

INTIMATE TUTORIALS

The Female to Male Sensual Massage Program - 7 Chapters

Created by Intimate Tutorial's own Master Masseur and Sex Mentor – Colin Richards, this is a 3 hour video tutorial divided into 7 chapters. In it, Colin teaches the female to male sensual massage routine with the assistance of Zara as his student and 2 male volunteers. Colin takes you on a step by step journey from learning a basic therapeutic massage routine and then developing it into a sensual and erotic adventure for the receiver. By taking this tutorial you will learn a complete sensual massage routine and gain a better understanding of the female arousal process. You will learn how to create a sensual massage that combines the physiological, psychological and emotional dynamics that makes it one of the most intensely sensual massage experiences a man can receive from a woman.

This tutorial also comes with a written description of the massage plus a minute by minute guide sheet, available as a downloadable PDF document. Chapter 7 is a 45 minute download of the complete massage also available for you to download, keep and watch at your leisure.

Chapter 1

1 - Introduction - 11 minutes

In chapter 1 part 1 Colin talks about the background of sensual massage, its importance in a sexual and particularly why using intimate touch on your male partner enables the female to be able to give erotic pleasure in a caring nurturing manner. Colin explains why sensual touch is such an important part of being human and that for many thousands of years, before verbal communication, touch was one of the primary forms of communication for early humans. He talks about the male psychology and what men really want and enjoy from their female partner when receiving a sensual massage. He explains why being in the 'receiver' role can enable a man to experience his body and his erotic energy without being rushed or with expectation to perform. Colin talk about the role of the female and that adopting different roles from seductress to lover to mother. He explains why integrating sensual massage in to the courtship process creates a platform between dating and the first time of having sex together.

Part 2 - Talking with Zara - 14 minutes

In this section we meet Zara the female student who is going to be taught by Colin and who will demonstrate the massage routine and techniques as Colin teaches. In this conversation we hear why Zara wants to learn to give a sensual massage to a man (her husband) her curiosities her questions and concerns. In the conversation Colin and Zara discuss how sensual massage can be used to open up a sexual relationship by giving to a third person and how

learning to give a sensual massage can be a stepping stone for a women to increase her confidence and to be able to take control and give time and pleasure to their man.

Colin talks about creating the right environment when giving a sensual massage to another person. Whether it is for personal pleasure giving to a loved one or friend or as a professional masseur giving to clients, making the space where you are about to give the massage, comfortable, warm and well equipped is important. Being prepared and organised not only helps you as the masseur to give the best experience you can it also shows the person that is receiving the massage that they are important and worth the time and effort to make the occasion right for them. Colin covers practical points such as room size, location, temperature, lighting and atmosphere. He also mentions accessories that can be used to enhance the arousal and sensation in the massage.

Chapter 2

Part 1 - Setting the scene - 11 minutes

In this chapter Colin starts by showing how to set up the sensual massage space. Where it can take place and what is needed to make the occasion intimate and special. Whether it is for personal pleasure giving to a loved one or friend or as a professional masseur giving to clients, making the space where you are about to give the massage, comfortable, warm and well equipped is important. Being prepared and organised not only helps you as the masseur to give the best experience you can it also shows the person that is receiving the massage that they are important and worth the time and effort to make the occasion right for them. Colin covers practical points such as room size, location, temperature, lighting and atmosphere. He also mentions accessories that can be used to enhance the arousal and sensation in the massage..

Part 2 - Therapeutic Massage - Back of body and meeting Dave - 11 minutes

In this section first we meet Dave who is going to be Zara's 'Receiver'. Dave talks about what he personally enjoys about receiving a sensual massage from a woman and what parts of the body he likes being worked on and how he likes to experience erotic arousal. The tutorial continues with Colin teaching Zara the first stages of the therapeutic massage routine. This includes getting the 'receiver in the right position, placing his hands, the subtle introduction of sensations by using feather and light touch. Once Dave is relaxed and comfortable the teaching starts with the therapeutic strokes of effleurage and muscle work of the back and neck

The Back Stretch (with body weight finish)

Starting with the arms together positioned parallel across the back. Press down and out at the same time stretching the spine. This can be done 3 times and on the third is finished by laying on top of the back. Don't be afraid to use your whole body weight as this again promotes intimacy and trust.

A 60 minute massage of 3 sections

- 1st part is mostly therapeutic work and for duration about 20 minutes is focused muscle work on the shoulders neck, lower and upper back, buttocks, thighs and calves.

- 2nd part is 15 minutes and is a combination of therapeutic and sensual bringing in gentle arousal and teasing.

