

EROTIC TOUCH

THE COMPLETE
HANDS-ON GUIDE TO
SENSUAL MASSAGE AND
EXQUISITE CARNAL
PLEASURE FOR LOVERS

 GABRIELLE
MOORE
Better Sex. Better Life.

STUDENT 
HANDBOOK

GABRIELLE MOORE'S
NAKED



Copyright © 2014 Insspira Publishing Inc.

The name of the work is Naked U. The records required by 18 U.S.C. 2257 and 2257A are kept by Direct Models Inc. by its custodian of records at 5535 Balboa Blvd Suite 103, Encino CA 91316.

Gabrielle Moore's "Naked U" has been produced by Insspira Publishing Inc.

"Naked U" and "Gabrielle Moore" are registered trademarks.

For more information about Gabrielle Moore's products visit:

www.GabrielleMoore.com

Table Of Contents

| | | |
|---|-------|-----------|
| Introduction | | 3 |
| The Evolution of Massage | | 3 |
| Different Strokes | | 4 |
| Creating a Sensual Atmosphere for Erotic Massage | | 7 |
| Supplies for Erotic Massage | | 8 |
| Before You Begin | | 10 |
| Erotic Massage Techniques | | 11 |
| Technique #1: Erotic Body Massage | | 12 |
| Body Massage to Relax Her | | 12 |
| Erotic Massage to Arouse Her | | 16 |
| Technique #2: Genital Massage | | 20 |
| Genital Massage for Her | | 21 |
| Technique # 3: Erotic Massage in 10 Minutes | | 27 |
| 10 Minutes in Heaven | | 29 |
| Closing Words | | 33 |
| Bibliography | | 34 |

Introduction

Long, strong, soothing strokes easing away pain and promoting deep relaxation...what could be better than a back rub? A front rub, of course! But erotic massage is about much more than giving your partner a “happy ending” or serving as an appetizer for sex. When done correctly, an erotic massage can deeply intimate, creating a sensual experience between partners that provides a satisfying sexual release as it strengthens the bond.

The Evolution of Massage

It's easy to think of massage as a “new-agey” method of healing, but it's actually been practiced for thousands of years. Massage was first seen in India, in around 3,000 BCE, and records show that it began to be practiced in Egypt and China 2,500 BCE. Japanese monks studying Buddhism began to incorporate Chinese medicine techniques, which includes massage, into their healing practices in 1,000 BCE.

In 800 BCE, the Greeks began using massage to prepare athletes for competition and help heal subsequent injuries. The Romans weren't far behind: Between 200 and 100 BCE, the healer Galen advised using massage to heal physical ailments. Healing massage began to spread to the rest of Europe by the 17th century, after the end of the Dark Ages.

By the early 20th century, massage had become popular in the United States, with erotic massage developing in the mid-to-late 1900s, as the sexual revolution was beginning to change the way Americans thought about sex and sensuality. These days, sensual massage is more popular than ever, with more couples trying it as an alternative form of relaxation and intimacy.



Different strokes

Although erotic massage is based on sensual pleasure, it incorporates many of the traditional massage principles and techniques developed over millennia. If one or more types of massage appeal to you and your partner, you can easily incorporate it into your sexual play.

Deep Tissue Massage

Deep tissue massage combines a variety of styles to work on the muscles and connective tissues in the body, using deep, kneading strokes to relieve stress and pain, realign muscles and promote a sense of total relaxation. Deep tissue massage can be important at the beginning of erotic massage if she's carrying tension or experiencing any kind of pain.



Swedish Massage

Generally used for relaxation and improved circulation, Swedish massage involves vigorous rolling, kneading and percussive strokes to energize the body's soft tissues. Although you want to stay away from vigorous motions during erotic massage, you can incorporate the style with gentler motions at the beginning of the massage, especially if your partner doesn't suffer from pain, but only needs to relax and shed tension.

Even if she's too tired for a full erotic massage, a quickie version will relax her in no time.

Shiatsu

A form of Eastern therapy used for millennia, Shiatsu incorporates acupressure, acupuncture and massage techniques to balance the energies in the bodies, known as the "Chi." You can incorporate the strokes and techniques common to Shiatsu into erotic massage, but leave the acupuncture needles to the professionals!

