



7 Tips to Creating a
Sizzling Sensual
Massage Experience

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Introduction

We all want to relax, and we all want to find ways to help us relax. That can be through sitting in a hot tub, enjoying a movie, or it can be through a sensual experience that comes from a sensual massage experience.

What exactly is a [sensual massage experience](#)? Well the fact of the matter is that our skin is the largest sense organ on the body. Simply by touching the skin, you can create a deep emotional and mental connection.

Massage has been proven to reduce stress levels, and it can help your health in a multitude of ways. Whether it is through improving circulation, the immune



system or helping the brain develop itself, sensual massages go far beyond an act of intimacy between partners. It is a way to tune the body and the mind together, while sharing a very personal experience with someone you love.

Through sensual massage, you can even ease muscles, headaches and take care of some allergies. On top of this, it aids in digestion and helps the nervous system.

There really seems to be nothing that the sensual massage can't do, making it something very special for your body, and your relationship, and something you and your partner should definitely look at.

In this booklet, we will look at what sensual massage is, and how it works for the body and the mind

1. Taking the Time to Create Your Erotic Atmosphere

When you decide to perform a sensual massage, you need to begin with the preliminaries of the massage.

These come in the forms of the set and setting, lubrication and communication.

Set And Setting

First, you need to turn off all the phones in your home. You do not want any disturbances when you are trying to relax with a sensual massage. Then, turn out the lights and light the candles or soft lamps. It would also help to burn some incense and turn the heat up so that you are not too cold when you are lying around naked.



Put a blanket or sheet over where the massage will be, whether it is a massage table or the floor, and make sure you have the [oils](#) and lubricants nearby. If you want to create a nice setting, you can have fake fur and feathers that can be

used to tickle the skin and delight the sense of touch

Try putting on a [CD of soft music](#) that can be on repeat so that your whole room is filled with calming sounds and lights that will make both of you relaxed.

If you are giving the massage, take a look at your fingernails and cut them if you need to. This will prevent some painful scratches during the sensual massage.

[The Accessories](#)

There are many items you can have to make the sensual massage just a bit more sensual. These are items like candles, lotions and more. The candles and lotions will work great to create a relaxing atmosphere that will have the two of you enjoying the peaceful and sensual experience.



Another tip is to put on some soft and [relaxing music](#) in the background. Nothing seems to relax us more than being able to listen to relaxing music. When the very air around us is filled with [scented smells](#) and wonderful and relaxing music, we feel better about the situation and we have a greater ability to relax in the new environment. Try and find some music that uses soft tones and is very quiet. You won't be able to relax when you have Thrash Metal in the background, so having some quiet soft music is perfect.

Another idea for the music is to have something like rainforest sounds. We evolved from the forest and the wild, so for us it is very calming to be able to listen to those sounds in a relaxing environment like a sensual massage. Just be careful to choose something that is not too loud. Birds chirping, rolling waves, the soft wind are all good bets for sounds you want during the sensual massage.



2. The Location, Location, Location

They say in business, that it is all about location, location, location. Well, the same is true during a sensual massage. You want to make sure that the sensual massage location is perfect for a relaxing environment. Most people do not have massage tables and this means that you will have to find an alternative location for the massage.



There are plenty of places that will work in the house, including the bed and the couch, but you can also use the floor. As long as everyone is comfortable and there is nothing digging into them during the massage, you should have no problem finding a great location.

If your intimate life needs a kick start then I would advise not going anywhere near the bedroom!

Change the record. Add some fun and novelty in your life – why not try out the living room, guest room, or even better : a hotel room.

Another great location is outside. This does not mean in a park, but on your own property where you can be free of prying eyes. Something like along the pool, on the lawn (with a blanket) or even in a lounge_chair will work great. Make sure that you do this at night, and make sure you are somewhere private unless you want someone wondering why there are candles in the yard.

3. Talk for Goodness Sake!

Communication

Communication is also very important when you are giving a sensual massage. You should be open to hear what may be getting in the way of your partner's comfort. As well, requests to go to the bathroom, a harder or lighter touch, or for the heat to be turned up should be expressed.



It is important that the person you are massaging is feeling comfortable, and listening to what they ask shows that you are paying attention to their feelings, and that will create a greater sense of pleasure for the person who is receiving the

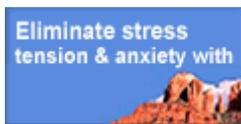
massage.

Talking about what is going to be done in the massage will put everyone at ease. This will help the experience to become more fulfilling and relaxing, which will make everyone a lot happier with what is being done.

A word of caution : Avoid discussing problems, work, kids, the outlaws, or the taxes. This is 'us' time, so keep it light, friendly, fun and relaxed. Use the occasion to pamper your beloved with touch and compliments. Tell them what you love about them, their body, their touch.

You always want to maintain contact with the skin of the person who you are massaging. This may be one of the most important factors in the massage. This is because by keeping contact with the person, you will be able to never let them slip out of the relaxing trance that they have entered into. That will allow them to become even more relaxed during the sensual massage.

As we have mentioned, being relaxed is key for this. Failure to be relaxed will let the thoughts of the day enter your mind, which will only lead to problems for you during the massage. The sensual massage is the bubble in which you are isolated from the world. Remove your hands and fail to make contact with the receiver, and that bubble will be burst.



When asked whether men were uninformed about a woman's body and desires - 76% of women answered Yes

4. Take Your Time and Explore The Territory

Giving a sensual massage must be relaxing. That is the entire point !

You need to be able to relax to the point that your body can begin recharging , dealing with stress and moving on to a unity between itself, and the mind.

