

## HOW TO GIVE A SENSUAL MASSAGE

The key to giving and receiving a good sensual massage is preparation. First, set the mood. Start by lighting a scented candle, put on a romantic CD, lay down a clean sheet, get some fresh towels at the ready and ensure distractions like phones are switched off.

Now, before you go any further, it is important to talk to your partner so that they know exactly what a sensual massage involves. Describe it as an erotic activity which involves nudity and intimate touching.

Then, ensuring your hands are warm, start by lightly stroking your partner's body with the tips of your fingers. Start on your partner's back and work your way down and around to the front. Take your time, don't rush. Move from one area of your partner's body to another covering the shoulders, arms, thighs, calves and buttocks.

Once your partner is completely relaxed begin the sensual massage by pouring about two tablespoons of florame's unique organic massage oils – there are seven to choose from - into your hands and then rub them together until the oil is warm. Now, use your hands to make long, gliding strokes over your partner's body making sure you check with your partner that the pressure is okay. Again, start on the back.

When you've covered all the key areas of your partner's body, switch from long gliding strokes to short deep strokes. To make deep strokes you will need to use your body weight rather than your arm strength but remember to be gentle and check the pressure is ok.

As you work your way around your partner's body using short deep strokes, remember to massage their feet, brush over their buttocks and if you're massaging a female partner, make sure you gently stroke her breasts. When you think the time is right, begin working your way very slowly down your partner's legs gliding your hands as you go. Brush past your partner's genitals, teasing them by stroking their inner thigh. Finally, when the erotic energy has had time to build, ask your partner to give you an equally sensual massage so that both of you become aroused.

Prolong the mood by washing off the massage oil with a bath for two using florame's sensual bath salts.

You can buy the massage oils and bath salts mentioned from our website: [www.florame.co.uk](http://www.florame.co.uk)