

## **Description of the Female to Male Sensual Massage Program**

**Duration: 75 minutes**

### **1. The Getting to Know Phase – 10 minutes**

Taking a sensual massage is a very personal experience, and as the masseur, it should be acknowledged that your receiver is setting a lot of trust into you and this should be respected and nurtured in the best possible way. Whether the receiver is your partner, a friend or a client, it is worth finding out what they expect from the massage and telling them what to expect. Also, it is beneficial to ask if they have any particular areas of their body that they need working on or like to have aroused. Tell them the duration of the massage, whether you are to be naked or not and if you are happy to be touched while giving the massage. This information will help put their mind at rest, and they will know how they are to respond but are also aware of your boundaries.

### **2. The Sensual Therapeutic Phase - 20 minutes**

This phase should last about 20 minutes and should focus on the shoulders, back and upper body. The aim of this first section of the massage is to help him slide into a calm, relaxed state of trust so that he can let go of his day to day worries and responsibilities and focus the exquisite sensations that you will create for him.

With the use of light touch, feathers and finger massage combined with more traditional deep tissue muscle work of Swedish massage he will soon find himself falling into the 'zone'. The combination of soft strokes with stronger deeper massage will give him the confidence to relax and to allow himself to be cared for.

During this phase, as well as working on his muscles you will begin to tease the most intimate areas of his body such as the inner thighs, nipples, buttocks and back of the neck. This will trigger his skin's sensory receptors to react which in turn will send signals to his brain resulting in his body responding by stimulating his Autonomic Nervous System (Para Sympathetic relax and rest mode). This causes and the hormone Oxytocin (the love drug) to be produced, causing the first stirrings of genital arousal.

### **3. Gentle Arousal Phase - 15 minutes**

By this stage of the massage, he will probably still be aware of what is taking place but beginning to "drift away" losing himself to the arousing sensations of your touch. Now your hands can start to explore further into the intimate crevices of the body, the perineum, the groin and pelvic areas as well as the buttocks and balls and if desired you can begin to reciprocate the touch to him as you work.

Remember men respond to approval and allowing him to touch you is for him, a strong sign of acceptance. This feeling of joint intimacy immediately injects more Oxytocin and will make him even more aroused.

As his arousal grows, his breathing will increase, his senses will heighten and usually partial, or full erection will occur. If you are happy too then, you can bring in more body to body contact to increase this intimate connection building an even stronger feeling of trust and closeness.

#### 4. Sensual Arousal Phase - 15 minutes

During this phase, you will focus on his entire genital area (cock, balls, anus and internal prostate). Using plenty of oil, these areas can now slowly and confidently be massaged using various techniques to heighten the sensation. The cock and balls should receive both firm manipulation and a light touch, and the outer area of the anus can be lightly stroked and massaged. This is a good way to test to see if he is responsive to having an internal prostate massage.

At this point take great care not to take him to orgasm but to hold him in a high state of stimulation for at least 10-15 minutes. Use the Number 7 technique and tell him before the massage that if he gets near to ejaculation to simply call out the word SEVEN ( EIGHT being the point of no return for a man when nearing orgasm). Practice taking him from relaxation to high arousal several times. At this stage more intimate reciprocal touch with you might be appropriate but how intimate is up to you, but again the more the man can explore your body while he receives the massage more aroused he will become.

#### 5. Erotic and Orgasmic Phase to Relaxation - 15 minutes

By now his body and mind will be paradoxical, both deeply relaxed and yet highly aroused, this contradictory state will enable him to completely give himself over to the final ascent to, for a man, the remarkable feeling of a relaxed orgasm. Something that many men have never experienced before and one can be quite "mind-blowing" the first time.

**SCROLL DOWN FOR THE REMINDER FOR  
THE SENSUAL MASSAGE ROUTINE**

## Reminder for Sensual Massage Routine – Female to Male

1. Ask him to shower
2. Cover him with towel
3. Massage his head and scalp
4. Talk through the massage
  - a. Intention of the massage
  - b. If he feels he will ejaculate to soon – No 7
  - c. How he will know when massage is finished
  - d. Your nudity
  - e. Reciprocal touch
  - f. His likes and dislikes
  - g. Communication via hands
  - h. Your personal boundaries
5. Remove the towel slowly
6. Feather his back
7. Stroke back
8. Oil up
9. Press hard down spine to perineum
10. Effleurage back long and varied strokes
11. Fisting the neck
12. Underarm along back with elbows
13. Side of body grip

14. Knead shoulders
15. Massage neck
16. Hug skin to skin
17. Back muscles thighs touching his arms and hands
18. Double crossed arms base to head
19. Elbows up back down sides 3 times
20. Back stretch
21. Hold hands
22. Side pulls and underbelly
23. General massage of the back
24. Oil Buttocks and knead buttock muscles, figure of 8
25. Possible Light anal massage
26. Metal Forks over body and perineum
27. Lift body and scratch spine to scrotum and caress scrotum
28. Back of Legs ankle to thigh
29. Sit on table legs to groin
30. Massage down legs then hook arm between legs lightly pushing
31. Become fully naked
32. Stand at head and lean over back to buttocks and stroke anus, hands on your buttocks
33. Climb on table arm knees either side of head pressure to back slide to feet laying on top

34. Repeat from feet end and grind hips and groin into his buttocks and lower back
35. Snuggle neck, bite and tickle ears and neck
36. Slide off body to feet end
37. Hands under body massage pubic area and cup scrotum
38. Hold shaft of cock pistol fashion and massage, careful not to take to orgasm
39. Pull cock back and massage full length
40. Continue with arousal as you think necessary
41. Stand at side of body give optional prostate massage
42. Optional two way erotic arousal
43. Stroke body and cover with towel
44. Leave room for 1-2 minutes to let him calm down

#### **TURN HIM OVER**

45. Oil and Massage feet
46. Calves and thighs
47. Lift leg to angle and massage thigh to hip and groin
48. Lift leg and tickle under buttock, stroke anal area
49. Repeat on other leg
50. Oil cock and massage (not to orgasm)
51. Hands and arms
52. Neck and shoulders
53. Chest & Nipples

54. Stomach
55. Possibly climb on table with groin over his head
56. Cock massage to full arousal and orgasm using imagination
57. After orgasm wipe clean and cover with towel
58. Finish with a head massage