most women, oral pleasuring will be more welcome and desired after other massage. Try oral massage after an intimate hand massage, or a full-body massage, and only, of course, if you both desire it. Ease into oral pleasuring sensitively and seductively by working your way slowly toward your partner's vagina. Be aware that her passion or desire may not yet match yours, so avoid rushing. This massage is about giving a gift to your partner, so tune into her level of arousal and be guided by it.

To help your partner feel sexier and more attractive, take time to remind her how much you are enjoying exploring her body. Tell her how delicious she tastes, how good she feels to your tongue, and how attractive she looks to you. Stay in the moment, and imagine how it would feel to you to receive this massage. Putting yourself in her position can help to bring renewed energy and passion to your massage. Making sure that she knows that there is no agenda will also help her to relax into the massage. Oral massage does not have to lead to intercourse or orgasm; it is an erotic experience that can be enjoyed in its own right.

Different areas of the vagina will respond to different touches. Start with firm, yet slow licks to the inner thighs and outer labia. Continue with licks to the inner labia, but vary the pressure to match your partner's level of arousal. Light, flicking movements with your tongue are ideal for your partner's most sensitive areas,

such as the clitoris and vagina. Try kisses anywhere you like to give your tongue a rest. Don't be afraid to risk attempting creative new oral techniques. The mouth is so soft and sensitive that it would be almost impossible to cause discomfort to your partner. Purse your lips and draw the labia into your mouth with a strong, sucking action. Flick fast and delicately over the clitoris with a pointed, snake-like tongue. Have fun and enjoy yourself, and your partner will relax more.

Encourage your partner to breathe deeply, allowing herself to make sounds as she breathes out. Doing so can turn oral massage into an orgasmic, full-body experience. By keeping all her muscles relaxed, your partner will feel the sexual energy rising up through the center of her body, spreading and radiating ecstasy throughout her entire body.

BEING CONFIDENT ABOUT YOUR BODY

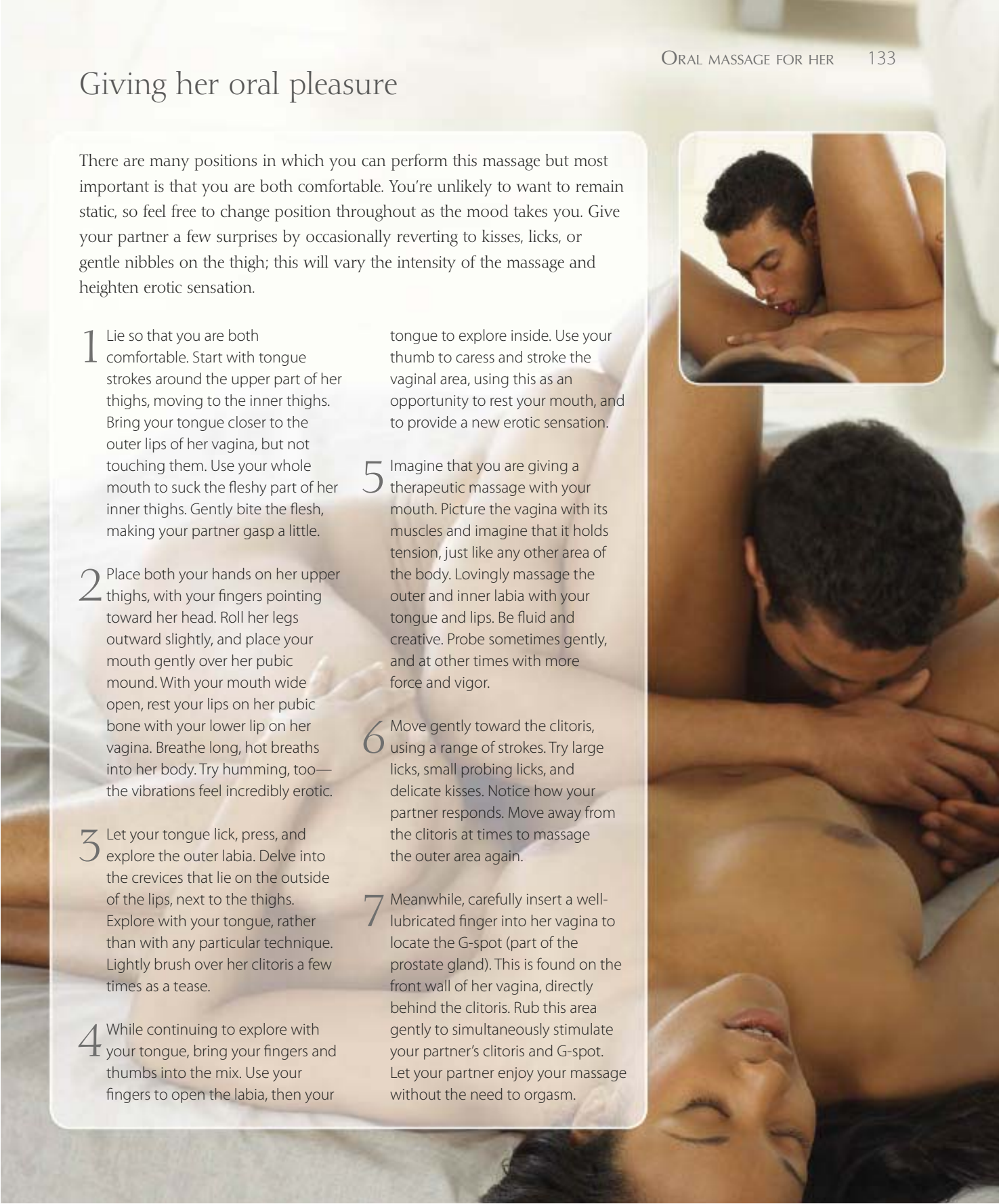
Some women, especially those who haven't seen a variety of genitals belonging to other women, can worry that their vagina may appear strange or even ugly. There are so many different shapes and sizes of genitals—some women have large outer labia and small inner lips and vice versa. Some women have a large, exposed clitoris, and others' are tiny and hidden.

If you as the female partner have ever worried about this, be assured that everyone is different and that each woman has a unique vagina. Put feelings of self-consciousness out of your mind, and trust that your partner is probably eager to try this massage!

Giving her oral pleasure

There are many positions in which you can perform this massage but most important is that you are both comfortable. You're unlikely to want to remain static, so feel free to change position throughout as the mood takes you. Give your partner a few surprises by occasionally reverting to kisses, licks, or gentle nibbles on the thigh; this will vary the intensity of the massage and heighten erotic sensation.

- 1 Lie so that you are both comfortable. Start with tongue strokes around the upper part of her thighs, moving to the inner thighs. Bring your tongue closer to the outer lips of her vagina, but not touching them. Use your whole mouth to suck the fleshy part of her inner thighs. Gently bite the flesh, making your partner gasp a little.
- 2 Place both your hands on her upper thighs, with your fingers pointing toward her head. Roll her legs outward slightly, and place your mouth gently over her pubic mound. With your mouth wide open, rest your lips on her pubic bone with your lower lip on her vagina. Breathe long, hot breaths into her body. Try humming, too—the vibrations feel incredibly erotic.
- 3 Let your tongue lick, press, and explore the outer labia. Delve into the crevices that lie on the outside of the lips, next to the thighs. Explore with your tongue, rather than with any particular technique. Lightly brush over her clitoris a few times as a tease.
- 4 While continuing to explore with your tongue, bring your fingers and thumbs into the mix. Use your fingers to open the labia, then your tongue to explore inside. Use your thumb to caress and stroke the vaginal area, using this as an opportunity to rest your mouth, and to provide a new erotic sensation.
- 5 Imagine that you are giving a therapeutic massage with your mouth. Picture the vagina with its muscles and imagine that it holds tension, just like any other area of the body. Lovingly massage the outer and inner labia with your tongue and lips. Be fluid and creative. Probe sometimes gently, and at other times with more force and vigor.
- 6 Move gently toward the clitoris, using a range of strokes. Try large licks, small probing licks, and delicate kisses. Notice how your partner responds. Move away from the clitoris at times to massage the outer area again.
- 7 Meanwhile, carefully insert a well-lubricated finger into her vagina to locate the G-spot (part of the prostate gland). This is found on the front wall of her vagina, directly behind the clitoris. Rub this area gently to simultaneously stimulate your partner's clitoris and G-spot. Let your partner enjoy your massage without the need to orgasm.



Oral massage for him

Oral massage is a truly wonderful way of treating your partner and making him feel loved and desired. It can give a great deal of pleasure to your partner, and bring an erotic dimension to your massage. The emphasis here is on taking your time to create the most exquisite sensations, to be enjoyed for their own merits.

VARYING YOUR TOUCH

After a full body massage, when your partner feels completely relaxed, and with all his senses heightened, you may wish to move toward more intimate areas of his body. Using your mouth offers a different sensual experience to him; it will feel softer, warmer, and wetter than your hands. You can vary your touches with kisses, licks, and tiny bites. Your mouth is very sensitive, so you will be aware of every touch you make and how it may feel to him.

Oral erotic massage has no other aim than to be enjoyed for what it is. There is no need to stimulate your partner to orgasm, nor should he be under any pressure to have one. You can both enjoy the act and the erotic sensations in their own right. Be aware and sensitive as you approach your partner for oral stimulation; a man can feel vulnerable in his sexuality and exposed when receiving oral massage. Ask before you begin oral massage, rather than surprise him.

Your partner's penis can be erect or not during this massage. If you need to, hold his penis in place with one or both hands for some of the massage techniques. Do as much or as little as you feel comfortable with; remember that your partner will be able to sense whether you are enjoying giving the oral massage and he will respond physically if you show that it gives you pleasure too. If you don't like the idea of something, try something else, but perform everything you do with positivity.

Some areas of the penis will respond to greater pressure than others. The glans or the head will be more sensitive and will respond to light, subtle caresses from your tongue and lips, while the shaft of the penis will respond to a deeper pressure. Try pursing your lips tightly as you run your mouth up and down.

Be as energetic and dynamic as your partner likes while you pleasure him orally. Use your hands to stroke his belly, chest, and thighs; this helps to spread the sex energy that is being generated throughout his entire body. If he feels he is about to ejaculate, press your fingers firmly into the perineum, located just under the testicles, and wait for the impulse to subside. Your partner will experience waves of pleasure, lasting as long as you both desire.

