

LIZ TOMEY

***The Newbies Guide
To Massage***



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Introduction

Rediscovering the wonders of massage...

Modern times give people 'instant' everything. It gives them 'instant' convenience, 'instant' solutions and 'instant' results among so many others. But, amidst all the advantages it gives to people, it also brings a lot of stress that would eventually lead to serious problems.

Realizing this, most people are now rediscovering things that would somehow relieve their stressed out, busy lives. And emerging part of this new bandwagon of rediscoveries is the wonders of massage. Despite the emergence of different massage parlors, saunas and spas, enjoying a wonderful massage don't have to be expensive.

And, why fish out extra bucks when you can enjoy all the benefits of massage in the comforts of your own abode with that special someone?

Whether you decide to be the massage receiver or the massage giver, it is very important to keep some things in mind to make massage a more pleasurable and memorable experience.

Massage 101

Before you start unleashing the wonders of massage to your partner, lock the door and unplug the phone first. This would ensure that you have the luxury of time to spend with each other. Since a massage is not the kind of experience you would want to do hastily, it is best if you check the room you would use. Some of the possible factors that would affect—directly or indirectly—the outcome of a relaxing massage experience is the lighting and the overall atmosphere of the room. Make sure to turn off the light but if you or your partner is the type that enjoys mystery during a massage session, you can light scented candles or let natural sunlight permeate through your opened window to provide soft and indirect lighting. Aside from providing the aroma, the warmth and the amount of light needed, the scented candle will also help set the relaxing, soothing and romantic mood.

And though you might want to play a soft sensual music throughout the massage, it is better if you keep the room quiet so you would hear and feel what delights your partner. It is also best if you would rearrange the room to give it a hands-on feeling and make sure it's cozy and warm so both of you would be comfortable. Although it is ideal to give a massage on a firm and flat surface like a massage table, a firm mattress would do. It is also more adventurous if you will try to pile up the pillows on the solid floor to achieve that ultimate massage experience.

Some sanitary factors might also affect the massage experience. To avoid having delays to a massage, check if your hands are clean by making sure that your fingernails are properly trimmed. It is also suitable to keep your hands dry and warm by rubbing them together thoroughly. Although it not 'a must' to be clean before a massage, your partner definitely be more comfortable and relaxed if the essential parts of the body, like the hands and toes are clean. Ask the massage receiver if he or she would want to take a bath first before the session starts. This preparation would also enable the massage receiver and the giver to do the necessary rituals to prepare for bed.

After considering all the factors that would affect the entire session, the time comes for the actual massage. You must keep in mind that constant contact with your partner is a very important thing throughout because it helps the massage flow smoothly while increasing intimacy. It is equally important to know the pressure suitable for your partner by intently listening to their responses while asking him or her once in a while. To make the pressure just right, keep your movements symmetric, even, and rhythmic by following smooth patterns.

Since a massage is quite a wonderful experience, make sure that both of you are relaxed while taking your time and enjoying the heightened intimacy together. To make it more of a soothing experience, you can make use of massage cream or oil, which will allow your hands glide smoothly over your partner and will eventually create an amazing prelude to something more exciting.

Tools You Might Want

Massage Chair

Having a massage on a frequent basis is a wonderful thing. Not only does it ease away the stress of the day or week, it is actually good for the heart and the body health. It reduces blood pressure; increases blood circulation and lymph flow. Plus, massages stimulate the weak inactive muscles of the body that partly makes up for the lack of exercise and mobility in one's life.

But then, not all people have the time to visit massage parlors daily, nor do they have a talented masseuse installed in their home. That's why people turn to the more convenient source of this great technique: the massage chair.

Sure, it'd cost you some dollars but think of all the possible benefits to your health that this little innovation can give. Not only that it helps you avoid heart problems, it actually strengthens and fortifies your muscles.

Now, if you're set on buying yourself this one of a kind experience, know some facts about your massage chair first.

1. How functional is this massage chair?

That's a loaded question right there. Ask how many types of massage your massage chair can do. Can the strength and type be adjusted? Know what other features the chair has.

2. Is it comfortable?

Don't be shy. Go ahead and plunk yourself on it. Rest your feet on the footrest. Does it feel great? Don't forget to ask if they offer extra attachable padding.

3. How are the motors and rollers on this thing?

When a massage chair offers to knead, roll and tap your muscles, ask the attendant if the rollers have independent motors. If they do, then you will receive a more effective and more powerful massage from the chair. A single motor machine is likely to breakdown in a few

months' time since all the burden is carried by that motor. A massage chair with multiple motors might cost a little extra but it will definitely outlive the single motor model.

