

Mastering Sensual  
Massage  
Learning An Intimate  
Therapy For Love And  
Passion

# The Basics Of Sensual Massage

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

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

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

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

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

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

## Stroking

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

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

Here is how you could practice the basic technique:

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

There are two types of stroking.

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

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

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



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

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

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

## **Percussion**

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

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



*Percussion* has four basic movements:

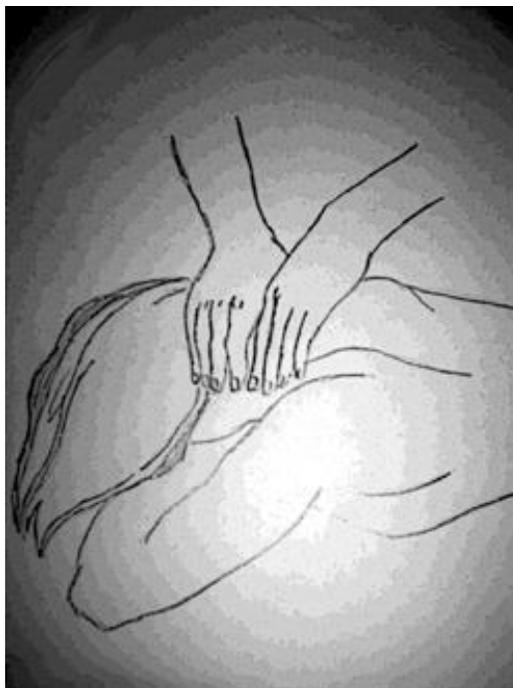
1. **Hacking.** Hacking involves hitting the surface with the edge of the hands. The edges of your hands bounce off the surface alternately, and the motion is very much similar to chopping, with your hands serving as the blade and the surface as the chopping board.

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

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

## **Kneading**

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

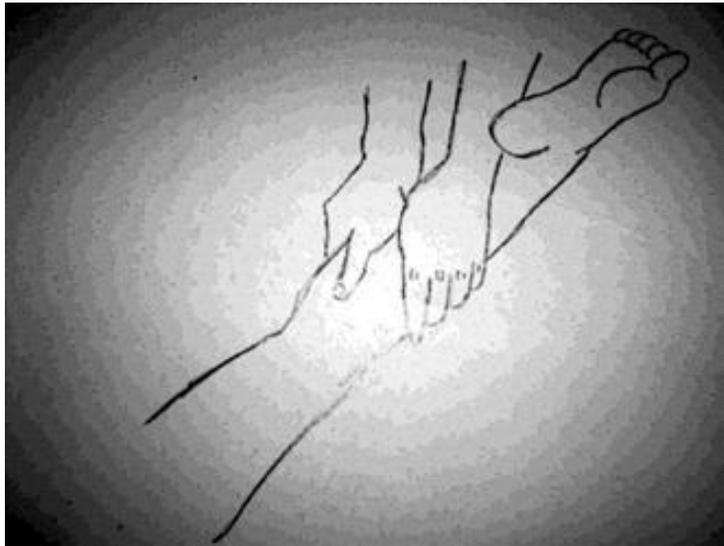


The point of kneading is to enliven the body cells and improve blood circulation. On certain spots, it could also help loosen the muscles for a very relaxing aftereffect.

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

## **Friction**

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



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

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

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

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

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

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

Study these lessons as well as the following ones.

Practice.

Then employ.

I guarantee you that your partner will love it!