MASSAGING HIS TESTICLES

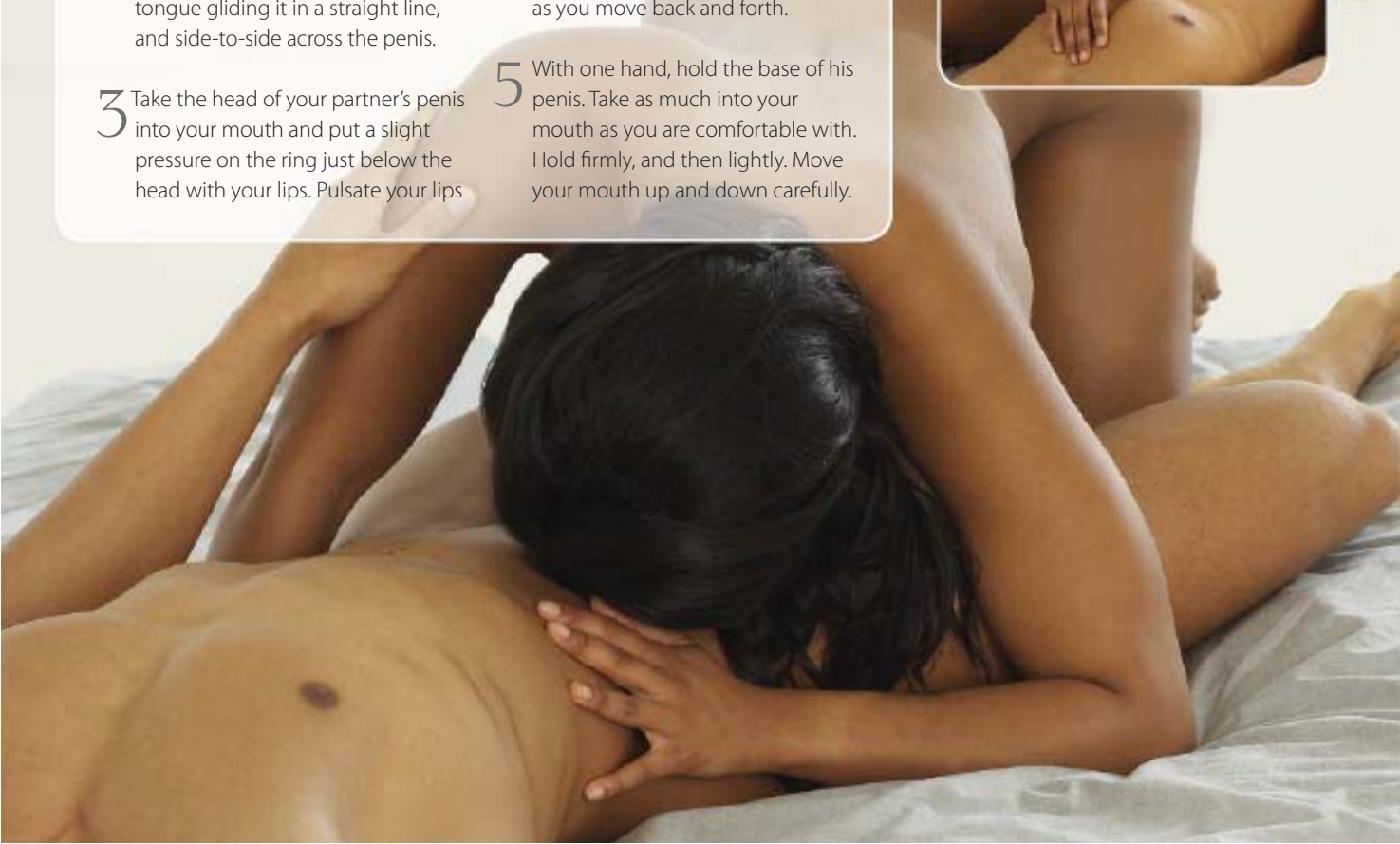
The penis can sometimes get all the attention, yet the testicles are sensitive and respond well to licking, tender massage, and sucking.

Start very gently, resting your hand over his testicles. You should feel a subtle stirring within them as they respond to your touch. Caress the skin with a relaxed tongue. Place your hand over them and make a light, pulsing movement. Make a ring at the base of the testicles with your hand, as if you were holding a bunch of flowers, and "balloon" them out and away from the body slightly, so that the skin is stretched. Run your lips and tongue over the surface. Men will delight in the attention to this oft-forgotten part of their body.

Giving him oral pleasure

Remaining comfortable while giving oral massage is crucial, as the more relaxed you are as the masseur, the more your partner will let go into blissful pleasure. Varying your positions throughout is a good way to avoid tension and stiffness in the neck.

- 1 Lie together, so that you both feel comfortable. Begin by stroking the length of your partner's penis with just your lips. Gently blow cool air onto the whole genital area, with pursed lips. Then blow warm air from your throat. Move down to include your partner's testicles with your gentle lip-stroking.
- 2 Glide your tongue from the base of the penis up to the head. Use the flat of your tongue, then the tip, varying the pressure as you like. Also vary the motions of your tongue gliding it in a straight line, and side-to-side across the penis.
- 3 Take the head of your partner's penis into your mouth and put a slight pressure on the ring just below the head with your lips. Pulsate your lips in a rhythmic motion. You can add tongue-teasing directly on the glans for extra stimulation, but just check to see if he likes it, as some men are highly sensitive in that area.
- 4 Cradle the whole of his penis with both hands, holding it from underneath. Run your mouth up and down the shaft, as if playing a harmonica. Your mouth can be dry or wet; each will provide a different sensation, so see what your partner likes most. You can add humming for an unusual and erotic sensation as you move back and forth.
- 5 With one hand, hold the base of his penis. Take as much into your mouth as you are comfortable with. Hold firmly, and then lightly. Move your mouth up and down carefully.





5 Self-massage

Discover your full erotic potential by making time for self-massage. By finding out what you like and what turns you on, you expand your own capacity for pleasure. An understanding of the power of your own touch can also be invaluable when performing massage on your partner.



Self-connection

It's important to learn what you like, what you don't like, and how you respond to erotic stimulation. The more you can expand your own body's capacity for pleasure, the more you can share your sensual nature with your partner. Discover your full erotic potential by creating some quiet, personal time in which you can explore your own erogenous zones and prime your body for orgasmic pleasure.

KNOWING YOUR BODY

You are designed to experience bliss. It is the natural state for a human body; your birthright, in fact. But many of us don't quite know how to access blissful pleasure, either with a partner, or on our own. We are often given the message that it is selfish to desire pleasure and better to spend time working hard. Most people limit their experiences of ecstasy, keeping it to the bedroom only, with their partner. You owe it to yourself to spend more time enjoying your sensual body on your own, and whenever you please.

There is no need to wait for someone else to give you pleasure. You know your own body and what it needs better than anyone else. Focus on what your body is telling you; what feelings do you get when you touch it in certain places? Does it feel better when you stroke a particular area lightly, or press it more firmly? By exploring your physical self in detail, you will find out much about the erotic landscape of your body. Massaging yourself can also activate strong feelings of well-being and self-esteem. It's a good way to remind yourself that you are worthy of care and attention.

When we look in a mirror we tend to look at what needs improving. Instead, try a different approach. Every day, when you are relaxing in the bath or shower, just take a few minutes to look at your naked body in a positive way. Think about all the healthy, beautiful parts of your body, that have served you

well over the years. Tell yourself, out loud if you like, which parts of your body appeal to you, and why. You are unique and have many sensual qualities. Try the exercise opposite to help you explore further.

DISCOVERING YOUR EROTIC SELF

Choose a time when you are completely alone, and give yourself the opportunity to explore your erotic self. Create a quiet, warm, private space where you can relax totally. This exercise uses fantasy to help enhance the erotic sensations you experience. Your imagination is just like a muscle that needs regular exercise, so try this, and vary it with your own ideas.

- 1 Put on some relaxing music and lie down naked on a comfortable bed or sofa.
- 2 Imagine you are lying on a secluded beach in the sun. You are alone, completely relaxed, listening to the surf and feeling the sun on your naked body.
- 3 Imagine that you feel a stranger's hand caressing you. Begin to stroke your body, keeping your eyes closed. Move your hand slowly and sensually, enjoying the feel of your skin. The stranger, whom you seem to trust completely, is in no rush. He or she is fascinated by every contour and every curve of your body. Pleasure yourself at this slow pace for as long as you like.
- 4 If the stranger reaches your genital area, don't rush. Imagine that you want them to move faster, but he or she refuses and continues to pleasure you slowly.
- 5 At the end of the caressing, the stranger leaves before you open your eyes. Lie basking in the afterglow of the soft, pleasurable, sensual energy that is flowing through your body.

Loving your body

This exercise, known as soft-focus gazing, encourages you to recognize anything you don't like about your body in a safe way. You then let go of any negative thoughts, and appreciate yourself for all you are.

1 Stand in front of a full-length mirror, naked or partially clothed. For five minutes allow your eyes to wander freely, taking in all the details of your face and body. Allow your mind to voice any opinions or criticisms. Don't censor. If you give your "inner critic" freedom of speech and allow her (or him) to vent, that voice will eventually give up of its own accord. Touch yourself if you wish while you're exploring with your eyes.

2 Close your eyes for a minute and breathe deeply into your belly, softening the stomach muscles as you breathe out, letting go of any tension that you feel.

3 Relax the eyes and soften your focus while you gaze at your reflection. Spend another five minutes gazing at yourself; it should feel as though you are seeing yourself for the first time. Be kind to yourself; appreciate all the healthy, beautiful elements that make you unique and that have served you well over the years. Over time, you will be kinder in your gaze and come to see yourself as perfect and beautiful. This confidence can make you more attractive to your lover and help you relax more during your sensual play.



Massaging your own body

Many people, and men in particular, do not get as much touch as they need on a day-to-day basis. Erotic self-massage can be a powerful remedy for anyone who feels deprived of touch, and it can bring many more benefits, such as relieving stress, promoting relaxation, and improving self-esteem.

ENJOYING MORE TOUCH

One of the keys to creating a fulfilling and ecstatic life is to genuinely feel and then put into action what you wish for. For example, if you want more touch and massage in your life, then start by giving it to yourself. The more comfortable you are with your body, the more you can share this with your partner. If you love yourself, you will find that other people will want to be with you and feel comfortable being close to you.

Take time every day to connect with your body. Appreciate your whole being; mind, body, and soul. Give your body time to rest and relax; take a warm bath, or walk in the sunshine. You are not here just to work or perform tasks and duties; you have a sensual nature that should be welcomed and embraced.

PAMPERING YOURSELF

Take loving care of your body; your body is a temple and should be treated with respect. Make the time to moisturize your skin every day after taking a shower or bath, and take some time each week to stand in front of a mirror and lovingly massage body lotion or oil into your belly, chest, or breasts. Massage every part of your body that you can reach easily. Make this a regular ritual and revel in the softness of your skin and the sensual curves of your shape. Keep reminding yourself that you are worth every minute of devotion and appreciation. This practice will enhance your self-esteem as a sexual being, and the fact that you are appreciating yourself by caring for your body

will make you more attractive to others. If you wish to have a partner who admires and desires you physically and can give you the pleasure that you want, it's imperative that you learn to develop an appreciation for your own unique and sensual beauty.



MAKING SELF-MASSAGE EASY

There are some powerful hand-held massagers on the market, and it is worth investing in one to make your self massage easier. Electronic massagers have different settings: use the stronger settings on large muscle groups such as the shoulders and buttocks, and try vibrating settings on sensitive areas, such as the belly or arms. You can also find non-electrical rolling ball massagers that you can use to great effect on your shoulders and neck. Use these gadgets not only to alleviate muscle tension but also to explore their erotic potential—just see what feels good to you.



Therapeutic self-massage

This massage is very relaxing, helping to relieve any tension held in your legs, shoulders, neck, and face, and to make you feel pampered. Be as firm as you like, as if you were massaging your partner. After a shower or bath, stand, or lie, naked, and use massage oil or a rich moisturizing cream to massage yourself.



- 1** **Shoulder and arm massage**
Knead your right upper arm and shoulder using your left hand. Work into the strong muscles of the shoulder and continue for a few minutes. Change to the other side.



- 2** **Arm and hand massage**
Grasp your right arm at the elbow, with your thumb on the top. Massage the arm downward using a “draining” action. Massage the fleshy parts of your hand.



- 3** **Lower leg and knee massage**
Place your hands on your right lower leg with your fingers wrapped around your calf. Massage your calf muscles with your fingers and thumbs in a circular motion.