Common misconception is that chairs with numerous rollers mean that it performs better. Not so. Even if the rollers are quite few in number, if they are flexible enough to suit any kind of body type, they provide a superior massage experience.

4. Where are the controls?

Inquire about the adjustment features of the massage chair. Can the massage strength and speed be changed? Height adjustment is also important to reduce pressure on the back. A good massage chair has strong and fast movements. And if it presents a good strong initial massage, count your lucky stars. Steer away from chair with a weak initial massage. Once the body gets used to it, there is no way to increase that intensity and you might get bored using it.

5. How much is it?

There are stores online that sell these chairs for a lower price than that of the malls. You can purchase your massage chair for as low as \$800 or if you have the money, those that go for \$3000 to \$4000. When buying online, make sure that the company you're buying for sports a good reputation. And before finalizing everything, always ask for their return policy. You might think that you wouldn't want to return your massage chair but stay on the safe side and ask.

So, go on and massage your way to better health. Everything comes with a price but the rewards are worth it.

Massage Oils

Oils have been around for so long that no one really knows when man thought of the idea to incorporate it into his life. It is used to heal wounds, relieve pain, nourish the skin and as an astringent. But one of the more vital roles of oil is its use in the realm of massage. As early as 1000 B.C., scholars and doctors alike have used "oil and rubbing" to ease various pains.

These massage oils come from diverse sources. They can be from plants: seeds, leaves, flowers, bark or even roots. Essential or ethereal oils, the components of plants that give them their distinctive smell, are extracted and bottled to give off different effects.

Some oils are purely for ambience and setting, some have antibacterial or antifungal properties. Several oils have the property to reduce inflammation, like sweet almond oil. Safflower oil is considered a blood cleanser but quickly turns rancid. Olive oil is bit on the heavy side but is reported to relieve muscle stiffness.

A number of oils contain vitamins that nourish the skin. Avocado oil contains vitamin A and E and is good for most skin types. Castor oil is said to draw out toxins and even break up scar tissue! Imagine rubbing your skin back to its flawless perfection!

And then there are oils that prevent pimple formation, such as jojoba oil, by aiding in breaking down sebum in the pores of the skin. Try to find out which type of oil goes along with your skin type and your personal preference. Massage oils can be used alone or in combinations for a more sensual experience.

In a massage, the massage oil helps a great deal in facilitating the glide of the masseuse's hand over the skin. This promotes continuous strokes while using less force. The massage oil should help hydrate the skin and be quickly absorbed. Light oils are usually much preferred than heavy types since they impart a less greasy feel on the skin.

A good blend of massage oils helps to make a nice ambience and sensual haze during the massage. These conditions, along with some nice lighting and maybe music, make a more relaxing and soothing session.

Furthermore, there are some additives you might want to look for in your oil products. Aloe vera in the mixture will help soothe skin irritations and burns. Cayenne will stimulate better blood circulation and grape seed extracts eliminates bacteria and viruses, avoiding infections.

Just to be on the safe side, check the components of the massage oil for anything that might trigger an allergic reaction from yourself or your client. Peanut oil may cause quite an effect if you are allergic to it. Also, refrain from using oils on broken or ruptured skin, especially if the oil has astringent properties.

When buying your massage oil, look out for cold-pressed or expeller-pressed types. Massage oils that have went through too much heating and processing during the extraction may go rancid very quickly.

The key is to keep the oil refrigerated or in a cool place to delay decomposition. Also, adding Vitamin E to the massage oil every month will prevent spoilage due to oxidation. Warm it before using it, or it will feel really weird once you apply it. Before using your oils, check if it's rancid or not. Rancid massage oils contain a lot of free radicals that will definitely damage your skin.

The Massages

Full Body Massage

There will always be times in a man's life that his wife will need his tender touch. This intimacy may lead to making love, or it may not. But then, sometimes, the wife may just want the intimacy but not the sex. Non-sexual body massage may work best for these situations, especially if you're dealing with a woman who's been victimized by abuse.

Tactile interaction is very, very important to all of us. A baby instinctively knows the safety in its mother's touch. The warmth, the care and the outstanding tenderness one may have for another can be expressed by a single touch alone. Attitude, trauma or damage may make a woman shy away from a man's touch even if the said man is her lawfully wedded husband. It is very essential then that you establish a way to make her comfortable with your presence and your touch.

Many believe that body massage works wonders for establishing a better connection between husband and wife. It is better for traumatized women if it does not lead to sex. Not only does it relaxes her and puts her mind at ease, it will also make you feel better about yourself knowing that you've done something good for her.

