

Description of the 90 minutes Sensual Massage Given by a Male to another Male

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 a sensual 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)**

1. The Relaxing Therapeutic Phase

Giving and receiving a sensual massage is a very personal experience and as the “giver” it is important to understand the motivations and expectations the “receiver” has for the massage. Ask about any health or physical issues that you may need to be aware of and find out if he has any particular areas of his body that he wants special attention given to i.e. nipples, anus, balls, prostate. Following this "chat" if he has not had one within an hour or so before the massage, ask him to have a shower as this will start to relax him and give you peace of mind as to his cleanliness.

This first phase should last about 20 minutes and is focussed on the shoulders, back, and upper body. The aim of this first part of the massage is to help him slide into a calm relaxed state of trust. So that he can focus on the exquisite sensations that his body can provide it is a good idea to remain partially dressed and become naked after phase 1.

Start with a light head massage and then after removing the towel use light touch with feathers and finger massage then continue with by combining traditional deep tissue muscle. The combination of soft strokes with stronger deeper massage will give him the confidence to relax and to let go and be cared for.

As well as working on his muscles begin to tease the more intimate areas of his body such as the inner thighs, nipples, buttocks and back of neck this will cause his autonomic nervous system (Para Sympathetic relax and rest mode) to shift causing the first stirrings of genital arousal.

2. The Therapeutic and Heightened Arousal Phase

During this phase let your hands start to explore further into the intimate crevices of his body, the perineum, the groin and pelvic areas as well as the buttocks and balls and if desired you can let him reciprocate the touch back to arouse you.

As his arousal grows, his breathing will increase, his senses will heighten and usually partial or full erection will occur. If desired you can give closer body contact as this will increase the intimacy, building the erotic connection and trust between you both.

During this phase, you can begin to work on his genital area (cock, balls, anus and optional internal prostate). Using plenty of oil, these areas are should be massaged using various techniques to heighten the sensation. The cock and balls can receive both firm manipulation

and light touch and the outer area of the anus lightly stroked and massaged. Check with him if he enjoys an internal anal massage as this is something that is specific to the individual.

At this point take care not to take him to orgasm but to hold him at a high state of stimulation for at least 10-15 minutes taking him from relaxation to high arousal several times.

You may decide to step on to the massage table and use some body weight. Laying on top of his body can be very intense and even simulated sex can be given by gaining your waist in to his buttocks. Slipping your cock between his thigh may also be appropriate but always make sure you read his reaction to ensure he is receptive.

After this highly erotic period take him back down with more light stroking of the back and then cover him with the towel to rest. After a minute or two ask him to turn over.

3. Erotic and Orgasmic Phase to Repletion

Start slowly by massaging his feet and legs but intermittently stroke and massage his cock to re-energise his erection. Continue with his hands, fingers, arms, shoulders and neck and if wanted pay attention to his nipples, even using your mouth.

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

At first standing to the side of the massage table focus your attention on his responses but working together, holding his orgasm back then bringing it forward then taking it back again.

Then when you are both ready indicate to him that you are taking him to orgasm. With the orgasmic rush and ejaculation comes a massive release of energy, that can last for up to 2 minutes. After the energy has subsided the hormone prolactin is released by the brain sending him into a deeply relaxed state.

Then let him rest and relax is a complete sense of well-being and as his body relaxes give him a final head massage, his mind will drift into a state of subconscious calm, even a light sleep. Leave the room and let him rest.

Step by Step Memory Jogger

PHASE 1

1. Feathers
2. Stroke Back
3. Oil Up
4. Effleurage back
5. Spine to Perineum
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. General firm massage of the back
16. Hands under body massage pubic area and cup scrotum
17. Cover Body with Towel (end of part 1 approximately 20 min)

PHASE 2

18. Slide Towel off body slowly and masseur can become naked (1st option)
19. Oil Buttocks and knead buttock muscles, figure of 8
20. Massage down legs then hook arm between legs lightly pushing
21. Possible light anal massage
22. Metal forks over body and perineum
23. Back of legs ankle to thigh
24. Sit on table legs to groin
25. Scrotum grip and ball stroke
26. Slide hands under groin
27. Hold cock in pistol fashion, press & squeeze till erect
28. Pull cock back and massage full length
29. Stand at head and lean over back to buttocks and stroke anus, hands on your buttocks
30. Possibly climb on table for body to body
31. Continue with arousal as you think necessary
32. Stand at side of body give option prostate massage
33. Stroke body and cover with towel

34. Leave room for 1-2 minutes

PHASE 3

35. TURN RECEIVER OVER

36. Oil and Massage feet

37. Calves and thighs

38. Lift leg to angle and massage thigh to hip and groin

39. Lift leg and tickle under buttock, stroke anal area

40. Repeat on other leg

41. Oil cock and massage (not to orgasm)

42. Hands and arms

43. Neck and shoulders

44. Chest & nipples

45. Stomach

46. Cock massage to full arousal and orgasm using imagination

47. Head Massage

48. Leave the room so he can rest