- 4** **Thigh massage**
Massage your right thigh, pulling up from underneath firmly with the fingers of both hands. Repeat with your other leg, then massage your other arm and hand.



- 5** **Belly circles**
Using plenty of oil, massage your belly with the palm of your hand, using long, sweeping circles. Firmly knead the skin on the lower belly.



- 6** **Neck and face massage**
Use the fingers of both hands to massage the muscles running either side of your spine. Then massage your cheeks and jaw muscles, which can hold a lot of tension.



Self-pleasuring for her

Massaging your own body and genital area is essential for your self-awareness and self-confidence. You will discover more about your own pleasure zones, and can then share this with your partner. But it is just as important to give yourself time to enjoy exactly what your body wants and to spend time in a state of natural bliss.

EMPOWERING YOURSELF

With so many demands upon their time, most women don't give much thought to paying loving attention to their own bodies. For any woman who has grown up with negative messages about her body or sexuality, or who has taken on board beliefs that masturbation is distasteful, or even taboo, self-pleasuring may be surrounded by feelings of guilt or shame. As a result, self-pleasuring can be hurried and furtive. It may be used as a route to quick release but never enjoyed for the sensual, liberating experience it can actually be. If you are willing to devote time to masturbation and to open your mind to the deep erotic pleasure that it can bring, you can transform it into an act of self-love—a deeply fulfilling, empowering experience. Allowing yourself to be guided by your own sensual power can even take you into an erotic trance state, which can be an enriching form of meditation in itself.

SAVORING PLEASURE

Exploring your own pleasure zones will help you feel freer and more open with your lover. The trick is to stay in the moment rather than rush toward a goal. Touch and caress your whole body with love and consciousness. Enjoy stimulating and caressing your own genitals, and see how long you can savor the plateau phase of pleasure that occurs just before orgasm. Breathe into every cell of your body and feel yourself rising higher into the orbit of cosmic bliss where your mind releases control and your body revels in the sensual pleasure that is your natural state.



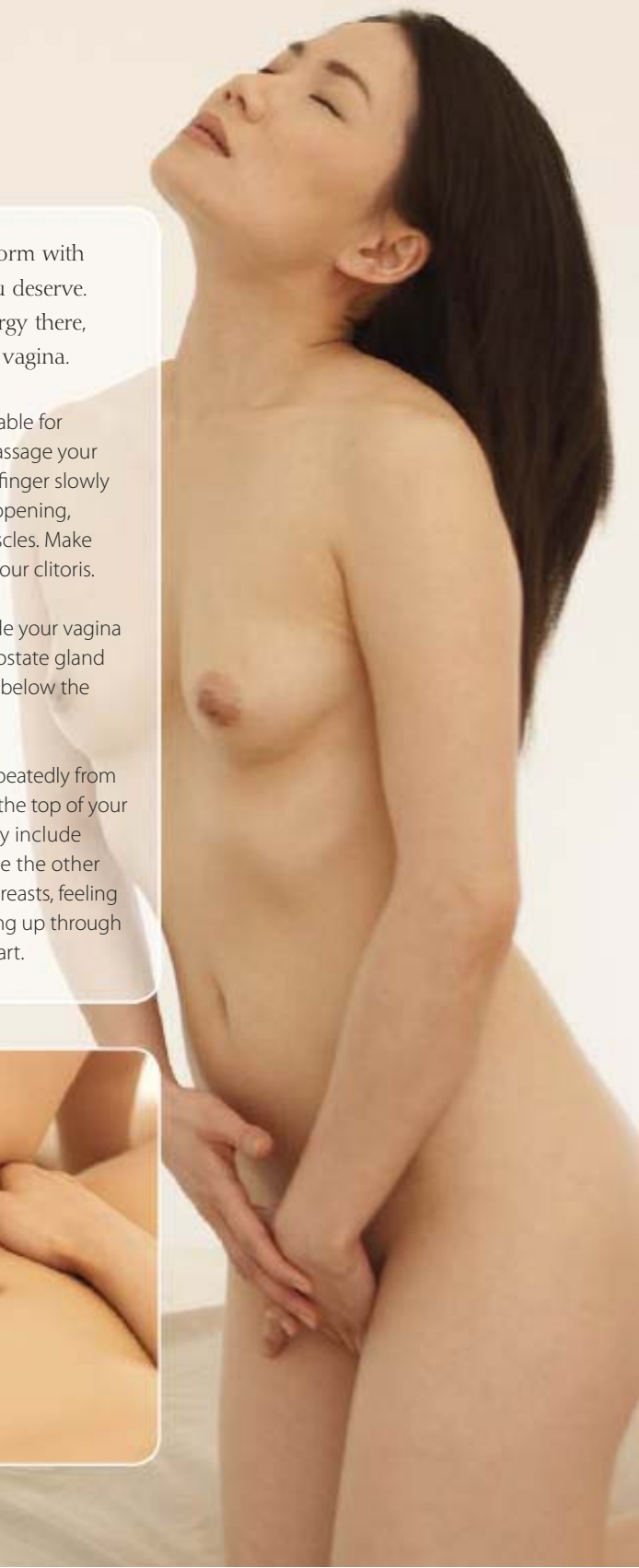
KNOWING YOURSELF INTIMATELY

If, like many women, you don't really know what your vagina looks like, it's important to take the time to find out. Just as everyone has different facial characteristics, every woman's genitalia is unique to her. Once you know and feel comfortable with your own body you will be more aware of its erotic potential. Take a small mirror and position yourself comfortably so that you can look at your vagina. Relax and gaze at your own vagina, and let yourself fall in love with its mysterious beauty. Let all judgement fall away while you discover its distinctive shape, form, and color.

Worshipping your body

In this exercise you are your own lover. Worship your sensual form with appreciative, sensitive hands and give yourself the adoration you deserve. Start by massaging your breasts to unleash the latent sexual energy there, then caress your stomach and thighs as you move toward your vagina.

- 1** Massage in circles over your breasts, first one way and then the other. Use your fingers to massage deeply into the area between your breasts and under your arms.
- 2** Locate the area halfway between the nipples and the collar bone, which can feel a little tender. This is where the lymph nodes are located. Massage this area with your fingers and thumbs, making wide, deep, circling movements.
- 3** With a slightly cupped hand, drum lightly on your pubic bone, groin area, and upper thigh. This rhythmic tapping wakens the circulation in your whole pelvic area.
- 4** Using a lubricant suitable for intimate massage, massage your outer labia. Run your finger slowly around your vaginal opening, pressing into the muscles. Make small circles around your clitoris.
- 5** Insert one finger inside your vagina and massage your prostate gland (the spongy area just below the urethral opening).
- 6** Stroke your vagina repeatedly from your perineum up to the top of your pubic bone. Gradually include your lower belly. Place the other hand between your breasts, feeling the sexual energy rising up through your body to your heart.



Self-pleasuring for him

One of the many benefits of making time for self-pleasuring is that you can become a better lover for your partner. The more orgasmic pleasure a man can allow himself in private, the better he will understand how he reacts to touch, how to manage breathing during arousal, and how to control ejaculation during love-making.

GUIDING YOURSELF TO ECSTASY

Devoting time to pleasuring your own body is often limited to masturbation, which can be an all-too-quick affair. The key to erotic bliss is to take your time and to consider masturbation as part of a healthy and fulfilling sex life. In childhood, boys often receive negative messages about masturbating and come to see it as something to be done quietly, in secret. This can leave an emotional residue that can limit the true erotic potential of self-pleasuring. Make time for extended pleasure, indulgent exploration, and sensations that can fill your entire body.

As you self-pleasure, guide yourself toward a peak of sexual arousal. You are not moving toward the “goal” of ejaculation; instead take time to enjoy the sensations as you touch your whole body. You can experience an endless, timeless, desireless space, where you are living entirely in the moment, with your mind and body soaring free. It is here that true sensual pleasure lies.



Sensual self-touch

Give yourself an hour for this massage. Change your routine; if you normally self-pleasure in bed in the evening, for example, try this in the morning or in a different location, even outside if you have a private space. Use this massage to uncover new peaks of erotic pleasure as you enjoy taking your time.

- 1 Begin by touching and caressing your whole body. Bring your full awareness to the part of the body you're touching. Your breathing should be slow, deep, and hypnotic.
- 2 Use oil or lubricant designed for intimate use to cover the whole of your genital area. Start to touch yourself, with gentle, light strokes, taking time to relish each one.
- 3 Give some loving attention to your testicles, an often forgotten part of the body. Massage them and experience the unique feeling of arousal this generates.
- 4 When you begin to massage your penis, try to vary what you usually do. Change your grip, alternate your hands, and try varying the pressure. Remain this side of ejaculation, instead riding the undulating waves of pleasure that you experience.
- 5 To access your multi-orgasmic potential, let the sexual energy you generate flood through your body in waves. Rest if you feel close to ejaculation, and then continue. The ecstasy is in the journey, not the destination. Release tension through laughing or making sounds rather than through ejaculation.



PRACTICING NON-EJACULATION

Eastern cultures have a tradition of techniques to prolong sexual arousal and delay ejaculation. This is because genital release can leave a man feeling depleted and without desire. Instead of ejaculation being your goal, aim for a full-body orgasm, where the sexual energy travels throughout your body in waves of pleasure, rather than being ejaculated out of your body. If you feel the urge to ejaculate, try one of the following methods:

- 1 Take a deep breath and pull up the muscles in your perineum (located between your testicles and anus). As you breathe out, visualize your sexual energy rising up through the center of your body, and up and out at the top. Allow any shaking to happen as this moves the orgasmic energy around your body.
- 2 Alternatively, press hard into your perineum and squeeze the ridge at the top end of the shaft of your penis, just below the glans. As you breathe out, visualize as before.







Erotic extras



6

Foreplay & climax

Erotic massage can produce thrilling feelings of arousal and excitement before you even touch your partner's genitals. It can also take you on a slow, sensual journey to the heights of ecstatic orgasm, having bypassed sexual intercourse altogether. Once you harness the power of erotic massage, foreplay and climax will never be the same again...



Arousal essentials

The skin is the body's largest sensory organ, with millions of sensitive nerve endings that respond to the slightest touch. By exploring the body's multitude of erogenous zones rather than focusing solely on the genitals, you can open up a whole realm of arousal possibilities and exciting new routes to orgasm.

STIMULATING PLEASURE ZONES

When giving an erotic massage it's important to take time to explore and experiment. Agree beforehand that you are not planning intercourse; you are simply learning to arouse your partner in new ways. Let go and relax into the present moment, and notice how your partner's body begins to soften and respond to even the subtlest touch.

Learning new ways to arouse your partner and keep him or her in a state of arousal for longer is a fantastic way to keep your relationship fresh and exciting. Your goal should be to stay in a state of erotic arousal and heightened desire, rather than rush toward intercourse and ejaculation. Take time to find out just what arouses your partner, and enjoy bringing him or her to new states of bliss. Bear in mind that women usually find it easier than men to remain on a plateau or sexual peak for longer periods of time. This kind of pre-climax, erotic "surfing" can, however, be learned. Once men are able to practice it, they realise that erotic and sexual pleasure can be found in the journey and not only in the destination.

When erogenous zones become desensitized, usually through simple neglect, touch and massage can arouse sensation again. Men's nipples, for example, tend not to be as sensitive as a woman's nipples, but by giving them more attention, the nerve endings become more responsive. Use toys and tools as well as your hands, mouth, and mind to find and stimulate your partner's

pleasure zones. Feathers, ice, heat, warm breath, kisses, tongue-teasing, and your wild imagination—all of these things can be used to arouse your partner's mind and body in new ways.