Now, remember that it may take a while for her to totally relax and believe that you don't want sex from her. If she was severely traumatized, your wife will be very wary and distrusting. But don't be too depressed. If you persist and don't lose patience, you will eventually win.

Ready? First, make it clear to her that you're only just to going to do a body massage, wholly for her sake and not for yours. Emphasize that you don't expect to get anything in return. Impress upon her that you're happy with the fact that she's going to feel a whole lot better. Whatever happens, don't follow it up with sex! If you do, then she'll have a hard time trusting you the next time, won't she?

Keep in mind that you will become aroused by the body massage but you shouldn't let her know, lest she becomes threatened. Wear something that will cover you and make sure that it won't show anything.

Have her take a shower or a long hot bath. It'd be better if you prepared the bath for her. After the bath, have her lie face down on a towel or a thick blanket laid out on the floor. It would be better than a bed since you need a firm surface for the body massage. Put a small pillow for her head and place another one beneath her shins.

Pour the massage oil into your hands and warm it some. Start with her shoulders and work your way down her back slowly. Ask her what feels good and what does not. Also, pay attention to stiff and tensed areas and work them carefully. Move on to her thighs and legs. When you reach her feet, have her turn over and work your way back up.

Since we are aiming to have her relaxed and happy, be sure to avoid her genitals. Don't leer or stare at it overmuch, since it might make her uncomfortable. Ask her permission first before working on her breasts. If she okays it, then continue with the body massage and tread slowly. If she refuses then respect her decision.

For the last part, finish the body massage by massaging her face gently. Also, be sure that you spent enough time on her hands and feet, since they are equally important.

Through all these, bear in mind that relaxation is your primary goal. If you're unsure about your skills, try going to the library and reading up some material on body massages. You can even try to get some tips from a masseuse or a physical therapist. In addition, pay extra attention to the massage oil you're going to use. You might want to use a lightly scented oil to put her senses into an even better mood. After the body massage, lie next to her and hug her, taking care not to make her notice if you are aroused. Tell her you love her, don't be shy. That would be your best gift to her, the body massage just a bonus.

Back Massage

Having a back massage therapy for anxiety and stress cutback is a breathtaking and restorative endowment in this epoch of 14-hour workdays, monotonous stress injuries and weekend warriors. The scores of benefits of massage take account of relaxation, stress management, augmented body awareness and emotional comfort, postural balance, enhanced circulation, and better lymphatic drainage for leaving go of toxins.

But how do we do proper back massage? First, have the person receiving the back massage lie on his belly on an unyielding, comfy surface, such as a floor mat or firm bed. Just make certain you can get in touch with his whole back exclusive of straining your own. Stand or kneel by his side to prepare for the back massage. Place one hand on the lower back and the other hand flanked by the shoulder blades, above the heart.

Then warm up the back by putting on thumb pressure all along the length of both sides of the spine at the same time: Set up at the lower back and knead soothingly with your thumbs up to the neck area. This will in addition prop up relaxation for the back massage. Bring into play a horizontal, slight stroke (called "effleurage") to apply back massage oil. In solitary long stroke, glide your palms down either side of the spine to the pelvis; scoop out in the order of the hips and back up the sides to the shoulders. Keep up contact with the back. Move smoothly your hands over the back to start a new spot. Carry on up both sides of the neck to the base of the head.

Start at the spine and slide your palms in contradictory courses outward to the sides of the back, starting with the lower back area and moving up to the shoulders. Gently rub the fleshy brawny areas at the top of the shoulders, the mid-back area and the buttocks to slacken off taut muscles and fascia (the connective tissue). Use your thumbs or fingers to affect force to areas that feel hard or tight, often called knots. Act upon clockwise circular resistance with your fingertips along the muscles that are close up to the spine and in the region of the shoulder blades. Go around the arms gently, one at a time, to come untied the shoulder joints and add to blood flow.

The many benefits of this back massage include relaxation, increased body awareness, improved circulation, and improved lymphatic

drainage for release of toxins. Also keep in mind that back massage oil is on average used to drop off the friction fashioned on the skin and to put off the pulling of hair. The less the back massage oil means the superior the friction and the deeper the pressure.

Slot in effleurage all the way through your back massage as a connective stroke to be in motion from one region to another, to alleviate an area of localized deep tissue work or to make a changeover to another stroke. Use unhurried actions for a comforting or consoling rejoinder and express movements for a motivating effect for the back massage.

