

What Is a Sensual Massage?

A sensual (or erotic or intimate) massage is a full-body massage that involves engaging different senses to pleasure the receiving partner. The goal of the giving partner is to arouse the receiving partner and please them.

While a sensual massage often involves stimulation of all parts of the body including intimate areas and is fully focused on pleasure, it is by no means a race to sex or an orgasm. It is about relaxing and allowing yourself to experience different sensations and enjoy the feel of your partner's hands on your body rather than rushing to intercourse or an orgasm.

Not to mention, there is something so sweet (and sexy) about a sensual / erotic massage from your partner. Their intimate touch and desire to make you happy all come into play when you're together enjoying a sexy massage.

There are several types of sensual massages, such as: Tantric Massage

It's a full body and genital massage that combines pleasure and spiritual work and is full of light touches. A tantric massage involves meditation, breathwork, and energy work and can be highly erotic.

Yoni Massage

This is a tantric sex practice that is focused on the vulva. The giving partner massages the vulva of their partner with their hands, yet the focus not on an orgasm.

Lingam Massage

Is another tantric sex practice that is focused on the penis. The giving partner massages the penis of their partner with their hands, yet the focus not on an orgasm.

Nuru Massage

Is a Japanese erotic massage technique that involves full body-on-body contact. Both, the receiving and giving partners, are naked, and they both lather their bodies with massage oil. Then, the giving partner rubs their body against the receiving partner's body.

There are many benefits of a sensual massage, such as helping to rekindle the romance and emotional closeness in your relationship, and to help lead to better sex, by allowing for increased sexual anticipation and heightened arousal. A sensual massage can also help you to explore new sensations and provide additional ideas to your foreplay repertory.

How to Give a Sensual Massage at Home

First ask your partner what they like.

Use Massage Oil

*Examples include:

Intimate Earth Massage Oil Bloomi's Sensual Massage Oil Foria's Intimacy Sex Oil

Use Massage Oil Candles

www.intimate-earth.com www.thebloomi.com

www.foriawellness.com

Consider issuing a sensual massage candle that doubles as a massage oil once the wax is melted.

*Examples include:

*Bijoux Indiscrete www.bijouxindiscrets.com Lelo Sensual Massage Candle
www.lelo.com*

Use Sexual Toys

Consider investing in some massage tools or even using your favorite sex toys to add an additional layer of stimulation.

Set the Ambiance

Examples may include scented candles, dimmed lights, and sensual background music to create a relaxing and sexy environment.

Slow the Seduction

Take your time and explore each part of your partner's body slowly. Really slowly.

**Rub your hands together to warm them up. Start out with a light touch.
Massage the back with oil.**

Start slowly, then increase the pressure. Once the muscles have warmed up and are relaxed, increase the pressure. Knead the muscles around your spouse's shoulders and neck using your thumb and forefingers. Most of us hold a lot of tension in our neck

and shoulders. Keep in mind that you want to follow the flow of the muscles, not work against them. Pay attention to what pressure points your spouse is responding to.

Massage everywhere. You can massage the wrists, fingers, ears, the back of the neck, and the insides of the elbows and knees—these areas are probably rarely given any attention. Rub your fingers over your spouse’s scalp, massage and rub every finger and every toe until your spouse is fully relaxed. Feel free to rub, kiss, lick, and even nibble on these neglected regions.

Don’t expect a massage in return.

SEXY MASSAGE TIPS TO TRY

Give a naked massage.

Turn on a sexy playlist.

Lightly graze the more sensitive areas.

Use something other than your hands such as your lips, your tongue, your teeth...

Let them choose where they want to be touched/ rubbed/kissed.

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