- 3rd part and the final 15 minutes is still a combination of therapeutic and sensual touch but much more focused on the sensual aspects building the receiver to a state of high arousal ultimately to the climax of orgasm.

Minute by Minute:

0.00 to 3.20 - Talking with Dave

3.20 to 8.00 - Preparing the 'receiver'

8.00 to 8.48 - Head massage, oiling the back

8.48 to 11.38 - Neck and shoulders

Chapter 3

Part 1 - Therapeutic Massage - Back routine continued - 9 minutes

A continuation of the back massage, in this chapter Colin and Zara demonstrate when standing to the side of the receiver working the spinal muscles. During this part of the massage it is important to remember that you are not just massaging a person's body but also his emotions. As the receiver feels your touch so a bond will develop so it is vital that you do this with confidence and a real sense of care since this will be picked up by the receiver and if comfortable with your touch will relax even quicker. Building trust between the giver and receiver is a vital part of the sensual massage and as your hands work their body so the hormone Oxytocin is released into their system and very quickly this will promote a feeling of connection and the early stages of arousal.

Kneading & pulling with exploration

This is a section that combines several movements. After the slow sensual build up it is good to bring in some more aggressive strokes of kneading and pulling some receivers respond really well to this and will allow their bodies to be manipulated and rocked. However if the receiver does not appear to respond don't force them and just go with their response. If the receiver does roll with the pulling this will enable the giver to slide his hands in towards the groin and may even touch the side of the cock or balls. But this must be fleeting and done in a teasing way.

Minute by Minute:

- 0.00 to 1.36 – Side of body massage including kneading and arm techniques
- 1.37 to 2.48 – Using your arms and body pressure and bike peddling
- 2.49 to 4.31 – Lower back, sacrum and sciatic area and reverse effleurage
- 4.31 to 5.45 – Buttock's and figure of 8
- 5.46 to 7.20 – Leg effleurage and herring bone technique and upper thigh
- 7.21 to 8.15 – Chopping and stimulating the muscle with knuckles and elbows
- 8.16 to 9.14 – Lifting the leg to the buttock

Part 2 - Therapeutic Massage - Front of body - 13 minutes

Once the receiver is turned and laying face up its always good to replace the towel. Being face up can for some feel a bit exposing so covering with the towel allows the receiver to get used to the new position and relax. Having worked from the shoulders down to the feet when laying face down the routine for the front of the body starts from the feet and moves up towards the top of the body. After a few minutes of foot massage the towels can again be moved to one side and each leg massaged with long effleurage strokes. Starting from ankle to upper thigh with a lifting of the leg and leaning in on the knee propping up the leg giving the thigh some strong firm massage. Moving up to the shoulders good support is needed whilst kneading the back of the neck with a hand over hand pulling up motion. This is a very pleasurable part of the therapeutic massage. The neck massage flows nicely in to the chest and stomach massage. When giving the stomach massage care must be taken not to press to hard and to keep it as a soothing flowing style following the line of the digestive system. Hands and arms are again a very relaxing part of the massage and can be treated in between the arousing sections of the sensual massage enabling the receiver to reach high arousal and then be relaxed down with a hand and arm massage. Whether a therapeutic massage or sensual massage finishing with a 5 minute head massage will help the receiver to fall in to a restful slumber.

Minute by Minute:

- 0.00 to 1.25 – Intro to front of body
- 1.25 to 3.55 – Oiling up and foot massage
- 3.56 to 5.25 – Effleurage of the leg and thigh grip
- 5.26 to 7.16 – Neck, shoulders and chest gentle stomach massage
- 7.17 to 8.00 – Chest and upper body effleurage
- 8.01 to 9.47 – Hands, fingers and arms
- 9.47 to 13.00 - Stomach and full body effleurage

Chapter 4

Part 1 - Sensual Massage - Seductive arousal - 12 minutes

This part is focused on the back of the body and teaches how to combine the therapeutic elements demonstrated in chapter 2 part 1 and 2 with sensual arousal techniques. When giving a sensual massage it is important to give the receiver an idea of what to expect and how to respond to the massage, particularly when the sensations become more intimate. One of the main principles of having a sensual massage is to feel relaxed and open to the process and if the receiver is aware of what behaviour he can display then any level of anticipation or anxiety is lessened. Explaining a little bit about what they can expect, the appropriate responses, conscious or unconscious and what the boundaries of the masseur giving the massage are, answers many of the unspoken questions that may be in the head of the receiver. It is also good to ask about the receiver's body and pleasure zones.