And what's the last pointer for an impeccable back massage? The frame of mind has to be right as well. Have them in a not bright space with a water cascade going or the sound of nature playing in the backdrop. Put in candles...It makes the back massage 100 times more relaxing!

Foot Massage

Foot massage has got to be one of the most relaxing things you can do for your poor, abused feet. After using them all day long, a nice, good and thorough foot massage will not only ease the stress away, it can also improve circulation and tone your feet muscles.

The activity believes that direct pressure to certain points of the foot release endorphins that alleviate pain and stress, as well as mediate diseases.

You can do a foot massage by yourself or better yet, find someone who would do it for you. If you're going on a solo foot massage flight, find yourself a nice, comfy chair. Go for the one with the padded arms and a cool footrest. Relax on it, prop one foot on your lap and start your foot massage routine until you can actually see that foot grinning at you. Try these foot massage techniques and work your way to happy feet:

- 1. Stroke them top to bottom.**

Stroking stimulates blood vessel activity and warms up the foot. Massage the top surface first, the thumbs moving in a slow, stroking motion. Start from the toes and work yourself up to the ankles. Then from the ankle, stroke your way back to the toes. Repeat this for a couple of more minutes.

2. Rotate those ankles.

Loosen up your joints and rotate them! This exercise relaxes feet and at the same time; work out the kinks in your joints. First, move the ankle side to side gently. Cup the ball of your foot with one hand and rotate the foot clockwise and anti-clockwise 4 or 5 times. This is a key point in de-stressing your foot and your senses. Again, do it gently. Brisk motions might sprain your ankle.

3. Pivot

Grasp gently the foot in your hand. Using the other hand, massage the sole of that foot with the thumb. Start with the area below the large toe and gently work your way across to the other toes. Roll your thumb back and forth to release pressure. Try to vary the amount of pressure on the ball of the foot for a more relaxing foot massage experience.

4. Knead at slow speed.

Put your knuckles against the sole of the foot and do some large pressing movements. Rotate the hand while doing the kneading. Imagine that your foot is dough and work it, using varying pressures. Don't strain too hard, since the sole is not as soft as the real dough, or the hands might suffer some serious strain. Do it slowly but constantly.

5. Slide your fingers in between your toes.

Back and forth, back and forth. Set up a rhythm with your fingers. This simple exercise stretches and pulls the muscles of your toes. It might be simple but it is definitely effective because the focus is on the toes which are more often than not neglected.

6. Press that arch.

Release the stress in the inner and outer arches. Using the heel of the hand, push as hard as you can (but please, don't strain too hard) on the ball of your feet. Slide the hand from here towards your toes, going along the arch of the foot. Do this on the sides and the undersides of the foot.

To wind up your foot massage, do some light stroking to relax the foot more.

These foot massage routines can be done solo or by another person. Make sure to let the other person know if too much pressure is being applied and is hurting you. Use a massage lotion or oil to aid the process and relieve your exhausted and tired feet.

Our feet are the most exhausted part of our body. Make it a habit to massage your tired feet every end of the day.

Asian Massage

Asia. The home of various practices that bring about pleasure, pain, enlightenment, power, vigor, strength, wisdom and so many others. Naturally, with a land so keen on knowing the in and outs of the human body and soul, Asia is also the heart of one of the best relaxation techniques known to man. That is, the massage.

The kinds of Asian massage available out there are as varied as the type of massage oils. Each with its own unique feature that defines itself, Asian massages are a joy to experience. Not only are Asian massages soothing and relaxing, they also provide comfort and nurturing. To enumerate all the types of Asian massages will take some time, so here are a few popular choices:

Shiatsu

Originally from Japan, this popular Asian massage makes use of the fingers and acupuncture points so ingrained in the Oriental way of healing. An alternate form of acupuncture, Shiatsu focuses on controlling and regulating the flow of life energy in the body. The

technique itself redirects this energy and brings back balance to the organs to encourage healing. After a while, the slow pressure brings about relaxation and relief as blood flow is stimulated. As well as improving the flow of blood, this technique may also trigger the body's mechanism against diseases. To the more practical minded, let's just say that the technique releases endorphins, which bring about the relief of pain.

Acupressure

One of the most ancient Chinese healing arts, acupressure uses the fingers to press focal points on the body that promotes the body's self-healing. This Asian massage technique is quite handy for self-treatment of tension or stress related illnesses. Not only that it can relieve pain, acupressure is also known to lift anxiety and promote good sleep.