Reiki

Reiki is an ancient form of Tibetan massage that only became popular in the United States in the mid-20th century. Reiki practitioners combine a soft, gentle touch with visualization techniques and chakra alignment to help with relaxation and a number of general health problems. The light touches used in Reiki can be very sensual, making it a welcome addition to erotic massage.

Aromatherapy Massage

Aromatherapy massage relies heavily on scent, using essential oils in combination with various traditional massage styles to create the desired effect in the massage recipient, whether it's body stimulation, pain relief or general relaxation. In terms of erotic massage, aromatherapy oils can provide the same type of body and sense stimulation; just stick with scents that are sensual, arousing and relaxing, like lavender or sandalwood.

Tantric Massage

Another ancient form of healing, Tantric massage is an intimate experience between partners that involves activating the body's chakras and channeling sexual energy into physical, emotional and spiritual healing. The main difference between tantric and erotic massage is the goal: Whereas erotic massage often leads to genital massage, tantric massage, although deeply sensual, doesn't usually end with a climax. I discuss Tantric sex in great detail in my book *The Tantric Touch* (www.the-tantric-touch.com).

Erotic Massage

Also known as "sensual massage," erotic massage culminates in sexual release for one or both people. Erotic massage has the same health and relaxation benefits as the forms of traditional massage I've discussed, especially tantric massage, with the added bonus of orgasms! Although a large part of erotic massage is focused on relieving pain and tension, above all it is an intimate, sensual experience geared toward sexual pleasure.

“ Choose scents you know your partner likes; if you don't know what appeals to her, try vanilla, lavender or light floral aromas. ”



Creating a Sensual Atmosphere for Erotic Massage

If you think about the word “sensual,” it doesn’t necessarily mean “sexy”; the word is rooted in the five senses: sight, sound, smell, touch and taste. When you appeal to these senses, you create an overall atmosphere of sensuality that will relax your partner and put her in the mood for romance.

Sight

Visual stimulation is incredibly important to women, so spend a fair amount of time making sure the space where you’ll give your partner an erotic massage is appealing. Tidy up the space—you don’t need to scour the room, but you should make sure to eliminate as much clutter as possible, like dirty clothes and dishes or an overflowing trash can. Turn off any glaring overhead lights and opt for candles instead.

Sound

Your partner will have her eyes closed for most of the massage, so good music is essential. Think about the kind of music that she finds relaxing and soothing, and create an atmospheric playlist she’ll also find sensual. Use your MP3 player, load the CD changer or stack a few CDs next to the stereo so you don’t have to hunt down her favorite songs mid-massage.

Smell

Bad smells are a big no-no during any kind of intimate experience, but they’re especially bad for erotic massage. Air freshener will work, but scented candles or incense are much better choices. Choose scents you know your partner



likes; if you don't know what appeals to her, try vanilla, lavender or light floral aromas. Likewise, choose a scented massage oil that complements the candles.

Touch

Yes, you'll be touching her, but more important is that she'll be touching the bed while you massage her, so make sure she has a smooth, sensual surface on which to get comfortable for the hour or so you'll be massaging her. Clean sheets are a must, but nice linens make the experience even better. Choose sheets with a soft, sensual finish, like sateen, silk or satin, and make sure to wash them before using them the first time. Many massage oils will stain sheets, so you might want to invest in a dark color flat sheet you can drape over the bed.

Taste

Even though she won't be eating during her massage, you can still appeal to her sense of taste before the experience. Set out champagne and strawberries or whatever food and drink your partner finds romantic. Before you begin the massage, take a few moments to enjoy your taste treats together, and you'll find that the resulting intimacy will make a good transition into the massage itself.

In addition to creating a romantic space, taking the time to appeal to the senses shows your partner that you're serious about giving her pleasure and have taken her needs into account. She'll know how much you care about her happiness, which will in turn create a much more intimate experience for both of you.

Supplies for Erotic Massage

You'll definitely need to stock up on a few supplies necessary for a fulfilling erotic massage. Ultimately, your hands are all you really need, but these products will make the experience even better for you and your partner.