Everyone has particular areas of their body that are particularly arousing, such as the neck, buttocks, inner thighs, nipples and so by having advance notice the giver can focus on these areas. It is also important to ask if there are any parts of the body that the receiver does not like to have touched. So for example some receivers may not want any anal massage, external or internal and some may say that they want you to avoid parts of the body that they feel self conscious or uncomfortable about. This may be the stomach, feet, and again nipples. Some men may be concerned that the arousal could trigger ejaculation before they want it to happen so talking about how they should handle this and warn the giver that they are near to orgasm can help ease any anxiety around this event. You will also hear Colin mention how to handle conversation during the massage and that its best that once started conversation is kept limited.

This is so that the receiver can zone out and concentrate of the sensations. However it is beneficial to set up some form of 2 ways communication and Colin explains how to use hand holding as a means to indicate comfort levels. It is also good to explain how the massage finishes as immediately following orgasm the receiver will experience an injection of the hormone Prolactin and this will immediately cause him to loose his erection and fall in to a slumber. This feeling of complete fulfilment and rest is the icing on the massage cake and can leave the receiver feeling extremely satisfied. Oxytocin is the hormone that is released when we are touched and when stimulated by giving light touch the body soon responds promoting a feeling of connection and arousal.

Positioning is also important so standing in the centre of the massage table and moving from the hips promotes a swinging motion. Keeping a slow sensual rhythm throughout the massage is important. In fact one can never go to slow but it is easy to unconsciously speed up and go too fast. Having slow atmospheric music will help keep the ambiance slow and seductive. Body to body contact is also very much a part of a sensual massage. In the

demonstration Colin and Zara shows the importance of this and how to achieve it without over indulging and how to monitor how much the receiver enjoys the touch.

The Towel Glide

To keep the massage exciting and unpredictable it is good to bring in some creative elements by using some sensory tools. The towel slide is also a very sensual movement and the more slow you do it the more effective it is.

The Two Arm Sweep

Crossing the arms over and then leaning on to the body pushing down and sliding up from lower back to shoulders and the repeating 3 times. Each time the physical connection becomes more caring and tender closer with the giver leaning closer and closer finishing in a hug. It maybe that as he feels the touch of the givers body and often the receiver will then touch back thus building an intimate bond.

Minute by Minute:

0.00 to 2.40 – Introduction and towel removal

2.40 to 3.56 – Oiling Dave's body and the hand hold

3.57 to 6.55. – Sensual back effleurage, perineum pressure, nail stimulation

5.56 to 9.40 – Upper body and breast contact and side body to body and hand touch

9.40 to 11.38 –Two arm sweep and making upper body contact finished with the intimate hug

Part 2 - Sensual Massage - Special techniques - 8 minutes

In part two Colin with the help of Zara demonstrates various techniques that cleverly combine firm massage of the back and legs with a more intimate connection. This includes specific techniques as listed below.

Arm Arch and Perineum Caress

Elbow starting at base of muscle to side of spine on opposite side you are standing. Pressure you elbow so that the muscle is depressed and slide it up to the neck then around the shoulder blade ensuring you do not go over the spine or shoulder blade. Then on the return down the body let you whole body encase the receivers body so that they feel you squeeze them from shoulder to waist. Repeat this three times but on the third time let your hands follow through to stretch to the feet then slowly slide your fingers up the inside of the leg to between the legs eventually stroking over the scrotum and perineum. Repeat this on both sides.

The Testicle Caress

In the first section of this part Colin explains a particular technique that he believes is a catalyst to making the sensual massage a most powerfully intimate erotic experience. By slowing building the anticipation the movement aims to create a reaction in the receiver that triggers a deep unconscious response that probably has its roots as far back as primal man. By positioning one self in a certain way and the lifting the receiver from under the abdomen Colin shows how by sliding his fingers down the spine to finish by gently holding the testicles creates a reaction that causes the receivers nervous system to completely let go. If done right this movement can fundamentally change the dynamic of the massage from one that is potential just sexual to one the is deeply intimate, trusting and bonding as well as erotic and orgasmic. Tools, Tricks & Towel.