AMMA OR ANMA

Amma or Anma means "massage" in the Japanese language. The amma technique is made up of various presses, strokes, stretches and manipulations using one's thumb, hands, elbows, knees and even feet. Amma is based on the principles of kata, a dance like exercise that emphasizes on setting up a rhythm, pace, precision and form. Amma is fairly flexible and can be done on a variety of places since there are no oils needed and there is no need to shed clothing.

Ayurvedic Massage

In the Ayurvedic style of Asian massages, to detoxify and to rejuvenate are the key points. Originating from India, the entire body is massaged vigorously, using a good amount of warmed oil and herbs that eliminates toxins from the body. If the client permits it, the oil is even poured into the ears, between the eyebrows and specific energy points. Advocates claim a powerful effect on their senses - a blanket of calm, balance and inner peace.

Champissage

Champissage is a branch of the Ayurvedic technique that deals almost exclusively with the upper half of the body. This Asian massage promotes blood circulation in the scalp and nourishes hair roots. The technique is not only to the scalp, but also extends to massage the face, neck, ears, neck, shoulder and the upper arms. It proves to be an effective way of relieving eye strain and headaches, as well as lethargy.

Thai Massage

The Thailand branch of the Asian massages is can be called Nuad Bo Rarn. Developed and practiced in Thailand for about 2000 and something years, it is said that credits for it's conception go to a certain Shivago Komarpaj, an Indian doctor said to be the personal physician of Buddha. With impressive origins like these, it's no wonder that the Thai massage theory also deals with the stimulation of energy within the body. It is believed that the body has thousands of sen or energy lines that are stimulated externally to bring about the specific desired internal effects. This technique is best done on a firm mat, not a table and does not require the shedding of clothes.

Whew, where to start? So many Asian massages, so little time. The thing is to pick one you're most interested in and just try it out!

Swedish Massage

Want to de-stress and detoxify yourself after a long week of tension, panic and chaos? Why not try a massage to ease that nagging back pain or that perpetual crick in your neck?

One of the most common Western form of massage must be the Swedish or full body massage. In this treatment, not only is special attention focused on your back, legs, arms and neck, it will also tackle your stiff shoulders, your bulging stomach and your ticklish feet.

The Swedish massage was developed by Pen Henrik Ling in Sweden in the 1830's. It employs light to medium pressure and aims to hasten the return of blood from the extremities back to the heart. It is designed in such a way that muscles relax by applying pressure to

them against deeper muscle and bones while simultaneously rubbing in the same direction as blood flow back to your blood pump.

To professionals, the Swedish massage is a system of long, gliding strokes, kneading and creating friction on the uppermost layer of the muscles. It is a vigorous activity developed to bring energy back to the body through the newly stimulated circulation.

There are five basic strokes in a full body massage, all of which flows towards the heart. In this treatment, blood flows back to the heart not through venous pressure but by the action of the muscles. The soft tissues are manipulated to aid this flow and to reduce the pressure in the veins. As it is, it produces a good circulation without increasing the work the heart has to do. This prevents overworking your heart and slims down the chance of contracting any disease connected to it.

Since this is a full body massage, patients are usually requested to lie on the massage table, devoid of clothing. Not to worry though, since most of the body is draped with a towel or a blanket. The masseuse only bares the parts to be massaged and works on them in a manner that will not threaten the client's privacy.

Why are so many people into this? Well the answer lies in the numerous benefits you'd gain from this full body massage. It induces general relaxation of the body, relieving stiff muscles and joints. It also soothes away pains especially on the back and neck areas. It stretches the ligaments, keeping them pliant and supple. Plus, it improves muscle tone and retains smooth, soft skin over the whole body. Ooh la la!

Amongst other things, full body massages is said to help remove metabolic waste products in the body. Since circulation is stimulated, the removal of toxins from the cells, as well as the lactic and uric acid, is accelerated. Another is that a massage gently stimulates the weak and infrequently used muscles of the body, toning them in a way that exercise can't.

And not only that, the rhythm and pacing of movements lull the client into a more relaxed state, allowing emotions to be sorted out and

stress to be relieved. A calm mind and clear thoughts surfaces allowing for more responsible decision making and analysis.

And lastly, a full body massage along with some nice music and natural ambience makes for a sense of well being and reduced anxiety. It creates a connection between the body and mind, an awareness of the body's physical state and kindles energy from all levels.

Sensual Massage

Of all the types of massage, it is the sensual massage that requires utmost creativity and imagination. While the ordinary massage aims to strengthen and tone one's body mechanism, sensual massage is much more exciting, and enticing than your average massage. Unlike medically oriented therapeutic approaches, sensual massage is about rubbing your lover at the right place. It is important for people to know the difference between a simple back rub and sensual massage. While back rub is a powerful, short and effective way of getting rid of body tension, sensual massage is a languorous and erotic massage that involves a great deal of nudity and intimate touching.