- **Bed or massage table:** If you and your partner love massages and think you'll do it often together, you might want to invest in a professional massage table, which is designed to be as comfortable as possible and provide you with easy access to all parts of the body. However, these tables are expensive! The bed will be just fine, but you'll need to make sure to have soft pillows to rest the head and face of your partner during the massage.

- **Massage oils:** In a pinch, baby oil will do, but there's a reason professional masseuses use products made specifically for body massage. Not only does it smell good, but the formula used in massage oils is intended to remain slippery for a longer amount of time, which means her body won't absorb the oil right away. Quality massage oils are available in a wide variety of scents and formulas, so do a little research and find out what you think will appeal to her most. Sweet almond oil is the most popular, but apricot, jojoba and coconut oil are also appropriate for sensual massage.
- **Massage tools:** Your hands alone can deliver an amazing erotic massage, but you might also invest in an item or two meant specifically for massage, like wooden rollers or other handheld tools. You can also use an electric or battery-operated massage tool on her body, repurposing it later for genital massage.
- **Towels:** Tightly roll a few clean towels to use as neck and knee rests when she's lying on her back.
- **Water:** Place a pitcher of water near your massage area to keep both of you hydrated. Erotic massage takes a while!
- **Prepare your supplies** ahead of time so that everything is ready to go. Arrange the oils and tools so you can access them easily and quickly during the massage.



Before You Begin

You're almost ready to give your lover an erotic massage, but you'll need to do a few more things to make sure the experience is as sensual as possible:

- Take a shower, preferably with your partner. Both of you should be squeaky-clean, and showering together is a nice way to create intimacy before you begin the massage.
- Trim and file your nails so you don't inadvertently scratch your partner. Make sure to take care of any hangnails or ragged cuticles, too.
- Be proactive about potential disruptions by locking the bedroom door (if you have kids or roommates) and turning off your cell phone. If you have a land-line, turn off the ringer.



Use your first massages as learning experiences. As you and your partner become more experienced with erotic massage, you'll find what works best for the both of you.

Erotic Massage Techniques

The following techniques are meant to build on each other. Once you have mastered the basics of erotic massage, as described in the Technique #1, try one of the other techniques, which are more advanced. Regardless of which technique you use, you'll want to read through each description carefully to see what you might want to incorporate.



Technique #1: Erotic Body Massage

A complete erotic massage may take a while, which is a good thing! The more pleasure you bring your partner before orgasm, the more powerfully she'll climax. Plan to spend at least thirty minutes, preferably an hour, giving her a sensual massage.

Set the Stage

Before you begin any kind of sensual play, but especially massage, make sure your partner is mentally and emotionally ready for the experience, which will be intense and intimate. Consider turning the experience into a date, beginning with a romantic dinner and culminating in the bedroom after she's had a chance

Don't use too much oil, especially if your partner is prone to breakouts.

to relax. Prepare the room ahead of time, making sure to appeal to all five of the senses with music, scented candles, clean linens and something to nibble and sip on.

Body Massage to Relax Her

The first part of the massage is focused on eliminating stress, tension and muscle knots. As you perform the following steps, use a sensual touch, but avoid purposefully stimulating her erogenous zones for now. That's the next step!

- 1 Have your partner lie on the bed, being sure to cushion her face and neck so that she is comfortable while you massage her back.
- 2 Begin by lightly stroking her body with just the tips of your fingers, running them over her neck, back, arms, legs and buttocks. Use very light pressure at first, just enough to acquaint her skin with the feeling of your fingers, and then skim the same areas with the palm of your hands. Spend about five minutes doing this.
- 3 As you move into the next phase of the massage, in which you'll be working on muscle tension, use long, deep, gliding strokes. Stand next to her while you massage her, but don't lean on her. If you have trouble reaching both

sides of her body, sit on the bed next to her.

4 Run your hands over her shoulders, upper back and neck, identifying any areas of pain or tension. Keeping your hands in contact with her skin at all times, lengthen and deepen your massage strokes. Massage her with increasingly firm strokes until you feel the tension subsiding. Ask your partner to tell you if the pressure is too hard or soft. You should spend at least 10 minutes on this phase of the massage, ideally 20.