Never Rush

We rush through our lives every single day. We rush to work, we rush through work, we rush home from work. Our lives seem to be non-stop go-go-go.



However, when you are taking part in a sensual massage, rushing should be the furthest thing from your mind. If you are in the role as the receiver of the massage, then you need to be able to put away all the worries you had in your head, let your responsibilities wash away and just relax. Feel good about the entire situation and let the wonderful feelings of the sensual massage wash over you.

If you are giving the massage, you should take your time. Allow your hands to wash over the receiver, giving them wonderful feelings of ecstasy from the slow movements of your hands along their skin. The most important thing you can do here is take it slow. Do not rush anything, doing so will only result in a feeling of stress and unease for the receiver.

Try A Bubble Bath Or Shower

If you really want to relax before the massage, why not have a bubble bath or shower before hand, and you can do this with two people. It will allow your body to relax before you get to the massage, which will help you already be in the state of mind that you need to be for the massage.

In Roman and Greek times, people would sit in the large public baths to relax before they went for a massage. They did this because the muscles would be relaxed then and that would allow them to enjoy the massage that much more. Some find that massages can hurt them because the masseuse needs to push on the muscles to relax them. With a bubble bath or shower, you ensure that you won't have to worry about doing that because the muscles will be relaxed. This will also help keep the sensual experience going, without any 'Ow that hurts!' coming from the receiver when you massage their body.



50 % of women want to remain in a state of arousal for a long period of time

5. The Massage Oil

This is a very important part of the massage. The oil is what will relax the skin and make the receiver feel relaxed. You will want to warm the oil up slightly because this will help relax the muscles, and the receiver won't have the shock of cold oil hitting their skin, which again can take them away from the relaxing experience of the massage.



You can warm the [massage oil](#) up in two ways; your hands or the microwave. With your hands, just hold the massage oil in between your palms and you will find that the massage oil will warm to a relaxing temperature.

If you want to do things quicker, then you can just use the microwave. However, be very careful with this because if you warm it up too much, then your relaxing sensual massage evening could turn into a trip to the burn ward.

ALWAYS: CHECK THE TEMPERATURE!

You should also only use enough oil to cover the palms of your hands without it dripping. Having too much oil will just make a sloppy mess. You want things to be sensual and relaxing, not looking like a Sloppy Joe. There are plenty of things you can do to make the experience something to remember, and having just enough oil, and just the right temperature is a great start.

Lubrication

This is optional, but many people like to have it for the sensual massage. This will help make the experience much more pleasurable, and it will prevent any sore spots from developing during the sensual massage, for example skin rubbing against skin.

For men's lubrication, you can use oil-, water-, or silicone-based lubricants, but for women you should only use water-based lubricants. You can also use vegetable oils (I recommend natural, organic cold pressed oils) that come from the supermarket, health store, specialist retailer including almond, mustard and olive oil.

If you are using water-based lubricant, don't use any with Nonoxynol-9. This is a skin irritant and it will ruin the entire experience of the sensual massage between you and your partner.

6. Alternate

When you are giving the sensual massage, make sure you also receive the sensual massage. This is a two-way street, so why not switch every 40 to 50 minutes so that each partner is able to feel relaxed and calm during the entire experience.



Don't have a buzzer that goes after the time has passed, that will only ruin the relaxing environment. Instead, keep an eye on the time occasionally, but don't let yourself be governed by it. Take things as they are and switch when you think the time is right.

Sometimes we fall into roles in a relationship – you have a giver and a receiver, an active party or a nurturer. By giving and receiving a sensual massage gift – you re-dress the balance! Both parties are soothed and looked after. It's a Win Win situation.

7. What You Wear – or not as the case may be!

Surprisingly, people do wonder what they should wear during a sensual massage. Well, the truth is that less is definitely more here when you are massaging someone, or receiving the massage yourself. Try and wear something that is very loose and comfortable and can be removed if need be. Even a towel or robe will work for this. You always want to make sure what you wear is going to be okay with getting oils on it since you will be massaging with them, and receiving your massage with them.



Of course, there is nothing wrong with being naked during the sensual massage. It is supposed to be sensual after all.

As will most things in life – go with what your comfortable with! Whether it's a gown, lingerie, t-shirt, just make sure you can move freely, and that you look reasonably attractive, and smell nice!

Believe me : it all adds to the experience!

Conclusion

Overall, these tips will help you have a very enjoyable experience with your sensual massage. You will be able to create a very relaxing environment for your partner and yourself that will literally help the pain and stress of the day wash away during the sensual massage. You will feel relaxed, happy and free during your sensual massage and there is really nothing better than that.



Just remember the main points of the sensual massage:

- Taking the Time to Create Your Erotic Atmosphere
- Location is very important with the massage, make sure it is in a comfortable place.
- Communicate and keep in contact
- Never rush the massage. Slow is always better.
- Find the right massage oil for you.
- Sharing is key in a sensual massage, so be sure to alternate.
- When thinking of what to wear, less is always more.

That is all there is to a sensual massage. So enjoy!

PLUS.....

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*** * More Details can also be found at**

<http://erotic-massage-guide.com/Your-Erotic-Massage-Stories.php>

Good luck!

Maya Silverman and The Erotic Massage Team

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Resources

Massage Oils and Essential Oils

Relaxation Music

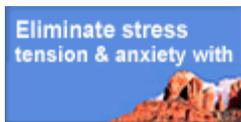
Healing Music

Personal Development Resources

Self Esteem

Brain Bullet : Positive Affirmations

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