



www.BethandPreston.com
www.PassionStrategies.com

Sensual Massage

Select partner

Decide who will touch and who will be touched

Stay totally in the selected mode

Touching/being touched rather than giving/receiving

Whether touching or being touched it is important to stay present

Intent

Importance of intent

Set an intent for this massage together

Do not have to be the same, but must be compatible

Example

To experience trust

That you will be touched only in an acceptable manner

That you will feel validated in your touch

To experience comfort/To experience being present

Since this is sensual massage, suggest sensual or sensual/spiritual intent

To experience sensual energy as heightening spiritual experience

To experience being totally open to my partner

Determine comfortable level of nudity for both individuals

Determine whether genital touching is appropriate

Define areas not to be touched

Define appropriate level of touch

Communication

Does not need to be verbal

Feedback makes the massage sensual

Ensures you get what you want

Provides your partner with the satisfaction of pleasing you

Breathing

- Practice conscious breath
- Relaxation breath
- Energizing breath
- Practice clench and hold

Touch

- Touching with conscious intent
- Heart of palm
- Determine ideal touch pressure
- Sensual touch is about being totally present with the person you are touching
- Person being touched can sense when you are not present with them
- Massage techniques
 - Glides
 - Vibration
 - Kneading
 - Rocking
 - Still pressure

Opening connection

- Hand/heart connection and eye gazing
- Holding chakras
- Begin touching over clothes
- Sensual undressing

Face down

- Heart/sacrum connection
- Stroking and sensation on back
- Spreading energy through entire body
- Long glides on legs and arms
- Long sweeping stroke up torso down arms onto hips and down legs
- Rocking at hips
- Kneading on buttocks and thighs
- Head and scalp
- Extra attention on hands and feet
- Closing hold at heart/sacrum

Face up

- Heart/womb connection
- Belly - always clockwise
- Sternum
- Breast circles
- Spreading energy through entire body
- Long glides on legs and arms
- Long sweeping stroke up torso down arms onto hips and down legs
- Vibration on lower abdomen
- Hands and fingers
- Feet and toes
- Head and face

Sexual centers

- Introducing gloves
- Vibration at pubis
- Tracing triangle at pubic mound
- Stroking/pulling hair or pubic mound
- Cupping/tapping

Spreading energy through entire body

Clench and hold

- Thirty faster, fuller breaths
- Three deep breaths holding the third
- Clench and hold for fifteen seconds
- Release - hands off, allow partner to have their process

When invited back, reconnect with partner at heart or as they choose

Conclude with hand/heart connection and eye gazing

Supplies:

- Corn starch
- Lube
- Gloves

We're adding new workshops and online resources.
Stay connected by leaving your email address at
www.BethandPreston.com