5 If she's still carrying a lot of tension, use a massage tool to help, but nothing too jarring. The rolling wooden kind work well, as do electric or battery-operated massagers. Focus on her upper back and shoulders, where tension can cause muscles to cramp. She should be completely relaxed and pain-free when you start adding sensual elements.

6 Once she is relaxed, pour a tablespoon or two of massage oil into the palm



of your hand and warm it by rubbing your hands together, which will also distribute the oil evenly over your skin. Don't use too much oil, especially if your partner is prone to breakouts. Your hands should be moist with oil, not sopping wet. You can always add more oil later.

7 Run your hands gently over her shoulders and upper back, distributing the oil evenly on her skin.

8 Using the same firm strokes you used in Step 4, resume massaging her shoulders and upper back, working your way down her spine to her lower back and until the massage oil is evenly spread.

9 Begin massaging her arms and hands. Use both hands to gently knead her upper and lower arms, and then give her a brief massage on each hand, including her fingers and wrists. Apply more massage oil if necessary.

10 Run your hands down her back, over her buttocks to her feet, and spend a few minutes giving her a foot massage, applying more oil as necessary.

11 Work your way back upward from her feet, using both hands to massage each of her calves and the backs of her thighs. Look for the same kind of



“ *“You can softly tell her how much you enjoy touching her and how much her body turns you on”*

tension you may have found in her upper back, and spend a little extra time massaging these areas, especially the backs of her calves.

- 12** Move back upward to her lower back and hips, using gentle, circular pressure, with one hand on each side of her body.
- 13** Gently stroke her hips and buttocks, and then begin to knead her buttocks with long, deep strokes.
- 14** Once you've thoroughly massaged the back of her body, run your hands and fingers over her again with gentle, teasing touches, paying attention to any areas you know she especially likes to have touched and caressed, like the back of her neck and the backs of her knees.
- 15** Ask her to turn over and position pillows or rolled towels so that she's comfortable on her back. Place a folded towel or scented eye pillow over her eyes to encourage her to keep them closed while you massage her front side so she won't see any distractions. You might even use a blindfold to make things a little sexier.



- 16 Using the same light, teasing strokes as you did in Step 2, run your fingers over the front of her body, beginning with her shoulders and working your way down her arms. Stroke her legs, belly, thighs and hips, avoiding her pubic area for the time being. Stroke her breasts and nipples, but only very briefly, to titillate her.
- 17 Pour a little more oil in your palm and rub your hands together, and then begin to gently knead her arms, working your way down to her hands. Massage her legs next. There's no need to give her another hand or foot massage—unless you feel like it, of course!—but you should give them a quick squeeze or rub to keep the momentum going.
- 18 At this point, your partner should be totally relaxed and free of any muscle tension or pain. If she's still experiencing discomfort, return to the problem areas and massage her further, even if it means she has to turn over again.

Erotic Massage to Arouse Her

Up until this point, even though you've been touching your partner sensually, the massage has been relatively traditional in that you've been focused on removing tension and promoting relaxation. During the next stage of the massage, you'll be introducing the type of sensual touch associated with erotic massage.



1 With her lying on her back, begin to stroke her lightly again, without massage oil. Use the tips of your fingers to raise goose bumps along her legs and arms. Pay careful attention to her lesser-traveled erogenous zones, including:

- a) The underside of her neck from her chin to her throat
- b) The sides of her neck from her ears to her shoulders
- c) Her inner arms and the creases of her elbows
- d) The inner curve of her waist and the sides of her hips
- e) The lower curve of her belly, above her pubic hair
- f) The backs of her knees

2 Glide your hands over her legs, brushing her pubic area on your way down. The idea is to titillate her. Work your way back up again from her feet, using the same sensitive touch and brushing her mons once more.

3 Gently caress her shoulders, working your way down her arms to her hands. Use the flat of your hand and touch her very lightly.

4 Move your hands to her breasts, running your hands and fingers over them lightly, just brushing her nipples.



5 Stroke the length of her body down to her pubic area. Tease her by gently brushing your fingers over her inner thighs.

6 Return to her breasts, using your fingers to stimulate her nipples until they're fully erect.

7 Run your hands down her torso again and touch her pubic area more firmly, using your fingers to lightly massage the outer labia.

8 Take a few moments to run your hands over her arms and legs again, barely touching her. Hit a few of the erogenous zones you identified in Step 1.