MOVING TOWARD ORGASM

There are four principle factors influencing the journey from erotic arousal through to orgasm: drive, desire, arousal, and orgasm itself. The first element, sex drive, varies between individuals and its strength is related to a combination of factors, including genetics, health, stress levels, sexual history, and life experiences. You may have a high sex drive and feel that you "crave" physical touch, even when not with your partner. The second factor, desire, is very much in the mind. Your thoughts and emotions dictate your erotic arousal. Engage your mind, think about touch and your partner, and let desire arise emotionally, and your body will follow. Arousal is the stage at which your body catches up with your mind. The physical signs of sexual arousal are the erogenous zones springing to life: your nipples become erect, your breathing becomes rapid, your genitals become engorged with blood, and the process of natural lubrication in the woman begins. The journey culminates in orgasm, although everyone will reach this point at different rates. A woman can take, on average, 20 minutes from the beginning of arousal to reach orgasm, whereas a man can achieve climax in a much shorter time. Women tend to be ready for further touch before men, who tend to need a period of recuperation first.

RELAXING NATURALLY

There are many factors that can inhibit your feelings of arousal and affect your erotic response in the short term, and sometimes for longer periods. Stress, sadness, and anger can dull your erotic response, as can medication (including painkillers), smoking, alcohol, and having too much caffeine. To enhance your erotic experience, don't drink alcohol beforehand, and take a warm, relaxing bath to help you leave the concerns of the day behind.



Arousing her

Successfully arousing a woman is something of an art: it requires subtlety and refinement. To become a master, you need to be able to connect with your partner emotionally and make her feel safe in your hands to enable her to open up sexually. Then, through massage, you can introduce her to all kinds of new erotic sensations.

TANTALIZING HER BODY

Women often feel pressure to respond in a certain way, and to rush toward climax. Your partner will enjoy herself more and open herself more deeply to you sexually if you cultivate a relaxed approach to arousing her. Tease her and take your time.

Hair

Massage your partner's head and run your fingers through her hair to relax and arouse her whole body. Take time to work your fingertips deep into her scalp, moving the skin so that it moves over her scalp. Play softly with her hair, then stroke your fingers away from the scalp to the ends of her hair, pulling it gently.

Face

Take time to explore your partner's face with your fingertips and lips. Caress her cheeks, run your fingers over her eyebrows and lips, and kiss her closed eyes. Cup your hands under her chin and stroke outward with your fingertips all the way up to her ears. Let your fingers and tongue run over the crevices of her ears and just behind them.

Belly

A woman's belly is a highly erogenous part of her body. Massage her lower belly in slow, clockwise circles. This area is connected directly to her sacrum, where erotic and sexual feelings are generated. Kiss all over her belly with light, tender kisses. Caress her tummy with light, fingertip strokes.



Use the tips of your fingers to gently, but reasonably firmly, stroke her belly, moving in slow, steady, clockwise circles.



Kiss your partner's breasts, paying special attention to the nipple area, which is a highly responsive erogenous zone.

Breasts

Stroking, kissing, and sucking the breasts is a highly effective way of arousing a woman and can generate huge sexual excitement. Some women have orgasms through nipple stimulation alone. It is important to be confident when you massage a woman's breasts because a fumbling, self-conscious touch can be a real turn-off. You can achieve confidence by remembering to breathe deeply and allowing your sexual and emotional energy to flow through to your hands. Try starting off by stroking the breast area using the flat of your hand and keeping your fingers together. As your partner relaxes, brush her nipples with your fingertips. Try kissing gently, and licking too, all the time checking to see how your partner responds

Legs

One erogenous area that rarely gets enough attention lies just behind the knees. A lovely way to arouse your partner is to sit in front of her while she lies on her back. Help her to raise one leg up over your shoulder and gently caress the back of her knee. Smooth the inside of her thigh with the flat of your hand. Tickle and stroke all around the top of her knee. Tease the back of her thigh with relaxed, leisurely fingertips. Tease her by approaching her genitals, but then retreat. Really take time over this erotic stroke, and notice how your partner becomes increasingly aroused.

MAKING MASSAGE EVEN SWEETER

It is rare to find a woman who doesn't love chocolate! One reason is that chocolate is an aphrodisiac, containing the chemical phenylethylamine which stimulates the brain, boosting energy and causing a euphoric effect. Give her chocolate, or use melted chocolate or chocolate body paint to bring a new erotic dimension to your massage.



Arousing him

Most men will respond to a confident, vibrant, and sensual woman but often need help fulfilling their true erotic potential. Erotic massage can stimulate the man in such a way that he is able to enjoy maximum arousal for longer. You can also raise his pulse with a sexy dance or another creative idea devised by you.

GETTING HIM IN THE MOOD

A man's body has the potential to be just as sensitive, responsive, and erogenous as a woman's, but because men tend to carry the stresses of life internally, they often find it more difficult to become fully relaxed. The kind of trance-like state conducive to slow, erotic build-up and prolonged ecstasy can be particularly difficult to achieve. For this reason, it's a good idea to massage his body to help him relax and become aware of his breathing. As he relaxes, he will begin to be more conscious of how his body feels and less focused on what is in his mind. Take time together to enjoy erotic arousal and don't rush toward a goal; this can decrease any performance anxiety a man may feel and lead to greater enjoyment for both partners.

TAILORING YOUR APPROACH

Men often require different degrees of stimulation to become aroused, depending on their age. Young men, for example, are generally aroused very quickly; they achieve and maintain erections without effort, and ejaculate regularly and abundantly. A younger man, therefore, is more likely to be excitable and goal-oriented and may need help from his partner to slow down, take things at a gentler pace, and enjoy a more sensual journey.

A man in his fifties, on the other hand, is likely to need more physical stimulation in order to achieve an erection. He will probably ejaculate far less often than a man in his twenties, which is entirely normal. If your

partner is older, therefore, you may need to spend more time arousing him. There are benefits to maturity, however, and women (especially as they get older) are often happy for the fast-paced, potent energy of youth to be replaced by a sensitive, tender touch and more creative, sensual lovemaking.

SETTING THE PACE

Once you have aroused your partner, you want to be able to keep him at the peak of sexual excitement for a prolonged period. Encourage him to let you set the pace and take control to help keep his desire in check and prevent it from overtaking yours. As he groans for more, give him what he wants in the moment but don't let him get overexcited. You may need to change massage strokes or move to a less sensitive area of the body if you feel he might be peaking too quickly. Let the sexual energy calm a little, before building again.



***The sound of your voice** can have an erotic effect, especially if you describe what you plan to do to seduce him.*

AROUSING HIM VISUALLY

Men love to see their partners moving, dancing, and stripping for them. They respond instinctively to the beauty of the female form, particularly when it belongs to someone they love. Giving him such a visual treat is guaranteed to raise his lust levels, as will wearing gorgeous nightclothes or underwear in natural fabrics, such as silk and cotton. Watching an erotic film together is another way to get him all fired up.

FEELING HIS THIGHS

The thighs, particularly the inner thighs, are highly erogenous areas. Take time to massage and caress this sensitive region, approaching his genitals slowly. Use sweeping strokes down his thighs and legs, alternating with strokes up the front of his body and down his arms. This charges the sexual energy throughout his body. Use this stroke during a genital massage to draw the focus away every so often. This will help to sustain him at the height of his sexual plateau.



Stroking and caressing his inner thighs before moving to his genital area will have him tingling with anticipation.



Seductive massage

When you and your partner want to make love, massage is an ideal preparation because it not only helps you to relax and leave the cares of the day behind but also makes you feel cherished, loved, and more receptive to further intimate touch. Massage, therefore, can be the ultimate seduction tool if you both desire sex.

BECOMING MORE RECEPTIVE

If both partners are in agreement about the desired destination, erotic massage can be the ideal prelude to sex. One of the most beneficial effects of a leisurely erotic massage is a feeling that you are expanding time. Bodily sensation becomes magnified and the very act of breathing becomes a conscious one, guiding you even deeper into your body, beyond the mind, into a world of timeless bliss.

Taking the time to slowly and deeply arouse each other sets the scene for attentive, synchronized, and harmonious lovemaking. One of the dangers of diving straight into sex from regular, daily activity is that you continue to respond and react in an habitual and semi-conscious way. In other words, you keep “doing” rather than “being,” trying to make sex happen as opposed to allowing the energy of the lovemaking itself to move your bodies in a spontaneous, harmonious fusion. Both men and women need to feel validated and appreciated in order to be able to fully open their hearts, bodies, and minds to a partner. If either of you is suffering from a lack of self-esteem, for example, only half an hour of massage can do wonders for restoring confidence and a sense of self-worth.

WAKING THE BODY

An adoring caress or hypnotic massage stroke given by a loving partner will encourage the body to open like a flower in the sun, drawing the rays of warmth through the skin, softening the body into a state of

receptivity. As you surrender control of your body to a partner, letting them manipulate your limbs and penetrate layers of subtle resistance through touch and tenderness, massage between lovers will naturally unfold into an authentic, sensual expression of the deepest love, like a sonnet or musical composition.

ACTIVATING THE CHAKRAS

Massaging your partner’s chakras (see page 182) can help to arouse and seduce. Make time during your massage to focus on the chakra areas, particularly near the base chakra, found near the base of the spine. As you massage your partner’s back, buttocks, and thighs, make circular movements on the lower back area. This stimulates the genitals, and these feelings move throughout the body, arousing it for further touch. You can use a vibrator to massage this area too.

USING VIBRATORS CREATIVELY

It’s worth experimenting with vibrators as you can use them imaginatively all over the body, as well as on the genitals. If your partner isn’t comfortable with direct stimulation, use your hand or a soft cloth between the vibrator and your partner’s skin.

Try placing a vibrator on the center of your partner’s chest and on the center of the forehead. The vibration activates the chakras (see page 182) and encourages the flow of sexual energy up through the body. You could then try a genital massage, using a vibrator. Afterward, it feels good to put the vibrator behind the neck, as the pleasure waves will flow up the body.

Fueling desire

These intimate touches are designed to turn your partner on and keep him or her in an aroused state, relaxed and yet completely engaged and brimming with desire for more touch. Use at the end of a full body massage to communicate your desire, and perhaps take your massage to lovemaking.

1 Caress your partner gently with the backs of your fingertips on the belly or thighs, then use a deeper massage stroke over the same areas. By using varying strokes to give the skin a surprise, you raise sensitivity and wake erotic responses.

2 Take your partner's hand and kiss her fingers. Suck each finger in turn, slowly and seductively. This can feel suggestive, with a promise of more intimate touch.

3 Massage the fronts of the thighs and inner thighs, pubic area, and lower abdomen. Alternate between a gentle caress with your fingertips and firmer massage that moves the skin. Massage near your partner's genitals, but do not touch them at this stage.

4 If you wish to create a unique sensation, hum on your partner's genitals, or on the center of her chest. It may feel like a strange thing to do, but the vibration effect is sublime.



Orgasmic massage for her

There is more to orgasmic massage than genital massage alone. The mind plays a huge role in how the body responds to erotic touch, so making sure your partner is truly relaxed is key. Make it clear that you plan to take your time, with a massage first, and include plenty of erotic talk to make the experience truly sensational.

WHAT IS ORGASMIC MASSAGE?