For most people, the term sensual massage is always a double entendre. From a quick back rub to manual genital stimulation, sensual massage can mean so many things. But, a true sensual massage involves all the senses and is also form of communication through sight, sound, and touch. Whether you've been in a long relationship or just starting a new one, sensual massage is a great way to relax and open up to yourself to your partner. Aside from enhancing each individual's ability to experience pleasure, sensual massage also strengthens the foundation of the relationship.

A prelude to sensual massage

When people think of sensual massage they often think of the back rub they give their partner before having sex. But, more than being a prelude to making love, sensual massage encompasses much much more. Being a rewarding, soothing, and stimulating experience,

sensual massage can be deeply moving on an emotional level that brings two people closer through a powerful erotic experience.

Since you are about to put on record a very special and memorable experience, make sure to communicate first with your partner about your upcoming experience. If you are used to the traditional massage, it is very important for him or her to understand that this time, you're going to do a massage that is far more different than that of the former. If you do feel that you have a mutual understanding and certain connection to what you are about to experience, start to make the moves that will set the mood for the anticipated sensual massage.

Having plans of being you lover's exclusive sensual masseuse or masseur? Then, make sure to mentally take note of the very important items that will set the stage for a night of quiet, soothing communication by catering to each of the five senses. Aside from having on hand scented candles or incense that will create a romantic mood, also prepare romantic CDs that will help the both of you to relax with massage oil, clean towels, fresh flat sheets in a nice and clean room.

Before you begin your sensual massage venture, make sure that you both start clean by taking a romantic shower to remove oil and dirt on your skin. It's up to you how you're going to do it but be sure to bear in mind that sensual massage is as much a mind set as an actual massage, so better take your time and be sensual.

For the actual massage, begin with touching your partner in 'non-sexual' places slowly to set a sensual mood. Throughout the course, it is appropriate to massage the genitals if you both enjoy the teasing part. Although you are free to tease your partner with light touches and caresses wherever you like, don't forget that the most important thing to remember is that sensual massage is designed to make you and your partner feel good, so concentrate on that goal and your partner will likely appreciate your efforts.

The massage aftermath

After the massage is finished, spend some time intimate time together. Although sensual massage may be the goal in and of itself, it may also lead to sex. Wherever you and your partner end up, it's always nice to cap off an intimate experience by spending some time talking and reflecting on the experience together.

Male Massage

Male massage? What's that?

Literally speaking, a male massage session involves the client and a male masseur. It is said that the firm, strong hands of a man will be more effective in loosening up the knots and tension in the body.

So, why is male massage popular today? Not only to women and to the gay community, but it seems to be catching on to the straight male population too. General consensus is that there are men who prefer masseurs (men) over masseuse (women) due to the difference in the intensity of their massage. A woman will have strength, yes but it will be greater with another man's hands.

Women, on the other hand, might have a different reason for choosing male massage. There are some who go for the sensuality and eroticism of the experience. It's like having a lover caress your body all too gently and tenderly. It could become a fantasy some have been harboring, fulfilled.

To the gay community, male massage is an invaluable source of relaxation and pleasure. There are gay masseurs and there are straight masseurs that service the queerly inclined people. There are masseurs who offer 'extra' services, such as sensuality, eroticism and allowing the clients to feel up their body. Some sessions are almost like making out.

And this is a candy that these people keep coming back to. The sensation, the pleasure, the decadency of the male massage is almost addicting to them.

The masseurs have options open for every kind of client. For a non-sensual massage, they use tables or a firm surface. But for most

cases, they just use the bed for a more intimate contact. You can even dictate what they wear and what they shouldn't wear. Some male massagists even work in the nude, should you require it of them.

Also, some masseurs will work at the time and place of your convenience. Should the service be done in a hotel, at your house or at theirs is all up to you. Male massage had perfected the art of creating the perfect setting for full relaxation so you shouldn't worry about it.

One of the services male massage offers is the prostate massage. However, it is essential for clients to undergo an enema before doing this or else it would be just disgusting. Time will definitely not be wasted for stimulation to this particularly sensitive area should shoot pleasure off the roof. Keep in mind that the masseur might charge extra for this service.

There had been some controversy lately about the male massage. It seems that some men think their wives are cheating on them with the masseurs. This had been a great blow to the massage community since most masseurs have rules against having sex with the clients.