9 Return to her breasts and play with her nipples, and then move one hand to her public area, very gently stimulating her clitoral hood. Interchange stroking these areas until she's extremely aroused.

Allow the erotic energy to build until it seems like a natural time to start shifting the focus to more explicitly sexual activities. At this point, you have a few options:

- You can bring her to climax with oral sex. My book, *Hot Licks* (www.hotlicksprogram.com), will give you creative tips for cunnilingus.
- You can use your fingers to bring her to orgasm. You can find full details in my book about fingering, *Naughty Fingers* (www.mynaughtyfingers.com).
- You can move on to regular intercourse. For a few ideas about



amazing hot positions you can try, check out my book *Orgasmic Sex Positions* (www.orgasmicsexpositions.com).

- You can give her a genital massage to bring her to orgasm, as I outline in the next technique.

The key to giving an amazing erotic massage is paying attention to your partner's responses and adjusting your technique accordingly. There is no right or wrong way to perform a sensual massage; if you find a particular technique isn't working for her, move onto the next one until you find a combination of strokes she really enjoys.



Technique #2: Genital Massage

You might think that every erotic massage ends in intercourse, oral sex or manual stimulation (fingering), but you'd be wrong! Genital massage is a fantastic way to bring her over the edge after you've relaxed and aroused her body. It's different than regular fingering in that although you'll be using some of the same strokes, you'll be using a few techniques that are unique to genital massage.

You'll need all the supplies you used in the first technique, with one addition: Make sure to have your favorite lubricant on hand before you start with genital massage. Although you may not need it, it's a good idea to have some just in case. Choose a water-based lube for easy cleanup.

Before You Begin

It's very, very important that you don't make genital massage the entire experience. In other words, don't just go for the gold! Spend at least a half hour relaxing and arousing her body, as I explain in detail in Technique #1, Erotic Body Massage, and only progress to genital massage when she is extremely aroused.

A note about lubrication: If, as you're massaging her, she doesn't get wet right away (this is not abnormal), use lubricant before you touch the inner parts of her vulva.



“ Don't slide your hands over her skin: Use gentle pressure to move her skin beneath your hand.

Genital Massage for Her

Connect with your partner by looking deeply into her eyes. The erotic body massage you just gave her should have built a strong, intimate rapport between the two of you. If not, reestablish the connection by caressing her body, especially her breasts, hips, inner thighs and pubic area. When she's ready, begin with genital massage.

- 1** Have her lie on her back on the bed or massage table. You can sit next to her on the bed or a chair; if you sit facing her feet, you'll have the easiest access to her vulva, vaginal opening and G spot. Just make sure you're comfortable, as genital massage should take at least 10 minutes.
- 2** Gently spread her legs into a comfortable position and stroke her inner thighs and lower belly. Caress her breasts and nipples.
- 3** Cup her vulva with your palm, using the heel of your hand to massage the area of her outer labia above her clitoral hood. Use your fingertips to massage the lower part of her outer labia. Interchange these two types of stimulation.
- 4** Explore the outer and inner labia with your fingertips, tracing the outlines of the outer labia, inner labia and perineum, and then the vaginal opening and clitoral hood. Touch one finger gently on her clitoris, but leave more direct stimulation for later.
- 5** Once she is extremely aroused, you can proceed to massage her, paying attention to these areas, in roughly this order. If you use one hand to stimulate her, keep the other busy with stroking her body.



- **Vulva:** The area from the pubic hair line to the perineum. Use your whole hand to massage this area.
- **Outer labia:** The fleshy outer lips of the vagina. Use your fingers to gently massage each side, gently rubbing and squeezing.
- **Inner labia:** The folds of skin surrounding the vaginal opening. Use your fingertips to stimulate this sensitive area.
- **Perineum:** The small fold of skin between the vaginal opening and the anus. Use a finger or two to massage the perineum.
- **Clitoral hood:** The smooth skin that covers the clitoris. Use only one or two fingers to stimulate the clitoral hood.
- **Clitoris:** Many women find prolonged fingering too intense, so use a very light touch during the genital massage, until you're ready to bring her to orgasm.
- **G spot:** You'll definitely want to pay attention to her G spot, but save it for later in the massage. Most women don't find G spot stimulation pleasurable unless they are extremely aroused. For more information on G spot stimulation, read my book *Mastering Her G Spot* (www.masteringhergspot.com)
- **Anus:** The multitude of nerve endings surrounding the anus make it a sensitive area that responds well to gentle stimulation. Not every woman is comfortable with anal stimulation, so make sure she's okay with you touching her there.