Unlike the genital massage described in this book, which may or may not lead to sexual climax, orgasmic massage can lead to a mind-blowing release. It can even help the woman become multi-orgasmic, as the time devoted to her mounting pleasure is extended.

Incorporating orgasm into erotic massage is a wonderful opportunity to explore entirely new orgasmic territory, dropping pre-conceived ideas about what an orgasm should feel or look like. If the woman can allow herself to be taken by her partner into uncharted waters, she will be astounded by the new sensations she experiences. The orgasm that most people are familiar with can be a small, physical release, centered in the genitals alone. Orgasm can be an extensive, consuming journey, complete with shaking, laughter, cathartic release, and even ecstatic tears. During orgasm, let your emotions flow and allow your body to follow its own spontaneous direction.

TIME FOR YOU

It is important for the woman not to feel guilty about the amount of time and attention being given solely for her erotic pleasure. Women often feel that they need to “give back” in sex and, as a consequence, find it difficult to relax into receiving. Remember that this focused massage is as enjoyable for your partner as it is for you. Be assured that he is becoming hypnotized by your arousal, and that he is also entering a highly erotic and relaxed state.

CLIMBING TO ORGASM

The main difference between a man’s and a woman’s orgasm is that, as the woman approaches orgasm, she needs direct stimulation to the clitoris all the way to the moment of climax. As you guide your partner to the point of orgasm, listen to the sounds she makes as a gauge to her arousal levels. Keep a steady massage rhythm throughout the orgasm so that she can surf the waves of orgasmic bliss. Keep contact during the climactic release, but as the waves die down, decrease pressure and avoid touching the clitoris directly. To help your partner to experience more than one orgasm, as the aftershocks of her initial orgasm fade away, slowly increase pressure as you work your way back to the clitoris and build up to the same rhythm.

THE MAN’S PLEASURE

During orgasm, a woman is at the height of her feminine power. A man who can be with her during this experience will feel filled with dynamic energy, too. While giving your partner an orgasmic massage, breathe deeply, stay in the moment, and allow your body to be transported into realms of erotic ecstasy.

MASSAGING HER PROSTATE GLAND

Loving attention to the female prostate gland (G-spot) can enhance a massage and bring much pleasure to a woman’s sex life. Locate the prostate gland by inserting your finger in your partner’s vagina and hooking it up and back toward you. Massage gently at first and then build up pressure.

Massaging her to climax

Give your partner a full body massage or a shoulder and back massage for at least twenty minutes so that she feels relaxed and receptive to more intimate touch. Make your partner comfortable with pillows before you start.

- 1** Lift one of your partner's legs so that her foot rests on your chest. Massage her feet, calves, and thighs. As you massage, tune in to the sensations you feel, and enjoy the weight of her leg on your chest and your skin touching her skin. Repeat the massage on her other leg.
- 2** Kneel between your partner's legs and pull her thighs up over yours. With smooth, gliding strokes, massage her lower belly with flat hands, making clockwise circular movements. Vary your strokes so that they are sometimes deep and sometimes light.
- 3** Glide your hands up to her breasts and down her thighs with long, loving strokes. Use flowing, flat-handed movements to link the parts of her body together so that she feels like one connected being.
- 4** Move slowly toward her genitals, and lovingly and sensitively massage her outer labia, using plenty of lubrication designed for intimate use. Perform an intimate massage, as explained on page 116–121. Encourage your partner to breathe deeply and make sounds.
- 5** You can take your partner to orgasm at this point if she desires. If your partner is rising toward orgasm, keep your massage at a steady pace, rhythmic and unwavering, paying attention to her breathing, moaning, and sighing, as it is her vocal sounds that indicate whether or not you are hitting the spot.
- 6** Change position to sit at her head, where you can massage her scalp, ears, face, and neck. She will bathe in the feelings you have generated, as they wash over her entire body.



Orgasmic massage for him

Introducing orgasmic massage into your relationship increases your partner's capacity for his own sexual pleasure because it frees him from worrying about satisfying you. You can use this massage to create sexual energy that builds to an explosion of cosmic power, culminating in earth-shattering full-body orgasms.

EXPLORING A NEW WORLD

Unlike genital massage, orgasmic massage is intended to be a sexually stimulating massage, ending in genital climax. It can open up a whole new world of orgasmic sensation that could easily remain undiscovered during regular lovemaking with a familiar partner. Long-term couples often follow the same predictable routine when having sex, and may feel self-conscious about suddenly taking a fresh approach, fearing rejection or ridicule. By trying to keep the relationship safe and secure, however, and avoiding risk, they also lose the element of danger or challenge that has the potential to take their sexual union to exhilarating heights. Orgasmic massage, given with love and consciousness by an adoring and attentive partner, provides an environment for playful, agenda-less exploration in which he can safely allow himself to experience new and different kinds of pleasure on the journey to a fulfilling and uplifting crescendo.

BECOMING MULTI-ORGASMIC

Along the way, it's possible for a man to create within himself a multi-orgasmic state, in which he allows himself to develop his full sexual potential, enjoying orgasms without ejaculating, rather like the peaks and valleys of sexual arousal experienced by women. The key to this ecstatic experience is for him to set aside self-judgement and allow both body and mind to remain utterly in the present moment, spontaneous and non-resistant, fluid, authentic, and responsive. When massaging the penis, remember that it is a

complex and sensitive organ, capable of feeling many different sensations, depending on how and where you stimulate. Be creative and explore new ways of caressing, stroking, and kneading—with your hands, fingers, and fingertips. Vary the speed and pressure, find your partner's favorite sensations by asking for feedback. Take your partner right up to the peak of ejaculation and then gently bring him back down again to the plateau just below, where he can recover his equilibrium and ride the waves of ecstasy for as long as he chooses. Encourage him to move his body, shake, writhe, and make sounds. This is the way to help a man become multi-orgasmic and ecstatic.

ENJOYING THE RESULTS

A woman who can be both patient and unselfish with her partner, setting her own expectations aside and giving wholeheartedly to his unadulterated pleasure, will definitely benefit. Your lover is likely to become more erotically charged, less constrained, and more creative during lovemaking. So all the love and attention you give will be reciprocated in kind.

MASSAGING HIS PROSTATE GLAND

When your partner is aroused, try this prostate massage for another dimension of erotic pleasure. Insert one finger into his anus and hook it upward toward his belly. Feel for the spongy area and massage in circles. Alternate this with a penis or testicle massage, using your partner's responses to gauge how much time to spend on each.

Massaging him to climax



Give your partner a full body massage or a shoulder and back massage for at least twenty minutes to relax him. Even if your partner is ready for orgasmic massage sooner, delaying it will heighten his erotic experience.

- 1 Lie between your partner's legs, with your head level with his knees. Stretch your arms up onto his stomach. Rest there for a few moments, tuning into his breathing.
- 2 Bring both hands on to his genitals and push his thighs slightly outwards with your arms. Vibrate your hands on his genitals to stimulate the area.
- 3 Take your thumbs and begin to gently massage your partner's testicles and the perineal area, located between the testicles and anus. Use a gentle circling motion.
- 4 Give your partner a sensual, genital massage (see page 122–7), keeping the pace slow and steady. At any point you choose, you can include a prostate massage (see opposite).
- 5 After twenty minutes or so, invite your partner to breathe in deeply. Tell him to tighten every muscle in his body, squeezing as hard as he can. As he exhales, he should release his whole body. The result can be spectacular, with intense sexual energy coursing through the body.
- 6 If he ejaculates at any point during the massage, move into the experience with him, feeling the ecstasy in your own body. With your presence you will be encouraging him to relish a complete release.
- 7 Take time after your experience to lie together, bathing in the blissful and tranquil afterglow.



7

Massage & fantasy

Most people think of sexual arousal as a physical reaction, but it starts in and is fueled by the mind. By introducing fantasy into your massage and engaging both your minds in exciting play, you can discover whole new realms of sensual experience.



Massage and the mind

Your brain could be considered the largest sex organ in the body; it dictates completely how much you enjoy your erotic experiences. By learning to bring full awareness to the physical sensations of a massage and by incorporating fantasy, your massage experience will be more intense and satisfying.

MIND AND BODY CONNECTION

When you give or receive erotic massage, messages are sent from the brain to activate various glands that trigger the release of hormones throughout the body. Every massage stimulates the brain, and this then feeds back to the body. For example, during massage serotonin (the hormone that we recognize as pleasure) is released and floods the body. Massage also helps these hormones to flow around the body, making every part of you feel energized and sexy.

FOCUSING YOUR MIND

When you receive an erotic massage, bring your mind to the moment. It is easy to let your mind wander, but try instead to focus on where you are being touched. How does your skin feel? Is the touch smooth, or firm? Where are the hands going next? As your mind engages with the erotic massage, you will notice that you enjoy the experience more fully, and your whole body will start to tingle with anticipation.

ANTICIPATION AND FANTASY

When your mind knows that a certain touch is coming, your body starts to respond in anticipation. Your skin, for example, becomes more sensitive. Creating an element of anticipation in your massage can heighten your erotic experience. You can do this simply by talking with your partner about the massage to come as you prepare your space, get out massage oils, and take a bath. Take this further by sharing a fantasy scenario beforehand.