But then, you could never really tell what happens inside a male massage session unless you're present. So to the husbands who worry about their wives, we recommend that you put a little faith in them. If you've done nothing wrong o your wife, it is likely that she will stay true to you.

Another option that you have is to play masseur for her. Not only that you would steer her from the temptation of male massage, you could actually renew and strengthen your bond with your wife. Let your hands tell what you have a hard time saying and express your love for her, in a sensual and erotic way.

Prostrate Massage

In some societies, it is taboo to talk about sex, especially if it is concentrated on the man's sexual pleasure. Society has however reached its maturity. Being now in the generation past the millennium,

people enjoy more freedom and are more liberal with their thoughts and actions. Sex are not conversation stoppers anymore, instead they are conversation starters and sustainers.

Pleasuring a man is actually one topic that enjoys a wide coverage. Everybody is in fact quite interested on what the new thing is around the block when it comes to keeping that man partner happy and content inside the bedroom. And just like any other lovemaking techniques or positions that are being invented, developed and improved every so often, new concepts and styles on just how to completely and erotically pleasure a man are being introduced.

One hot topic that is rapidly making the rounds not only in the circles of the new generation but also in the previous ones, is the prostate massage, which is said to have not only a sexual benefit but a medicinal purpose as well.

One question remains though, what is in prostate massage that gives enormous pleasure to men?

Studies have actually shown that aside from being just a prostate gland, the G-Spot or sacred spot of a man is his emotional sex center. Thus, prostate massaging becomes a vehicle to release tremendous amounts of emotional and physical stress. Usually coupled with stimulation of his penis, prostate massage can be extremely pleasurable and a powerful sexual experience to the man.

Aside from heightening the man's ejaculation reflex sensation, prostate massage also increases anal sensitivity, thereby yielding the most pleasurable sensations he can experience. One of the most pleasurable effects of prostate massage is that it enables the hidden or the buried penis inside the body be pressured in a similar manner as the prostate. The effect of stimulating all three can be awesome, if done in concert with genital stimulation. Still, more overwhelming than the physiological effects is the psychological aspect of prostate massage because of the unaccustomed nature of penetration of the receiver.

Aside from revealing a powerful physiological stimulation that is immeasurably greater than what psychologist would like to call the "mental high," prostate massage is also used as a technique to care

for the anal area of the body. One can actually massage his prostate by simply inserting his finger into the anus and reaching back and up towards the navel until he feels the prostate gland. Still, more pleasure can of course be derived from having your partner do the erotic actions on you. A willing partner can do wonders in getting that ultimate climax.

More than the pleasure that can be derived from prostate massage, it also has therapeutic and medicinal purposes. In fact, most physicians also advise their patients to massage their prostates regularly to cure or prevent disease from occurring in the area. Most men, however, feel that doing prostate massage on themselves is a sign of homosexuality. The fears of becoming homosexuals make them veer away from the practice despite its proven therapeutic benefits. It is important for them to note though that neglecting to exercise or massage your prostate can actually lead to prostate dysfunction, prostate malfunction and even prostate disease. Inserting one's finger into the anus has never turned anybody into a homosexual and it's not going to start now.

So better think differently and change your tune. Men who are psychologically or morally blocked against examining or massaging their prostates should try this practice to discover its health benefits.

Nude Body Massage

Sensuality is something all people got. It is natural in everyone and can be expressed in various ways. It can be a look, a word or a touch. And while we love the effects of a nude massage, it would be infinitely better to enjoy it with a lover. Try it and get fantastic results. It's a great way to end a stressful workday.

A nude massage might be a little embarrassing for some. It will take same time for inhibited lovers to get used to it. Take into heart that nude massages are not just for sex dens and parlors. They can become a great addition to you and your partner's bonding time.

But then, everything needs preparation, even a nude massage. So you need to brush up some skills, set up some nice ambience and have a lot of confidence in yourself.

First to do is to acquire some massage oil. Pick one that will not be absorbed too quickly by the skin. They would definitely last longer and give some much needed kneading time to your nude massage session. Pay close attention to the scent of your oil. Make sure it's something that both you and your partner will appreciate. Over scented oils will definitely turn the both of you off so steer away from them.

Lightly scented rose oil may be more appreciated by women. A combination of different scents might be better too. Just pick one or two that appeal to your senses.

Next is the setting. Your nude massage environment will help a lot in your activity and must be conducive to relaxation. Why not turn off some of the lights and light up a smattering of scented candles? If you're a man, scattering a handful of flowers around the room will definitely lift your partner's spirits.

Ready to start your nude massage experience?