6 Genital massage can include the same types of strokes you'd use to manually stimulate her. There are several strokes that are particularly suited to genital massage. Incorporate a few of these ideas.

- Trace the U-shaped area of the top and sides of her outer labia, and then move down to the portion between her legs. Brush the sides of her inner thighs. Slide a finger up and down the slit where her outer labia meet. Although you can lightly touch the clitoris, don't spend a lot of time there yet.
- Use your whole hand to cover her mons (the mound that includes her outer labia), and then move your wrist in very small circular motions. Don't slide your hands over her skin: Use gentle pressure to move her skin beneath your hand. Make 10 circles in one direction, and then make 10 more in the other direction.
- Still cupping her vulva, lightly pat it 5 times. These should be gentle tapping motions. You can repeat this move throughout the massage, as a segue between different massage strokes.
- Think of her vulva as the face of a clock. Using your first two fingers held together, apply gentle, circular pressure to "12 o'clock," the fleshy area of her outer labia, right above her clitoral opening. Work your way around the "clock," stopping to massage each area for a few seconds.
- Insert your first two fingers into her vaginal opening, and then place your thumb on her clitoral hood. In this position, you can rotate your wrist to twist and thrust your fingers. Don't penetrate her too far—focus on stimulating the area just inside her vaginal opening.
- In the same position as above, gently press your inserted fingers against your thumb, alternating rubbing her clitoris and her inner

Even if she's too tired for a full erotic massage, a quickie version will relax her in no time.

vaginal opening. You can also vibrate your hand while holding it in place, which will stimulate the entire vulva.

- Gently begin to massage the outer labia with a rolling motion, holding each lip between your thumb and first two fingers. As you finish one side, massage the top of the outer labia, and then repeat the rolling motion on the other outer labia. Alternate back and forth a few times. You can also gently pull the outer labia away from her body.
- Using only the tip of your finger, trace her vaginal opening, holding your finger just inside the vagina. The idea is to tease her before you penetrate her, so move the finger just a little bit.
- If she's into anal play, gently circle her anus with one finger, pressing very lightly. Then hold your finger over her anal opening and press firmly for a few seconds.



- Slide your forefinger and middle finger into her vagina and pulse in and out a few times. With this move, you're transitioning from outer massage to inner stimulation. You can still massage her outer labia, but you should be getting ready to give her the kind of strokes that will lead to orgasm.
- Lay one finger vertically down the inner side of her outer labia, parallel to her clitoris, and press down, pulsing your finger. Don't touch her clitoris—the pressure you're applying next to it will feel like you're stimulating her from the inside. Switch sides and apply this same pressure to the other side of her clitoris. Alternate back and forth a few times.
- With your first two fingers, circle her clitoral hood and clitoris, changing directions every 10 seconds or so. Use only light pressure at first, and then increase the firmness of your touch.
- Making tiny circles and applying gentle pressure, use your forefinger to trace the area around her inner and outer labia, from her perineum to her clitoral hood. Reverse directions and repeat at least three times.



- Insert two fingers into her vaginal opening, only to the first knuckle. Use your wrist to make broad circular motions inside her, applying pressure to the area just beneath her G spot.
- With your fingers still inside her, use your thumb to apply gentle pressure to the area of her labia just above her clitoris. Massage the entire area, using your inserted fingers to hold your hand still while your thumb massages the labia.
- Insert your fingers a little further, until you find her G spot. Apply firm pressure, stroking the G spot in a “come hither” motion. Alternate stroking with circling.
- Caress her clitoral hood with your first two fingers, making circular motions, and then pull back the hood to touch her clitoris. Circle it lightly at first, applying more pressure as her body responds.
- Continue to massage her, using the forms of touch I’ve just described or a few moves you discover on your own. As you sense she’s nearing orgasm, focus on clitoral stimulation with gentle thrusting in her vaginal opening.

