



## **GODDESS GUIDE: HOW TO GIVE AN INCREDIBLE EROTIC MASSAGE**

### **Start with the essential elements:**

- **Focus** – The single most important component of the atmosphere is you. You have the power to create a feeling of utter acceptance and pure relaxation for your partner by your presence and intention. Simply focus on all the things you love about your partner as you deliver your massage. Focus on experiencing the pleasure of giving.

- **Engage all the senses** – Consider all of the senses – not just touch, but also temperature, sound, scent, and illumination. Start with a clutter free space, lay out a blanket, towel or sheet. Create a soothing ambiance by lighting the room with deliciously scented bwarm massage oil candle or an exotic sandalwood vanilla or spicy chocolate massage oil candle by *Booty Parlor*. If you'd rather use a non-candle massage oil, check out our *Skin Honey* in *Chocolate Honey*, *Vanilla Honey Chai* and *Honey Pomegranate* along with our sensational *Silk Silicone Massage Gel*. Both deliver amazing results! Light the room with a soft pink light bulb to create a warm, glowing hue. Play some of your favorite mood music and you're good to go!

- **Make it personal** – Everyone enjoys a massage, yet each person has their own specific desires. Ask your partner how they like to be touched and invite him/her to give you responses that convey what feels good while you're doing it.

### **Now, work your way from head to toe:**

- Begin with your partner lying on his/her back. You can place his/her head in your lap if you'd like while you focus on the temples and ears. Once the massage oil candle has been lit for a few minutes, the base will become warm and soft. Dip a fingertip into your scented massage candle, and slowly massage the warm oil into the temples. Trace the hairline from above the ears, then massage the earlobes.

- Next, have your partner turn over on his/her stomach and apply more massage oil across his/her upper back, shoulders, down the spine and onto the lower back. For amazing massaging techniques view *The Joy of Erotic Massage DVD* or reference *The New Art of Erotic Massage* book. Massage the neck with longer strokes from the base of the head to the top of the shoulders. Most people carry the majority of stress in their neck and shoulders. Find out if your partner likes a stronger pressure or a gentler pressure here.

- Drizzle warm oil on your lover's buttocks and thighs. Use your open hand, with your thumbs on the inner thighs to stroke up the thighs for maximum pleasure.

- Make your way down to the calves and feet, again another part of the body that craves a nurturing touch. If your partner is ticklish focus on massaging those body parts that respond by relaxing....unless of course your partner wants to be tickled!

- As you progress through your massage, imagine how it feels for your partner – it's important to stay connected to them as you explore his/her body. Take your time, and vary your techniques from light strokes to deeper massage. Encourage your partner to breath deeply and slowly and match his/her breath to yours. Erotic massage is an intensely pleasurable and incredibly sensual experience for both of you to enjoy!