Minute by Minute:

00.0 to 3.00 – Arm Arch and Perineum Caress

3.00 to 6.15 – The Testicle Caress

6.16 to 7.55 – The importance of choice in nudity

Chapter 5

Part 1 - Sensual Massage - Nude infusion - 12 Minutes

With Zara now fully naked Colin explains some more intimate, verging on erotic elements to bring you man up to high arousal

0.00 – 2.40 The Arm/Groin Hook

If you are fully naked you can bring in a lot more body contact even to the point that the receiver may explore your body and even touch you back in an arousing way. The arm/groin hook is a great way to combine both a very effective manipulation with an extremely intimate powerful movement. By sliding your arm up between the legs so that you shoulder finishes by pushing up against the premium you will take the receiver up several notches in the arousal ladder. Repeat this for both sides and for as long as you feel the receiver is enjoying it.

3.38 – 5.50 Surprise him with stimulating tools

Zara Demonstrates of the Body Stroke Tickler (available on Amazon) on the surface of the skin all over the body and the copper prongs to stimulate the premium area and the external of the anus.

6.50 – 8.40 Leg Lift and the hand slide to groin

Sit on the side of the massage bed and lift the leg of the receiver leg on to your own thigh/knee making sure it is comfortable for both yourself and them. Put your hand on its edge at the top of the spine and then sliding it down very slowly so that it travels between the buttocks over the anus to end sliding into one of the groins. Massage the groin area firmly and lightly and let your

fingers glance on the sides of the testicles but do not be tempted to get hold of the cock quite yet. But you can caress the external surface of the anus. Repeat this on the other side.

Anal Massage (not shown)

If the receiver has indicated he is comfortable with anal massage, then this is the time to first bring it in. With the leg lifted it gives you good access to finger and explore the anal area. This can be just external anal touch or with good lubrication you can investigate internal anal massage / prostate massage. Always make sure the receiver is comfortable with this before entering.

8.41 – 12.00 Shotgun Hold with Cock Stimulation

Its is called this because when you slide you hands under the receivers body they should end with the left hand holding the shaft of the cock like a gun barrel and right hand with the fingers massaging the perineum. This is a wonderful feeling for the receiver as he can feel the manipulation but has to do little other than enjoy the sensations. If you squeeze the cock then press the perineum one after the other for about 30 seconds you will make his erection extremely hard. Once hard you can pull back the cock to point down his leg (provided he has the flexibility) and the massage the head of the cock as well as the shaft. This can be extremely arousing and if you are not careful may bring him to early orgasms so keep an eye on his breathing and body movements. Using the arousal scale 1 being no arousal 10 being orgasm, if he says 7 at this stage you know you have to pull back.

Part 2 - Sensual Massage - Front of body - Heightened arousal - 9 Minutes

Now we see Dave lay on his back and in this section Zara keeps Dave is a state of heightened arousal. This aim is to rise up Dave's arousal to about 80% then back to 45%. This is done by alternating between massaging erotic areas of the groin, nipple and buttocks and then reverting to non erotic areas such as the hands, head and feet. This creates a constant wave of sensation. It is important to watch the receivers reactions as for some men this can be so powerful it may take them to orgasm and ejaculation.

Minute by Minute:

0.00 - 1.54 Re-arousal through the towel

1.55 - 3.12 Oiling up and massaging incorporating the cock and balls to stimulate to full erection

3.13 - 4.52 Nipples and shoulders and two way touch

4.53 - 6.33 Leg lift and buttock scratch

6.33 - 7.19 Stomach and re stimulation and nipples

7.20 - 9.00 Arm to body and close sensual intimacy

Chapter 6

Part 1 - Erotic Massage - Body to body - 7 Minutes

Body to body is a part of a sensual massage that most men love to experience. The important fact to understand is that you CAN use all your body weight. This section starts with arousal under the body to stimulate his to high arousal. Then Zara climbs up on to the massage table with her knees either side of Dave's head and she gives Dave an arms cross down the back to eventually lay completely on top of his body. Zara then shows the reverse body to body laying on Dave from his feet upwards and putting him in to a gentle head lock and grinding her hips on to his buttocks. She then moves in to the riding position and as her pelvic bone puts pressure on his lower back.

Minute by Minute:

0.00 - 3.40 Body to body head to feet

3.41 - 5.45 Body to body feet to head and head lock

5.45 - 7.00 Zara plays

Part 2 - Erotic Massage - Edging taking him to orgasm - 10 Minutes

Colin gives an off screen commentary as Zara demonstrates the various technique and position to take a man to orgasm and ejaculation.

Chapter 7

The complete Female to Male Sensual Massage

A 45 minute demonstration of the Male to Female Sensual Massage given by Zara to a second male volunteer Ralph, with a commentary by Colin in conversation with Lucy. This is 45 minute start to finish demonstration of the sensual massage enables you to play and practice. Simply play this whole section but switch the sound off.