PERSONAL FANTASIES

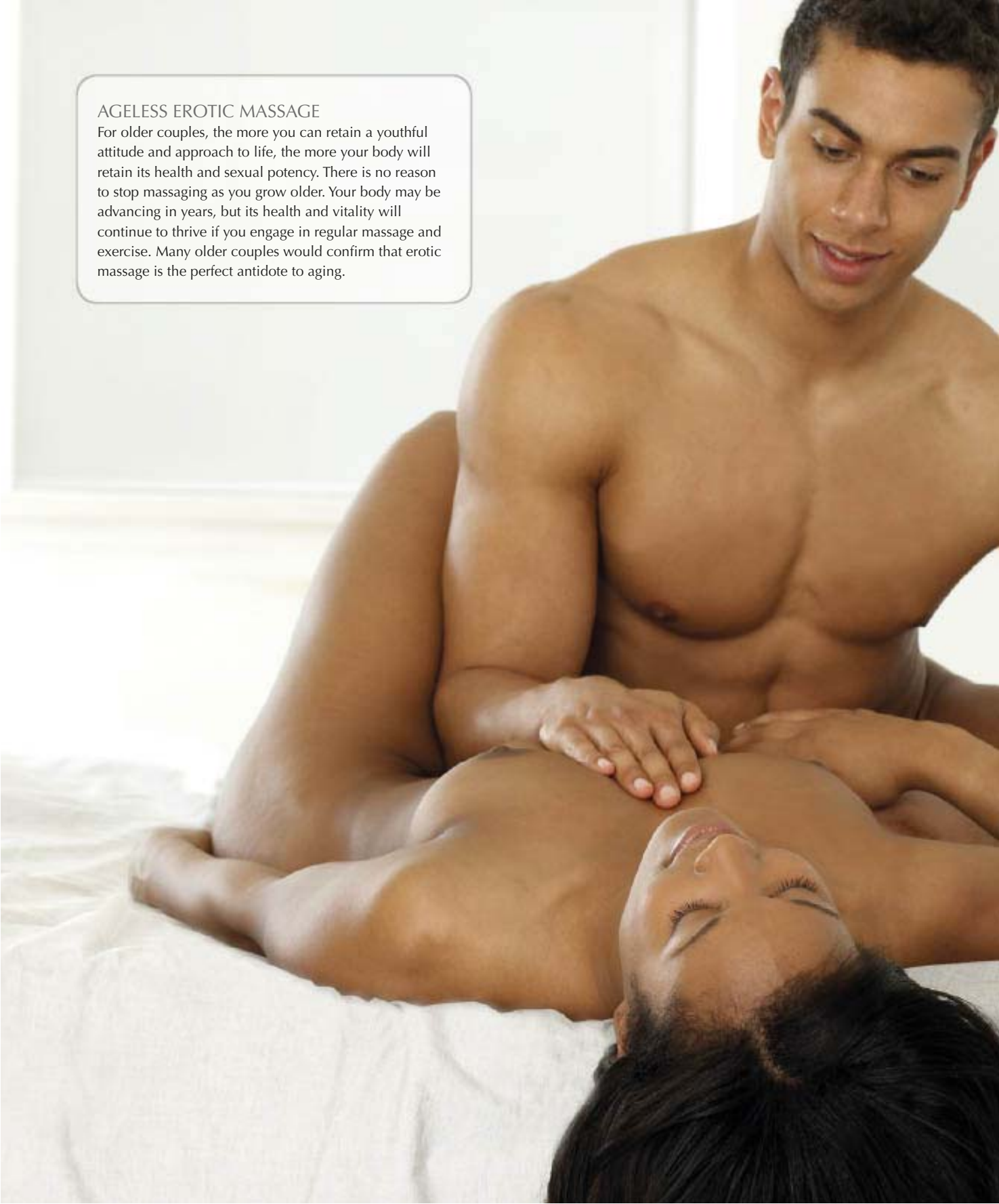
When in a relationship with a lover, there's a belief, often unspoken, that if we love someone we shouldn't fantasize—we should be thinking, dreaming, and enjoying only our partner. The truth is that the mind will always do its own thing, and learning to embrace this, rather than resist it will bring emotional and sensual happiness. Your erotic fantasies belong to you and they can give you pleasure in the most intimate of ways. You may have long-held favorite thoughts, or something new may occur to you during your massage. Simply let your mind wander to a favorite fantasy scenario if you want to. There is no need to tell your partner what you are thinking of at the time; you could share with him or her afterwards if you like. Let your mind take you where it wants to go. If it is a famous person massaging you, or you are lying on a beach somewhere, then lie back and enjoy the thought.

SHARING YOUR FANTASIES

If you prefer, share your ideas with your partner. This can be a sexy turn-on for both of you, and can bring greater intimacy and openness. You could take on roles for the duration of your massage, for example, one of you could be a movie star, and the other a devoted fan. The touch you receive can actually feel different, as your mind plays gentle tricks on you. Try one of the scenarios overleaf, and have fun with fantasy; it's not something to be taken very seriously, and you can leave it behind when the massage ends. Enjoy the new energy that it can bring to your massage.

AGELESS EROTIC MASSAGE

For older couples, the more you can retain a youthful attitude and approach to life, the more your body will retain its health and sexual potency. There is no reason to stop massaging as you grow older. Your body may be advancing in years, but its health and vitality will continue to thrive if you engage in regular massage and exercise. Many older couples would confirm that erotic massage is the perfect antidote to aging.



PERSONAL PLEASURE

During intimate massage, let yourself drift off into your personal fantasy world. Take this massage as a time for you to enjoy yourself fully. Your mind and body will relax, and you will receive your partner's touch with heightened sensation.

Let your imagination run wild. Your fantasies don't have to be limited to the sexual. You can experience yourself as a vast ocean of rolling waves and powerful undercurrents. Or drift off to the jungle where you imagine yourself as the Amazon River, meandering through rain forests and open plains.

You can use the ecstatic feelings that the massage generates to place yourself in your imagined ideal home, living in abundance. Picture yourself dancing wildly in the garden of your perfect house, on the cliffs above the sea, or at the foothills of your favorite mountain. The combination of physical sensations, emotions, and imagined thoughts generates a potent, erotic magic that take you out of the everyday, and into a happier, more sensual version of you.

A SENSITIVE PARTNERSHIP

If you are the giver of the massage, keep in mind that an erotic, intimate massage should be unhurried and without agenda. Remain in the moment, and don't push your partner toward climax. This gives space for your partner to go deep within themselves, forgetting about where they are, experiencing the waves of pleasure. Fantasy can help your partner to achieve this, so give them time to let his or her mind drift off into another world.

If you enjoy sharing fantasies, bring this to your intimate massage too. Try role play (see page 170), to bring fun and pleasure to both giver and receiver. Anything that helps you to leave the thoughts of the day behind you, and into a more sensual frame of mind is well worth trying!



SEXY STORYTELLING

It can be highly erotic to listen to your partner talking about his or her fantasies, and you can learn a great deal about each other. You can talk about sex, or your bodies, but you don't have to; just listening to your partner's voice can bring intimacy and erotic pleasure.

1. Lie together comfortably with your partner. Connect your bodies by wrapping your arms and legs around each other. Stroke each other in whatever ways come naturally, so you both relax and feel intimate.
2. Decide who is to start. Tell a story, being honest with what is in your mind. Free your mind and take risks. Desire can fuel fantasy, so allow yourself to use your imaginative mind to carry you into new areas of pleasure and eroticism.
3. After a couple of minutes stop and let the other partner take up the story where you have left off. Add outrageous plot twists and have fun with it. Swap at regular intervals.

Stimulating your imagination

If you are new to fantasy play, try this sensual exercise. It shows how you can enhance your erotic experience using sensory objects to unlock new and unexpected sensations. Use your imagination to help you focus entirely on each touch, and see how this makes the sensation more intense and erotic.

- 1** Lie together comfortably with your partner. Decide who will give the massage first. If you, blindfold your partner, who should be at least partially naked.
- 2** Start by gently blowing air over your partner's body. Start at her neck, and work downward. If you are receiving the massage, imagine a cool wind blowing in from the sea, permeating your skin and waking the cells in your body.
- 3** Plant quick, tiny, kisses all over your partner's body. The receiver imagines that ethereal, sylph-like beings are kissing you delicately.
- 4** Gently stroke your partner with feathers, using different speeds, sometimes slow, sometimes wafting fast over the skin. The receiver imagines angels caressing you with their wings, leaving a trail of healing dust over your body.
- 5** Trail an ice cube slowly over your partner. Pause on sensitive areas such as the nipples, lips, or genitals. The receiver imagines a wise being, or deity, with ice-cold hands, waking you up as they let their finger glide over your skin. This icy finger is awakening you to ecstatic bliss.
- 6** Ask your partner to turn over and slowly massage her back and legs. The receiver imagines that her body is gradually melting into liquid.
- 7** Now rest by the side of your partner. The receiver focuses on a sense of weightlessness, as if your body has dissolved. Imagine that you have changed into pure spirit.



Massage & role play

Role play means acting, or temporarily becoming, a character in a fantasy scenario. This can enhance your erotic massage by helping you focus on the touch you receive and encouraging you to try new things. Role play can also bring a lot of laughter and fun, which helps to foster intimacy between you and your partner.

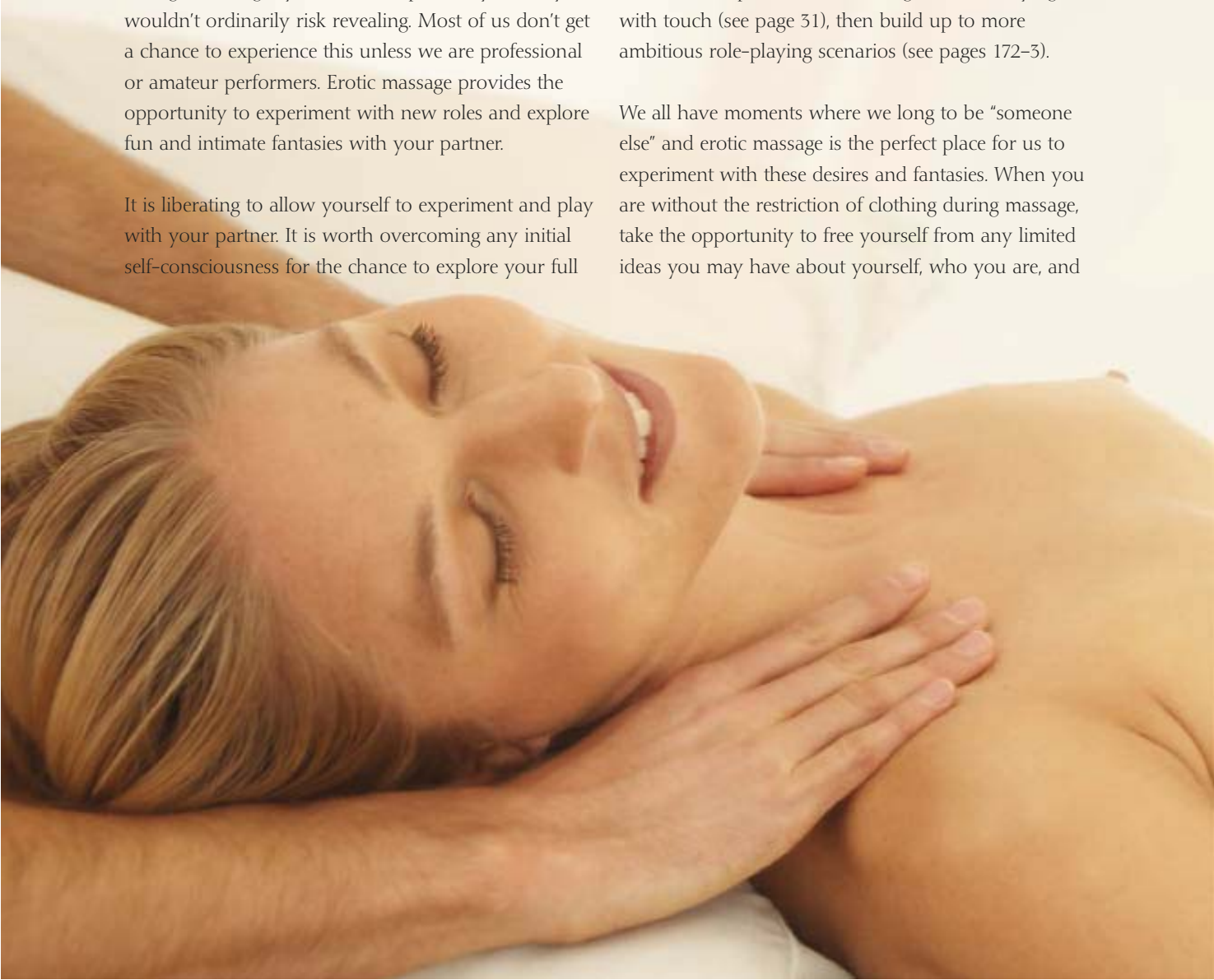
REVEALING A NEW YOU

Acting encourages you to show aspects of yourself you wouldn't ordinarily risk revealing. Most of us don't get a chance to experience this unless we are professional or amateur performers. Erotic massage provides the opportunity to experiment with new roles and explore fun and intimate fantasies with your partner.

It is liberating to allow yourself to experiment and play with your partner. It is worth overcoming any initial self-consciousness for the chance to explore your full

erotic potential, and to share your desires together. Start with simple, fun exercises together like *Playing with touch* (see page 31), then build up to more ambitious role-playing scenarios (see pages 172-3).