Before massaging your partner, you need to prep yourself first. Wrap a towel around yourself, pour some oil into your hands and massage your neck. Gently rub your arms and shoulders. Rub your temples some and massage your face for a while. This will release some of the extra tension in your body as well as heighten your anticipation for the nude massage activity.

Lay your partner nude (or semi-nude, if that's what they prefer) unto the bed. Make sure that they're in a comfortable position. Rub the oil over the back with wide and smooth strokes with the flat of your palm. If your partner is a woman, don't knead the body too intensely or it will hurt.

Rub slowly and deeply. Let your sensuality flow from you to your partner. Make them feel treasured and loved. Take your time and let them know that you're willing to do it as long as they want, that you have all the time in the world.

Tease them and don't squeeze. Work your way from the back of the neck to the shoulders. Don't squeeze the neck! That might seem like you're trying to strangle your lover. Remember to be gentle and treat each touch like a caress. Work on the arms and back, being careful not to press too much on the spine. Tantalize the end of the spine with light teasing strokes for it contains numerous sensitive nerve endings. A nude massage after all is like foreplay with added benefits.

Exert some tender loving care. Work on the thighs, legs and calves. Do the feet too, but don't spend too much time on them or your partner might fall asleep. While massaging, let the other parts of your body rub against theirs. This creates a pleasant friction that will keep them awake. Kiss and nibble on their ears or fingers. By the time you're done with the massage, they'd be definitely ready for some loving.

Nude massage is a wonderful way to jumpstart your excitement and anticipation. Go for it and get results you want.

Erotic Massage

You don't have to be a 'sex expert' to know what erotic massage is. The only thing you should know is erotic massage is probably the best in all of the categories of sensual massage.

In this age where people are constantly seeking spice and pleasure in their sex life whether with their partners or lovers, alternatives and options—no matter how absurd it may seem to others—are revealed and exposed for public consumption. Nowadays, more and more men and women often complain how dissatisfied are they in not achieving what they within their sex life without asking themselves why that happens, what they want or need from a relationship. This often leads to deeper misunderstanding and will eventually lead to break ups. To avoid this kind of problem due to unsatisfied sexual urgings, it is very important for people to start discovering themselves and what they want by knowing their body's needs and desires when it comes to sex.

This is where erotic massage ushers in: to make people understand that self-erotism can help them to understand the messages the body sends continuously and their meaning. In reality, giving a hug, holding, touching, living the sensation of a warm body close to yours, is more than you might think: it's intimacy, participation, abandon, essential ingredients for creating harmony and warmth, and thus achieve the pleasure that can satisfy both the male and female.

The preliminaries

It is innate for a human being to have a profound need of caresses. And this concerns not only males but females as well. This yearning for constant intimacy through touching shows how important the influence of erotic massage is for a couple.

In order to enjoy the thrills of pleasure that can lead to orgasm without any foreign erotic stimulator or intercourse, learn how to give and receive an erotic massage. Aside from giving you and your partner total relaxation, erotic massage will also help you to experience extended or multiple orgasms. But, in doing erotic massage, it is very important for the couple to understand the premises of a "give and take."

Whether you will be the first to give and receive the erotic massage, keep in mind that it's best to perform erotic massage while your lover is lying on a flat surface. After preparing your space to be warm and pleasing, you can start with a sensual and relaxing general massage before shifting the focus to your partner's sex centers. The general idea here is to bring your partner to high levels of arousal and keep him or her there hanging for a while.

Although both of you will enjoy erotic massage, it has its own rituals for men and women. Erotic massage for the male is best done through verbal or non-verbal communication, which allows stimulation to be slowed down, changed, or stopped before ejaculation becomes inevitable. For the female, erotic massage is best done by using G-Spot or the clitoral massage to bring her to multiple orgasms, which naturally tend to take place over an extended period of time. Although erotic massage is ideal for opposite-sex partners, it can work equally well for same-sex partners.

After the erotic details

Selfishness has no room for this very special and arousing type of massage. After climaxing in the pleasure brought by erotic massage, it is very important to keep the communication lines open especially if it's your first to do it. Aside from learning some other skills that will help you to unleash your sexual prowess, it is equally important to take some virtual notes about your partner's arousal levels and channel this knowledge to make the relationship better.

Conclusion

We've covered several areas of massage in this short report. There are many more types of massages, but it would take several volumes of books to cover them all.

I created this short report so that you could get a short and quick education in the art of massage. I encourage you to search out even more resources on massage, and get started by giving someone a massage.

Happy pampering...

Liz Tomey

<http://www.FreeHealthy.com>