

Description of the 90 minutes Kama Sutra Sensual Massage

Given by a male to a female

Introduction

This massage combines both regular muscle work with a very intimate touch that can (optionally) include a powerful orgasm or multiple orgasms. Traditionally the Sensual Massage takes place between a giver and a receiver but in the Kama Sutra Massage the roles can be less defined falls into three main phases.

- **The Relaxing Therapeutic Phase (20 min).**
- **The Therapeutic and Heightened Arousal Phase (35 min)**
- **The Erotic phase to Repletion (35 min)**

Phase 1 - The Relaxing Therapeutic Phase

This first phase follows the line of a traditional massage but with gentle arousal included. The aim is to relax your body and to work out any strained or aching muscles heighten the senses to ultimately put your mind and body into a state of trust and safety. With the towel subtly moved feathers are then gently stroked across her back, buttocks, thighs and legs and then followed by light finger touch. Warm oil is applied to the back and shoulders and buttocks and then begin the massage with a gentle deep tissue massage, working out any knots or tension. This is particularly good for those suffering from tight shoulders or lower backache. After 20 minutes she will fall into a state of rest and trust, and it is usually at this time she will begin to “let go” to give herself over to the thrill of the growing arousal.

Phase 2 - The Therapeutic and Heightened Arousal Phase

The massage continues with the buttocks, calves, back and inner thighs. And order to increase arousal some further sensual strokes are introduced to stimulate her inner thighs, breasts. This with more body to body contact encourages her natural arousal to grow.

Still facing down introduce light clitoral and vaginal stimulation and for those that have indicated their desire some light external anal touching. It is at this time if you have not been asked to remain dressed, that you as the giver can also become naked. It is at this point that you must start to use your intuition and follow her responses. The more she responds, the more you can explore her boundaries, but always with her knowing that she can say “slow down” or even “stop” at any time. After about 60 minutes, turn her over. The intensity of the massage relaxes a bit as you continue with a gentle massage of the feet and ankles, a front of legs and upper thighs and intimate areas around the groin and between the legs.

Phase 1 - Full The Erotic Arousal Phase to include Orgasm (if desired)

The purpose of this final part of the massage is to create the total experience that she wants and not solely to achieve orgasm although by this time orgasm may have occurred more than once. As the giver you will now focus on intimate breast and nipple stimulation, oral stimulation if wanted, clitoral arousal, internal and external

vaginal and G Spot massage as well as anal stimulation, again only if desired. Follow her signals again using your intuition to take her to the highest feelings or arousal that she indicates she wants. Of course, for some the pleasure can be to enjoy a massage of the vaginal area without the need for finger penetration or orgasm

Let her give guidance if she wants since the physiology of women can vary and the G-Spot is very précis and speed and pressure are also a personal choice.

Finish the massage by covering her with a towel and gently massaging her head and scalp then leave her to rest for as long as she wants.

Step by Step Memory Jogger

PHASE 1

1. Feathers
2. Stroke Back
3. Oil Up
4. Effleurage Back
5. Top Spine to Coccyx
6. Shoulders
7. Neck
8. Hug skin to skin
9. Back Muscles thighs touching clients arms /hands
- 10.Double crossed arms base to head
- 11.Elbows up back down sides 3 times
- 12.Back stretch
- 13.Hold Hands
- 14.Side Pulls and Underbelly
- 15.Possibly lightly massage breasts and nipples
- 16.General Massage of the lower back
- 17.Cover Body with Towel (end of phase 1 approx 20 min)

PHASE 2

18. Slide Towel off body slowly and become naked yourself (1st option)
19. Oil Buttocks and buttock cleft and knead buttock muscles, figure of 8
20. Massage down legs then hook arm between legs lightly pushing against groin to simulate sex
21. Possible Light anal massage
22. Slide hands down upper torso lift body and cup vagina and stimulate clitoris to possible orgasm
23. Metal Forks over body and perineum
24. Back of Legs ankle to thigh
25. Sit on table legs to groin
26. Massage outer lips of vagina and anus
27. Insert fingers into vagina and explore most desired intensity of in out motion to achieve possible orgasm.
28. Stand at head and lean over back to buttocks and stroke anus, hands on your buttocks
29. Possibly climb on table for body to body with face over buttocks and vagina to give possible oral stimulation.
30. Continue with arousal as you think necessary
31. Stroke body and cover with towel
32. Leave room for 1-2 minute (end of phase 2 approx 35 min)

PHASE 3

33. Turn her over
34. Chest & Nipples
35. Stomach and lower abdomen

- 36.Remove towel completely
- 37.Oil and massage feet and ankles
- 38.Effleurage of legs to upper thigh
- 39.Lift leg to stimulate the buttocks
- 40.Lift other leg and repeat
- 41.Spread the legs and give light massage to the outer lips of the vagina
- 42.Stroke anal area
- 43.Insert finger in to the vagina to stimulate the G Spot
- 44.Final vaginal massage (if wanted by receiver) finger insertion building to intense in out motion to achieve orgasm.
- 45.Continue with stimulation until you feel she is fully satisfied or she says so.
- 46.Cover with towel
- 47.Finish with light massage of head and scalp and feet
- 48.Leave the room so she can rest (end of phase 3 approx 35 min)