We all have moments where we long to be "someone else" and erotic massage is the perfect place for us to experiment with these desires and fantasies. When you are without the restriction of clothing during massage, take the opportunity to free yourself from any limited ideas you may have about yourself, who you are, and



what you're capable of. At the very least, when you receive a massage, close your eyes, and use this as an opportunity to imagine you are someone else, and imagine how they respond to erotic touch.

FREE YOUR IMAGINATION

Your imagination belongs to you and is one of the bonuses that come with being human. Once you give yourself "permission" to try role play, let your mind guide you to what scenario you would like to try. For example, imagine that you are a much-adored king, receiving your daily worship from one of the members of your harem, a woman you've not met before but who belongs to you and is here to do your bidding. Show her a page in this book that you want her to perform. If you're a woman perhaps you've been sent a professional massage therapist as a gift from a friend; this masseur is a stranger to you but your friend claims that he is the sexiest man alive, able to engender such feelings of ardor and desire in his clients that he's been known to drive women mad. Tell him which area of the body you want massaged, and how long he must massage for. The possibilities are endless.

THE POWER OF LAUGHTER

If your role play makes you laugh, then enjoy it! There is no need to take role play seriously; laughing can bring real energy and connection between partners. Laughter should be part of your life, and fun and lightness is part of lovemaking and massage. Learning to be playful with your lover will keep the flame of desire burning for a long time to come. It communicates that you are in the moment, have dropped your ego (self-consciousness), and this is the key to creativity. You will both relax more, and enjoy the massage to the full.



You are bound to laugh when trying role play, especially for the first time. That is exactly how it should be; have fun, relax, and enjoy yourselves. Take a break from massage, if you need to, and then continue when you both feel like it.



ROLE PLAY SCENARIOS

Try any of these scenarios during your erotic massage. You can use them before you begin a massage, to create an erotic mood, or for the duration of the massage, to help bring your mind into the moment. Here are just a few ideas for erotic games you can play “in role.” Use these as a basis for your own ideas, and try your own too.



Naked feast

Imagine that one of you is a fantastic chef and one is a wealthy client. The chef has prepared a feast for her client. Place foods on your naked body for your client to feast from. Feed the chef also, to say thank you for the food she has prepared, as you share in the erotic taste sensation.



The jester

You are a jester or clown who's been hired to make your massage client relax and have fun. Laughter can really help to get the sexual energy flowing. Try little tricks to make your partner laugh. Stick your tongue in your partner's ear, or nibble her neck unexpectedly. Tickle her every so often, if she likes it.



The musician

You are a respected musician, renowned for playing music on naked bodies. It is a great honor to be “played” by you! Your partner is to become your instrument. Tap and drum rhythms on parts of her body and stroke seductive melodies over her skin. This can be a fun and energizing role play for both giver and receiver.



The muse

Imagine you are a great poet who has found your muse. Gaze at your partner's naked body and allow your mind to drift into a "stream of consciousness" mode. You could compose a poem as an ode to his beauty. Afterward, massage your partner as an act of appreciation for being the inspiration for your art. You could recite your poem during the massage, or afterward, if you like.



Monarch and consort

It is highly erotic to play monarch and consort, and both roles carry their own rewards. To demand pleasure from a willing servant is empowering and sexy. Conversely, to give up control and receive orders to serve can be equally erotic and arousing. The monarch must demand what massage he wants the consort to provide and the consort must act immediately and without discussion. Set a time limit for this role play, then change places.

Dominant & submissive massage

Elements of bondage, discipline, sadism, and masochism (BDSM) can be brought into your erotic massage. Its emphasis on role play and erotic touch make it an ideal way to spice up a massage. The roles of giver and receiver become more charged and make you very aware of every touch that you may or may not receive.

BEING IN CHARGE

The idea of one partner being dominant, or the giver, and the other being submissive, or the receiver, is part of massage, but BDSM takes this to a new level. Contrary to many people's belief, BDSM is not about control, causing pain, or doing something unwanted to a reluctant partner. When trust has been established and love and respect is present between partners, some partners experience pure liberation in the act of surrender. Surrendering can bring cathartic release, help you to overcome inhibitions, and to try new things. If you tend to be quiet during your erotic massage and sexual play, for example, being the dominant partner for a change can have a powerful impact on you, encouraging you to be more active.

AGREEING GROUND RULES

Dominance and submission needs to be a wholly consensual game. When you and your partner begin to play or act out a scenario, you need to agree your roles

and boundaries beforehand. Choose a safeword before you start. If the safeword is used during the massage, you must stop immediately and not resume without your partner's consent. Normally it is the submissive who will employ the use of a safeword, but if you are new to this, and your roles are not solidly defined, it's good for both of you to have an "out" clause. Choose a random word or hand sign that can't be mistaken as part of the scenario. "Stop" isn't always a good choice, as you may want to say that for fun. "Frog" or "chair" would work, as would placing your hands on your head.



WHAT IS BDSM?

Bondage, discipline, sadism, and masochism (BDSM) covers a range of erotic activity, from light bondage to hardcore “punishment,” from donning a blindfold to dressing up in elaborate and provocative costumes. People indulge in BDSM anywhere, from private bedrooms to large, crowd-filled fetish clubs. BDSM can be enjoyed to such a subtle degree that you could be sitting at the next table to a couple in a restaurant and you would not know that they were immersed in a role-play, in which the man is the dominant master and the woman his subservient slave.



COMBINING PAIN AND PLEASURE

There is a world of difference between the kind of pain that results from an injury or ailment, and the kind of “on the edge” erotic pain that is brought slowly to the boil and administered to a willing victim, infused with empathic intuition, passion, and love. The latter has a quality of ritualistic devotion. Pain and pleasure can be very similar sensations when you have reached a peak of ecstatic intensity and are ricocheting between the two at the hands of a masterful partner.

If you plan to use pain during your massage, investigate slowly how much pain your partner can enjoy, increasing the intensity in small increments and with care. Start with a light spanking or slapping on the buttocks. Lightly brush the skin with a crop and then try some featherlight whipping. Check if your partner responds positively to this. Combine the “pain” element with adoring caresses and whisperings of desire. Alternating between the two can heighten the skin’s sensitivity, and how your brain responds to it.



Use toys such as a riding crop to surprise your partner with a playful slap. The change in touch sensation will help to heighten your erotic massage.

STAY IN CONTROL

Don't drink alcohol or take drugs before playing together in this way. Intoxication of any kind, although it may make you feel powerful and in control, can actually dull the senses and cause a dangerous loss of awareness and sensitivity. Taking on the role of submissive or dominant is a natural high in itself, and you'll find that you don't need any additional assistance to let go into the experience.

USING BLINDFOLDS AND BONDAGE

Using blindfolds and bondage can help to define the dominant and submissive roles. The dominant partner controls how much her partner can see, or move. Taking one sense out of the erotic experience can heighten the others. If new to this, start by blindfolding your partner. If you both enjoy it, try using a scarf to cover your partner's mouth. Both increase erotic intensity, as one partner decides all the actions that the other will take, and one has to follow, without knowing what is next, or having any say in it.

You can use silk scarves or rope to perform bondage, which can make your partner truly “submissive”—without the power to move one or all parts of the body. There is no reason for this to be uncomfortable; in fact, scarves and ropes can feel sensual against your skin, and in themselves heighten the erotic experience. If you decide to try rope, purchase real bondage rope from a sex shop, as it is softer and will not chafe the skin.

You can be creative with rope. Enter into the role as if you're devising a performance art piece. Take your time and weave a scarf or rope design that is neat and beautiful. Have more rope to hand than you think you're going to use. Make a corset around her belly and up over her breasts. Wrap the rope around and around her wrists, finishing off with a thick binding between her hands. Don't be afraid to unwrap and start again if the binding becomes too tight. When bound, touch and massage your partner as you both please.

Dominant and submissive massage

In this game, one of you plays the dominant (dom) role and the other the submissive (sub) role. The dominant partner gets to choose what massage to do, and how to do it. You could imagine that you are giving a performance as a professional masseur, administering both pain and pleasure with expertise.

1 Agree on who is going to give the massage, and be the dom, and who will receive and be sub. Set a clock for an agreed time, during which you will both stay in role. Ten or twenty minutes may be enough to start with for a first time.

2 As the dom, you should blindfold your partner. If you like, tie your partner to a chair or bed, where he won't be able to escape your touch.

3 Start with a head and shoulder massage. Move toward your partner's chest, and try some long, gentle strokes. Then try pinching your partner's nipple lightly.

Alternate with a few pinches of the skin followed by the gliding strokes of an oiled hand.

4 Draw your fingers over your partner's back and chest. Then go over the same area again, but use your fingernails, leaving subtle red scratch marks on the skin.

5 When the time has finished, untie your partner and let him rest, absorbing the massage.

6 Change places. If you like, stay in your roles while the dom issues commands. Or swap roles now so you each receive a massage.



8 Tantric massage

Highly erotic Tantric massage can take your body and mind into a completely new space. Through the use of Tantric techniques, your body will feel truly alive, with every sense aroused. Each touch will have the ability to take your mind to a state of bliss.



Tantric essentials

Tantra is one of the most practical and accessible methods of finding lasting health and happiness. As you get in touch with your body and mind through Tantric methods, you become more aware of your needs, and what makes you feel truly alive. Tantric massage helps you to connect with your partner, and fosters intimacy.

WHAT IS TANTRA?

An ancient Indian art, Tantra is still very relevant today. It is a practice that helps you connect with your body and embraces your physical and emotional desires and needs. Tantra can help you find balance and harmony, and find new, creative ways to live your daily existence. Tantric massage can be highly erotic; it uses your sensual capacity to take your body and mind on a sensuous, blissful journey.

Tantra uses and harnesses sexual energy for the purpose of healing the body and accessing higher states of consciousness. It is sometimes called the “fast track to enlightenment,” because its simple methods can connect you deeply in body, mind, and soul with your partner in a very short space of time. This can lead to deeper intimacy, such as lovemaking or erotic massage.

One of the many benefits of Tantric massage is that you become more aware of your body. You may find that you eat more healthily, sleep more soundly, and generally take better care of yourself. This can happen effortlessly; the more you look after yourself, the more you want to keep feeling good. As a result, you may find that you feel positive, and your relationships improve. A heightened experience of physical pleasure is another benefit. The massages teach you to ride waves of desire, rather than going for goal-oriented resolution, such as orgasm or ejaculation. You learn to spend more time enjoying the erotic moment.

BECOMING SHIVA AND SHAKTI

Shiva was the spiritual master who developed Tantric practices 5,000 years ago, with his female consort, Shakti. In Tantra, the man is sometimes referred to as Shiva, reflecting the fact that he embodies the universal masculine principle. The woman sometimes takes the name Shakti. Shiva expresses primarily masculine or yang traits such as purpose, and Shakti embodies feminine or yin traits of love and compassion.

Tantra recognizes that all people contain elements of both. It also recognizes that when you bring these elements together, you enrich and energize each other. Bringing the forces of a man and woman together results in a potent explosion of energy. It is the merging of the masculine and feminine that creates life itself. Using this amazing energy in your massage is a truly erotic experience.

CREATING A TANTRIC SPACE

Creating a space in which to try Tantric massage can help you get in to the right frame of mind. You could devote one room to this space, or transform your bedroom. Remove any distractions, such as work, or television. Add soft, ambient lighting such as candlelight to create an atmosphere of tranquillity and romance. Use rich materials, such as silk and wool blankets, throws, and cushions to make the space feel warm, abundant, and comfortable, choosing traditional Tantric colors such as burgundy, red, and yellow.



