

Give the Gift of Touch

What is more sensual than touch?

Giving your partner a massage is an act of love and is a great way to build both trust and intimacy. An at-home massage may not have all the benefits of a professional masseuse with their extensive knowledge of physiology, but they do come with something just as good - someone who knows your body.

Here is our quick guide to giving a soothing and sensual massage to the one you love.

Step 1.

LOCATION, LOCATION, LOCATION

The location of the massage is important, and though the bed is the most obvious choice, it's not necessarily a bad idea to start somewhere else... for instance, if you see your partner hunched over the desk working, you can walk up behind them and start to ease the pressure out of their neck.

Step 2.

SET THE MOOD

Consider dimming the lighting, and playing your favourite film score. Usually music without lyrics is preferable, but some Nina Simone 'Wild as the Wind' never went astray.

Step 3.

PICK THE RIGHT MASSAGE OIL

The oil is an crucial part of the massage experience and it is important to get one that has the right scent and texture. A thick, rich oil like Vanessa Megan™ Bio-Omega Body Contouring Oil combines hydrating and smoothing base oils like Australian boab, Hemp Seed, Pumpkin Seed, Rosehip and Jojoba which will allow your hands to glide across your partner's skin. It also features pure essential oils of Neroli, Bergamot and Lavender for relaxation, relieving stress and anxiety.

Step 4.

START WITH THE BACK, MOVE DOWNWARD

Make your partner comfortable lying on their stomach with a pillow positioned to make their head and neck comfortable. Remind them to shift their head position occasionally to avoid stiffness. Warm the oil in your hands and begin with sweeping, firm strokes up and down the muscles along the spine. The idea with sensual massage isn't deep tissue massage, but a gentle, relaxing rhythmic massage that feels almost trance-like.

Use your entire hand and keep the pressure even throughout the massage, you don't want to cause any pain, but you don't want to tickle either (unless they ask for it!). It may not feel as though these are sensual parts of the body, but there are thousands of nerve endings and in your fingers and toes and massage both stimulates and relaxes them, spreading a feeling a deep relief to the entire body.

Step 5.

MEDITATE

While you are massaging your partner, meditate on your feelings for your partner, imagine them feeling light, being surrounded by light and concentrate on breathing in rhythm with them as you move. Remember, as you end the massage, that it is about creating a bond between the two of you, both physical and emotional and the massage should enhance intimacy whether it ends up being foreplay or simply relaxes your partner into a deep sleep.

