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Male to Male Sensual Massage Program - 8 Chapters

With the assistance of a male trainee and also a male receiver, watch Colin teach the full body sensual massage program that he regularly gives to his female clients. By taking this tutorial, you will learn a complete sensual massage program 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 intense sensual massage experiences a woman can receive from a man. Created by Intimate Tutorial's own Master Masseur and Sex Mentor - Colin Richards, this is a 3-hour tutorial divided into 8 chapters.

Chapter 1

(Chapter 1 is made up of 2 parts)

Part 1 - Principles Behind Sensual Massage - 8 minutes

In chapter 1 part 1 Colin talks about the background of sensual massage, its origins and the importance of touch in relationships. How, in the early civilisations sensual and erotic touch was not necessarily regarded as just sexual but that it was an essential part of maintaining a healthy lifestyle. 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 how our physiology and psychology is specifically designed to both give and receive touch and that as well as being pleasurable it acts as a conduit to encourage trust and bonds between one another.

He explains why a life without touch is unhealthy and how lack of physically intimacy can make us feel vulnerable, rejected even abandoned and that this can influence both our health and sense of well-being.

Part 2 - Setting the Scene - 10 minutes

In this section 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

(Chapter 2 is made up of 2 parts)

Part 1 - Therapeutic Massage Routine Back Of Body - 10 minutes

Chapter 2 & 3 teach the basic therapeutic massage routine. To give a first class sensual massage it is important to combine traditional massage techniques with sensual strokes that gradually build into erotic stimulating arousal. This teaching demonstration can be applied to a massage you give that can be 60, 75 or 90 minute in duration. You can include or exclude any element according to your preference but in this chapter Colin demonstrates the standard style he uses for most 90-minute treatments. In this tutorial he teaches Gio who has little experience of giving a massage of any kind but is keen to learn. Gio explained that although he has given massage to friends before he now wants to learn to be more structured in his routine and intuitive to the receivers needs to so that he can bring more intimacy and adventure in to his relationships.

Part 1 In the first few minutes of this chapter Colin explains the importance of the journey that one takes the receiver on. It should not be a massage of two halves, a “rub then tug” but one that gradually transforms the receiver from a state of tension to relaxation and trust building the arousal and creating sense of adventure. Colin explains the techniques to giving a back and neck massage including the most traditional of massage strokes, the Effleurage.

A massage of 3 sections

1st part is mostly therapeutic work and for duration about 30 minutes is focused muscle work on the shoulders neck, lower and upper back, buttocks, thighs and calves.

2nd part is 45 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 2.30 – Introduction

2.31 to 3.37 - Head massage

3.37 to 5.54 – Intro to back massage

5.55 to 7.50 – Effleurage of the back

7.51 to 8.12 – Neck massage with wrist roll

8.13 to 9.28 – Variation to the back massage

9.28 to finish – Gio practices

Chapter 2 Part 2 - 9 minutes 40 seconds

A continuation of the back massage, in this chapter Colin demonstrates 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 way over 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.

Minute by Minute:

0.00 to 1.15 - Side of body massage including kneading and petrissage techniques

1.15 to 4.22 – Using your arms and body pressure

4.22 to 5.15 - Up-tempo and alternating the speed will release the tension

5.15 to 5.39 - Reverse Effleurage from lower back to shoulders and lower back work

5.39 to 7.11 – Figure of 8 massage of the buttocks

7.11 to 9.40 - Lower and upper leg massage with herringbone technique and leg effleurage

Chapter 3

Therapeutic Massage Front of Body - 9 minutes 50 seconds

This chapter is in only one 10 minute video. Once the receiver is turned and laying face up it's 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 too 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 1.00 - Foot Massage

1.00 to 3.11 - Leg & thigh massage

3.12 to 6.06 - Neck, shoulders and chest

6.07 to 7.10 - Gentle stomach massage

7.11 to 8.40 - Fingers hands and arms

8.41 to 9.50 - Forehead, ears and scalp massage

Chapter 4

(Chapter 4 is made up of 3 parts)

Part 1 - Sensual Massage Routine – Back of Body - 9 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. The chapter start with an introduction on how to prepare the receiver for the 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 receivers 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 wanting 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. This first part of Chapter 4 continues with full demonstration of the sensual massage. From removing the towel is a slow seductive sensual to using feathers and light touch to stimulate and arouse the skin. 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 this 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 to 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 explain the importance of this and how to achieve it without over indulging and how to monitor how much the receiver enjoys the touch or not.

Minute by Minute:

0.00 to 2.46 – Putting the receiver at ease

2.47 to 3.21 – Speed and body contact

3.22 to 6.00 – Feather & fingertip touch

6.01 to 6.29 – Hand holding and silent communication

6.30 to 9.00– Body to body and 2 way reciprocal touch

Part 2 - Sensual Massage Routine Back of Body - 4 Minutes

In part two Colin 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.

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.

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.

Kneading & pulling with exploration

This is 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.

Arm Arch and Perineum Caress

Elbow starting at base of muscle to side of spine on opposite side you are standing. Pressure your 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 your whole body encase the receiver's 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.

Minute by Minute:

00.8 to 1.13 - The Two Arm Sweep

1.22 to 1.41 – The Back Stretch

1.49 to 2.52 – Kneading, pulling and exploration

3.00 to 4.08 – Arm Arch & Perineum Caress

Part 3 - Sensual Massage Back Of Body - 10 Minutes

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 receiver's

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 that is deeply intimate, trusting and bonding as well as erotic and orgasmic. Tools, Tricks & Towel Slide - 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 Arm/Groin Hook

Once the towel is removed completely and 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 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 your 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.

Hand Slide

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. Repeat this on the other side.

Anal Massage

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.

Shotgun Hold with Cock Stimulation

It is called this because when you slide your hands under the receiver's 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 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.

Minute by Minute:

0.00 to 3.43 – The Testicle Caress

3.44 to 5.56 – Tools Tricks & Towel Slide

5.57 to 6.44 - The Arm/Groin Hook

6.44 to 7.15 – The Hand Slide

7.16 to 8.25 – Scrotum Hold & Anal Massage

8.27 to 10.00 – Shot Gun Hold with Cock Stimulation

Chapter 5

Sensual Massage Routine Front Of Body - 9 Minutes

In this chapter the instruction is given by voice over as Colin gives a step by step commentary of each phase of the routine showing both the sensual and erotic arousal of the front of the body. His student Gio follows his example on the second receiver putting into practice his version of what Colin teaches. This tutorial include detailed cock and ball stimulation and edging techniques bringing the receiver to near ejaculation several times. ** This tutorial is fully explicit and focuses on both cock massage techniques and nipple stimulation and include arousal to orgasm and ejaculation

Chapter 6

The first half of the complete 60 minute Male to Male Sensual Massage Demonstration (with commentary)

Chapter 7

The Second half of the Full 60 minute Male to Male Sensual Massage Demonstration (with commentary)

Chapter 8

Full 60 minute demonstration of the Male to Male Sensual Massage Demonstration but without commentary or sound track.

This is tutorial enables you to play the whole 60 minute video on silent whilst following and giving the massage to a receiver. This Chapter is also available for you to download.