Ritual in massage

Tantric massage incorporates the meditative practices and rituals of Tantra, transforming massage into a devotional ritual that honors the body, mind, and spirit. By bringing ritual to your erotic massage, you can enhance your experience, taking the physical sensations you feel to a spiritual level.

TANTRIC MASSAGE

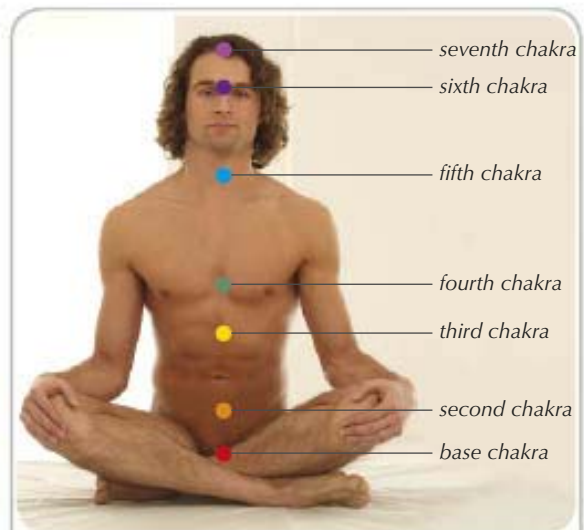
The methods used in Tantric massage usually alternate between dynamic activity, such as massage and movement, and peaceful silences. The idea is to transcend your physical nature by bringing full consciousness to your body, mind, and the sensations you experience. Erotic massage helps you to do this in a safe, supported way. The result is that you can feel spiritually whole, balanced, and connected with yourself as well as your partner.

As you focus on the erotic sensation you experience during massage, drop any mind-generated goal, such as moving toward orgasm, and sink completely into the present moment. The ritual elements help you both to focus on the moment and know what to do next. If you try the rituals shown here, you may be surprised to find that the benefits become apparent to you, without even trying very hard.

OPENING AND CLOSING RITUAL

Before any Tantric practice (or “meditation”, as they are often known) it is customary to perform an opening ritual, called “namaste,” in order to mark the start of the meditation. At the end, the same ritual is performed to bring a close to the meditation. “Namaste” means “I honor the Divine within you,” or “I bow to the God/Goddess in you.”

Sit or kneel facing each other, with your hands together in a prayer position. Close your eyes, then bow toward each other and say “Namaste.”



THE CHAKRAS

Tantric massage works with the chakras, the energy vortices that lie in and above your body. They act as points of entry and exit for energy to flow in and out of you. When your chakras are balanced, you feel that all is well with the world. When your chakras are aligned with your partner's chakra system, you both feel the benefits deeply, on both a physical and spiritual plane. Tantric massage works to “wake up” your chakras and make you feel energized and alive.

Tantra works with the seven main chakras.

- Seventh chakra:** bliss, oneness
- Sixth chakra:** psychic intuition, transcendence
- Fifth chakra:** creativity, expression
- Fourth chakra:** love, sacredness
- Third chakra:** individual truth, egolessness
- Second chakra:** emotions, feelings, sensuality
- Base chakra:** sex, survival, primal desire

Positive pole massage

This massage focuses on the chakras known as the “positive poles,” that work like the ends of a battery to send out and receive sexual energy. As you massage, you “charge” the poles, making you both feel sexy and alive.

- 1 The man lies on his back. The woman massages his whole pelvic area, including his genitals (see intimate massage, pages 116–127). There is no need to massage toward orgasm; keep the energy you generate within his body.
- 2 Massage his upper belly, solar plexus (the location of his third chakra), and his lower ribcage. Use plenty of oil so your movements are smooth, gliding, and comfortable.
- 3 Massage his neck, including his throat (the location of the fifth chakra), shoulders, and collar bone. Take care to massage his throat very gently, using your fingertips.
- 4 Place one hand on the top of your partner’s head and the other on his genitals. He will feel sexual energy coursing through his body.
- 5 Change places so that the woman is lying down. The man massages her lower belly (the location of her second chakra), including several slow, circular clockwise strokes.
- 6 Massage your partner’s chest area, including her breasts. Massage above her heart also.
- 7 Place one finger on the bridge of your partner’s nose. Gently and slowly stroke up toward the hairline to massage her sixth chakra.



Energy fusion massage

Tantra understands that our bodies are bio-electrical systems, with each of us connected to one another, as part of our planet. We are designed to be able to “merge” energy with another person. You can experience this phenomenon through the massage outlined here. As a result, you can both feel truly connected to each other.



1 **Waking your system**
Sit opposite your partner, with your palms touching and your fingers resting lightly on your partner's wrists. Close your eyes and be aware of your breathing and emotions for at least five minutes.



2 **Creating heart resonance**
Place the middle finger of your right hand on your partner's heart chakra (shown above). Your partner should do this to you at the same time, for at least three minutes. This creates an energy flow between you



3 **“Third-eye” connection**
Place the middle finger of your right hand on the center of your partner's forehead (their “third eye”). Your partner should do this to you at the same time. Both rest there with your eyes closed for a few minutes.



When you place your fingers on each other's chakras as shown here, you open the doorway to intuition and psychic connection between you. This may sound mysterious, but try it; many people have found that they feel closer and more in-tune with their partner afterward. You can then take this intimacy and connection into your erotic massage.



- 4** **Taking turns to caress**
Take turns to touch and caress your partner's body, for at least five minutes each time. The partner receiving the caress sits quietly and simply receives the touch.



- 5** **Yab yum position**
The man sits cross-legged, and the woman sits in his lap, and wraps her legs around him. You can have eyes open or closed. Rest here for at least five minutes.



- 6** **Star position**
Lie on your backs, allowing your hands to touch the feet of your partner, in a "star" position. Rest here for at least five minutes. This position will ground you. Namaste to complete the meditation.



Chakra massage

When the male and female chakras are spinning and vibrant, you can become physically, emotionally, and spiritually compatible as a couple. This exercise helps to awaken, align, and balance the chakras one by one. By the end of it, you will both feel relaxed and very close. Your senses will be heightened, ready for further erotic massage.



1 **First chakra**
Tune in to your partner's breathing. Massage with two fingers in a circular motion just above your partner's pubic hairline for about three minutes. Rest your hand flat on that point for a few minutes.



2 **Second chakra**
Move up to the lower belly and massage his second chakra in the same way. Use enough oil so that your fingers glide over the skin. You are awakening the chakra, guiding it to spin in a clockwise direction.



3 **Third chakra**
Bring your two fingers to the solar plexus at the top of the stomach, just below the ribs, and massage in small circles. You are "hypnotizing" the chakra into spinning through repetitive, slow, circular movements.



4 Continuing up the chakras
Continue to move up your partner's body to massage each chakra. When making circles over the throat use a light pressure, barely touching the skin. Rest your hand very lightly here, without pressing.



5 Sixth chakra massage
To massage the sixth chakra, located between the eyebrows, you might feel more comfortable sitting behind your partner's head. You do not need to use massage oil for this stage.



6 Assimilating the energy
Place one hand on the crown of your partner's head and the other on his lingam (penis). He will feel energy coursing through his body, making him feel grounded yet alive to sensation. Change places.

Resources

MASSAGE OILS AND TOOLS

Search these well-stocked websites for essential aromatherapy oils and gels as well as heat pads and massage tools that you can use for self-massage or with your partner. Biotone gel is designed for massage and does not stain clothing or sheets.

Aromatherapy oils

www.essentialthree.com

Biotone massage gel

www.massagetablestore.com

Lubricant

www.liquidsilk.com

Natural, organic body products

www.weleda.com

Re-usable instant heat pads

www.heatinaclick.com

Zen Chi Relaxerciser

Effective machine designed for self-massage
www.zenchi.co.uk

Omni Massage Roller

Small, hand-held electronic massager, ideal for use on yourself, or on a partner
www.omnimassage.uk.com

Electronic Orgasm Stimulation

Simply stick the electrode pads to each ankle, and the acupressure works to stimulate your erotic response.
www.slightesttouch.com

Foot, leg, and head massagers

www.osim.com
www.orgasmatron.com

TO HELP YOU RELAX

If you feel you would like to spend time relaxing on your own, you may find that floating, hellerwork, or cranio-sacral therapy can help to alleviate tension. A local massage therapist may also be able to help, as well as give you ideas for how you respond to touch, and how to give touch.

Sensory-deprivation float tank center

www.floatworks.com

Hellerwork

(transformational, restructural bodywork)
www.hellerwork.com

Cranio-sacral therapists

www.craniosacral.co.uk

BOOKS

Read these books for inspiration and advice on new ways to experience erotic ecstasy, and how to develop your relationship, in ways that will bring you both happiness and fulfillment.

BDSM

Radical Ecstasy

by Dossie Easton & Janet W. Hardy (Greenery Press, 2005)

Erotic Surrender: The Sensual Joys of Female Submission

by Claudia Varrin (Citadel Press, 2003)

TANTRIC SEX

Tantric Sex

by Kavida Rei (Dorling Kindersley, 2009)

The Multi-Orgasmic Man: Sexual Secrets that Every Man Should Know

by Mantak Chia & Douglas Abrams Arava (Thorsons, 2002)

Tantric Love

by Ma Ananda Sarita & Swami Anand Geho
(Gaia Books Limited, 2005)

MASSAGE

Erotic Massage: Sensual Touch Techniques for Romantic Foreplay and Extended Orgasms

by Charla Hathaway (Quiver, 2007)

Erotic Massage: The Touch of Love

by Kenneth Ray Stubbs (Jeremy P. Tarcher, 1999)

RELATIONSHIPS

The Way of the Superior Man

by David Deida (Sounds True, 2004)

Dear Lover

by David Deida (Sounds True, 2005)

Sex and Happiness: The Tantric Laws of Intimacy

by Laurie Handlers, Siobhan Mullally, and Pat Corrigan
(Butterfly Workshops Press, 2007)

WEBSITE

Visit this website to find out more about the author's work on topics including Tantra, sex therapy, relationship counseling, massage, and personal blogs related to the Tantric and erotic massage experience.
www.kavidarei.com

ONLINE DATING

To find a sensual partner, to share your erotic massage, or to simply find a like-minded soul, try this website.
www.sensual-spirit.com

HEALTH

For information on natural remedies for erectile dysfunction, and other matters of an intimate nature.
www.healthcentral.com

TANTRA

The author, Kavida Rei is also the author of *Tantric Sex*, and is a teacher and guide for all matters Tantric. These websites contain information about the origins of Tantra, and helpful listings of teachers, groups, and workshops.

School of Awakening

www.schoolofawakening.com

Tantra Link

www.tantralink.com

Tantra.com

www.tantra.com

MUSIC

Experiment with different types of music as you practice erotic massage. The suggestions below are chosen to help transport your minds, and relax you during massage. All are easily downloadable through music websites. For specific albums suitable for erotic massage Kavida Rei recommends:

Ambient 1: Music For Airports

by Brian Eno (Virgin, 1987)

Monsoon Point

by Amelia Cuni & Al Gromer Khan (New Earth Records, 1995)

Tibet

by Mark Isham (Windham Hill Records, 1989)

Voice of the Esraj

by Benjy Wertheimer (Wolf Cub Music, 2006)

Raga Darbari Kannada

by Hariprasad Chaurasia (Nimbus Records, 1992)

A Meeting By the River

by Ry Cooder and V. M. Bhatt (Analogue Productions, 1993)

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