

#12 Sexual Massage

Sexual massage transforms the entire body into an organ of sexual pleasure. Unlike professional massage, sexual massage includes the permission to cross the sensual/sexual boundary. There is a clear sexual intention to the touch. The resulting effect is stimulating and exciting to both giver and receiver. Partners may massage each other simultaneously or take turns. Pleasuring is enhanced when both people feel pampered in such a sensual way.

For many people, the touch in sexual massage is intuitive. For others, it may take some practice. Generally, almost anything will feel great. Once you know what you like, it is easier to ask for the kind of touch you desire. Massage provides a sensuous way to exchange Vitamin T. The quality of the touch will be somewhere between gentle and firm. Experiment with how touch feels over the entire body. Which areas are especially sensitive and pleasant? Remember to explore ears, toes, armpits, fingers and knees. Use lubricants such as oils, lotions or talcum powder. They make the skin even more inviting and increase Vitamin T absorption. Let your hands do the gliding.

Additional guidelines:

Pressure: Lighter pressure is used over joints, bony places, behind the knees and at the temples. Firmer pressure is appropriate on fleshy, muscular parts like the back, arms, legs, buttocks. In short, firm pressure is relaxing and light pressure is arousing.

Location: Massage can be done on the floor on a mat or in bed. Ideally, use a massage table so that both the giver and receiver are comfortable.

Pace: Experiment with slower and faster paces. Slow movements usually are soothing. Faster ones are stimulating.

Strokes: Light tapping with fingertips feels playful. Feather-light strokes are exciting on breasts and inner thighs. Gentle scratching is stimulating on the scalp and back. Long, smooth strokes with fingers and palms feel sensual on arms, legs, backs and torsos.

Atmosphere: Turn up the heat or light a fire in the fireplace. Light candles and incense. Experiment with different kinds of music.