7 As she climaxes, stroke her vulva gently until she’s done. If she is able to have multiple orgasms, considering continuing the massage.

The first time you perform genital massage, she may not have an orgasm. Don’t feel bad, and don’t blame her! Erotic and genital massage are new experiences for her, and she may need a little time and repetition before she’s able to climax, just as with any other new form of sexual play.

If it seems as though she’s straining toward an orgasm, but just can’t get there, consider adding a sex toy, especially a vibrator, to your massage. You can also conclude with oral or vaginal sex. There are no rules to genital massage! Do what feels good for her.

You too may feel a little awkward while performing genital massage for the first time. You’ll be giving her a completely new type of sexual experience, so you might feel a little pressured about your ability to perform. Give yourself a break and remind yourself that practice makes perfect.

Technique # 3: Erotic Massage in 10 Minutes

As I mentioned before, a good erotic massage should last at least a half hour before you move onto genital massage, which should take another 10 to 20 minutes to perform. What if you don't have that kind of time? Good news! You can give her a mini version of erotic massage, even adding genital massage, in about 10 minutes.

When should you perform the short version?

- At the end of a long day, after she's showered, but before she settles down for the



night in bed. Even if she's too tired for a full erotic massage, a quickie version will relax her in no time.

- Surprise her while she's getting ready to go out on a date with you, provided there's enough time. If she's running around in a rush, trying to find something to wear, massage her another time.
- In the half-hour before the kids get home from an outing with friends or other family members. It's going to get busy after that, so take advantage of the last moments of peace by giving her a release she can enjoy for hours afterward.
- In public! I don't mean that you should get naked and stimulate her on the street, but if you and your partner thrill in being naughty in inappropriate places, like a bathroom stall, an airplane lavatory or in the office at noon, a fast erotic massage is a great way to satisfy her—you don't even need to take off her clothes!

Basically, you and your partner can enjoy a 10-minute erotic massage when that's all the time you have. Of course, a full-length erotic massage is always better, but with busy schedules and life's many demands, sometimes all you have is 10 minutes.



10 Minutes in Heaven

Just like its longer counterpart, a 10-minute massage has two parts: body massage and genital massage, both of which are erotic, but can take a while. The trick is to spend just enough time on the massage part that you can still bring her to orgasm in record time, even if she usually takes a little longer. If she's quick to climax, spend more time on the body massage part of the experience. When you first start experimenting with erotic massage, you may not have a good understanding of how much time she needs you to spend on certain activities, so I recommend perfecting a long massage before you try to condense it into 10 minutes.

As I mentioned above, it's possible to give her a quickie erotic massage while she's still clothed. You'll just need to be able to place your hands under her shirt and inside the waistband of her pants, skirt or shorts. If you opt for this type of massage, sit behind her on the bed or couch, so that after you rub her back, you can simply move your hands around to her front, under her clothing.

Ideally, however, she'll be nude, and you'll be giving her an erotic massage on the bed or wherever you're both most comfortable. The following directions instruct you on how to give a nude massage, but you can easily adapt them to giving a clothed sensual massage.

Both of you should start by getting comfortable. The easiest way to give a 10-minute massage is sitting behind her, so you can have full access to her back and shoulders, which will need the most work before you can begin to stimulate her genitals. In this mode, you'll be working



on her torso, leaving stimulation of her back, legs and buttocks for a longer massage. However, she can also lie on the bed on her stomach; simply adjust your technique to work first on her back, and then on her front.

- 1** Begin by lightly stroking her body with just the tips of your fingers, running them over her neck, back, shoulders and arms. Use very light pressure at first, and then increase the depth and length of your strokes, working away any tension or muscle cramping. Spend about a minute or two on this first step, which is meant to help her relax and get in the mood for what's going to happen next.
- 2** Gently squeeze her upper and lower arms, her shoulders and her waist, applying just enough pressure to involve those parts of her body. At this point, you should be about halfway into the massage.
- 3** Run your hands lightly over her back, waist, hips and shoulders. Lightly skim her arms and belly before moving your hands to her breasts.
- 4** Gently hold and stroke her breasts, and then use your fingers to stimulate her nipples, tracing circles around them until they are erect. Lightly pinch and pull them, and then run your fingers over the hard flesh.
- 5** Move your hands down the front of her body, lightly caressing her waist and stomach before cupping her vulva with one hand.
- 6** Use your whole hand to cover her mons (the mound that includes her outer labia), and then move your wrist in very small circular motions.
- 7** Trace the U-shaped area of the top and sides of her outer labia, and then move down to the portion between her legs. Brush the sides of her inner thighs. Slide a finger up and down the slit where her outer labia meet.
- 8** Gently begin to massage the outer labia with a rolling motion, holding each lip between your thumb and first two fingers. As you finish one side, massage the top of the outer labia, and then repeat the rolling motion on the other outer labia.

- 9 Insert your first two fingers into her vaginal opening, and then place your thumb on her clitoral hood. In this position, you can rotate your wrist to twist and thrust your fingers. Use your thumb to trace light circles on her clitoral hood.
- 10 In the same position as above, gently press your inserted fingers against your thumb, alternating rubbing her clitoris and her inner vaginal opening. You can also vibrate your hand while holding it in place, which will stimulate the entire vulva.
- 11 Using only the tip of your finger, trace her vaginal opening, holding your finger just inside the vagina for a few moments before moving pulsing it in and out a few times.
- 12 With your fingers still inside her, use your thumb to apply gentle pressure to the area of her labia just above her clitoris. Massage the entire area, using your inserted fingers to hold your hand still while your thumb massages the labia.



- 13** While one hand is busy massaging her genitals, use the other hand to keep the rest of her body involved. Stroke her inner thighs, her belly and breasts, and continue to play with her nipples.
- 14** Caress her clitoral hood with your first two fingers, making circular motions, and then pull back the hood to touch her clitoris. Circle it lightly at first, applying more pressure as her body responds.
- 15** Insert two fingers into her vaginal opening, only to the first knuckle. Use your wrist to make broad circular motions inside her, applying pressure to the area just beneath her G spot.
- 16** As you sense she's nearing orgasm, focus on clitoral stimulation with gentle thrusting in her vaginal opening.
- 17** As she climaxes, stroke her vulva gently until she's done and hold her for a few minutes, if you have the time. The idea is to bring her back to earth in a way that shows her how much you love her and enjoy giving her pleasure.



Closing Words

Although the main goal for an erotic massage seems to be orgasm, sometimes it just won't be possible within the space of 10 minutes, no matter how good your technique. That's okay. The real purpose of erotic massage is to connect on an intimate level by relaxing her entire body and stimulating her erogenous zones. If there isn't a "happy ending" at first, or even as you continue to give her more erotic massages, you've still achieved an important goal: building intimacy through massage.

There is no right or wrong way to perform erotic massage. What works for some people may not be effective for you and your partner, so as you begin to implement erotic massage into your sexual play, pay attention to what is and isn't working, and adapt your technique accordingly. The point of erotic massage is a deeply satisfying sexual experience; as with other kinds of sexual play, your and your partner's preferences will vary according to what you like and what works for you.



Bibliography

Anna Lynn Sibal. (Unknown). Tantric Massage. Available: <http://www.massageden.com/tantric-massage.shtml>. Last accessed April 16, 2014.

Cathy Wong, ND. (April 4, 2014). Which Massage Oil is Best? 5 Massage Oils to Try. Available: http://altmedicine.about.com/od/massage/a/massage_oil.htm. Last accessed April 16, 2014.

Editors. (Unknown). Giving and Receiving Erotic Massage. Available: <http://sexuality.org/erotmass.html>. Last accessed April 13, 2014.

Editors. (Unknown). History of Massage Therapy. Available: <http://www.naturalhealers.com/natural-health-careers/article/massage-therapy-history>. Last accessed April 15, 2014.

Editors. (Unknown). Types of Massage and Bodywork Defined. Available: <http://www.massagetherapy.com/glossary/index.php>. Last accessed April 13, 2014.

Roman Soluk. (Unknown). Sensual Massage as a Tool for Improving Intimate Relationship. Available: <http://www.oplife.org/sensual-massage-as-a-tool-for-improving-intimate-relationships/>. Last accessed April 13, 2014.