

Erotic Massage Made Easy



*MASTERING THE 5
RUB DOWN ZONES*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*Erotic Massage for Better Sex*”, my most advanced sex education program all about enchanting your lover with erotic massage.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*Erotic Massage for Better Sex*” today.

To download your copy, just click the button at the bottom of this page after you finish watching or listening to this week’s episode, or go to

www.EroticMassageMastery.com/eroticoffer

Are you ready to embark on your *Erotic Encounter*?

I WANT YOU to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about erotic massage.

Are you ready? Let’s do it!



Erotic Massage Made Easy



Mastering The 5 Rub Down Zones

When you think about giving your wife an erotic massage, what's the first thing that comes to mind? Do you immediately get aroused? Do you ponder what kind of reciprocal reward it might get you? Do you think about giving her pleasure and how you might do it? Or does your mind draw a picture of her body and consider all the many ways you can and will choose to touch her? Are you an organized massage partner or a fly by the seat of your pants kind of guy?

Pleasuring a woman through erotic massage doesn't have to be a task best left to the experts, but a little know how and a lot of practice can make you better at it than your wife could imagine. If you take your time and think about each movement, if you focus and give her body your undivided attention, you will have the privilege of giving her one of life's most exquisite pleasures just about any time you want.

THE ZONES

The five zone plan is designed to be followed in order. Not only does this give you a way to memorize them easily so you can be sure not to forget one, but the order progresses so that you will be slowly working up her arousal and desire through ever more intimate touch.

Never underestimate the power of the tease! Follow this general guideline for many nights of shared massage pleasure.

NEVER UNDERESTIMATE THE POWER OF THE TEASE! FOLLOW THIS GENERAL GUIDELINE FOR MANY NIGHTS OF SHARED MASSAGE PLEASURE.

THE MASSAGE

You should start the massage somewhere non-threatening with low expectations. Catch her after dinner or while she's just finishing up a difficult project, or getting ready to relax for the night. Don't wait until you are both ready for sleep, or try it out in the middle of something important or time-consuming. Timing is everything!

Despite the fact that you want your massage to be somewhere "low key" to start, you still want to have someone comfortable to move to when things start going well. You want your secondary location to be comfortable without looking too done up – again, you want to show off your competence without looking like you are working too hard.



As with any erotic adventure, the more sensually engaging the experience is, the more pleasurable it will be for you both. Use candles, lightly scented aphrodisiac massage oil, soft sheets, and warm blankets, gentle music... but not all of them at once. It should appear casual. Most importantly, don't act impressed with yourself. If you want *her* to be impressed, don't wait expectantly for her to tell you what a good job you've done preparing and pat you on the head. Just be sure the room is warm and you both have every opportunity to be as comfortable as possible.

If you need to lay a blanket down on the ground instead of heading to bed, be sure to put out lots of pillows to help cushion her body, and yours – remember, you're likely to be propped on your knees for quite a while and getting a cramp mid-way through is not very sexy.

ZONE 1: SCALP, NECK AND SHOULDERS

You won't need oil to begin here most days, since it's likely she'll still be clothed when you first suggest a massage break. A few light shoulder squeezes or a rub of the scalp is a great way to get her interested and into the bedroom with your romantic set up! Does she have a headache? Is she complaining that her muscles ache, or that her day has been stressful? Signs that she would really appreciate a massage include:

- She keeps sighing deeply as she goes about her work
- Her eyes are squinty or tired-looking
- She rubs or squeezes her own shoulders/hands/feet/head
- She mentions that anything is "killing her"

THE COME ON

Rub her scalp gently at her temples or the nape of her neck, trying not to mess up her hair too much,



Erotic Massage Made Easy



Mastering The 5 Rub Down Zones

and kiss the top of her head. Tell her she looks like she could use a break, and offer to give her one... even just a short one. "Massage only!" Squeeze her shoulders just below the base of her neck, careful not to press on her spine. Use your thumbs to massage her neck on either side of her spine, from her shoulders to the base of her neck. Don't touch too lightly, but be careful not to press too hard in any places where the bone is close to the skin.

This first move is about enticing her to get comfortable in your arms and consider getting more comfortable somewhere with sensual oils and a warmer climate that you have ready and set up – you do have it ready and set up, don't you? Be smooth and once again, gentle. Ask her about her day and engage in conversation, so she can take her mind off your hands and begin to relax. Let your hands follow her body. She should lean in to you and make some noises that let you know that what you're doing is working (or not) and which spots or movements feel best. When you find your opportunity (like, when she mentions how amazing it feels), you can make your suggestion to get more comfortable!

BE SMOOTH AND ONCE AGAIN, GENTLE. ASK HER ABOUT HER DAY AND ENGAGE IN CONVERSATION, SO SHE CAN TAKE HER MIND OFF YOUR HANDS AND BEGIN TO RELAX. LET YOUR HANDS FOLLOW HER BODY.



THE STRIP DOWN

Her agreement to head into the bedroom with you might usually have you heading right for the good stuff and throwing your clothes in the other direction, but today it's time to slow down. You're your clothes on. Continuing to focus on her neck and shoulders, tell her that you want her to take her shirt off. If she's wearing a bra, leave it on for now. Kiss her and have her sit on the edge of the bed, or climb into the bed yourself and let her sit beside you. Try spreading your legs (with your pants on!) and having her sit between them. She can lean back in to you as you lean against the wall or the headboard. If you want more room to work on her muscles, try bending your legs with your knees up to your chest. She can lean against your shins for support and give you complete access to massage her neck, shoulders and upper back.

You can move lower through her shoulders in to her

Erotic Massage Made Easy



Mastering The 5 Rub Down Zones

back as she begins to loosen up. If she likes what you've done so far and wants more, you can and ask her to lie down on her stomach. You both may want to disrobe a bit further at this point, but you can leave underwear and her panties on for a few moments longer. Leave your pants on if you can.

UP ON TOP

One of the best positions to continue in is also a very sexual position, which can help you get her turned on before you get into any of the deeply erogenous massage. With her face down and legs together on the bed, straddle her upper thighs, your legs surrounding hers just below her butt, your sex pushed up against hers. If you are both still clothed, the close encounter may help get arousal on its way.

Lean over, supporting your upper body by pressing into her shoulders, again avoiding the spine. Really give her shoulders a good deep massage and be sure to get lots of feedback about what amount of pressure is comfortable. Encourage her to relax and use your thumbs and the heel of your hands liberally to get her blood flowing. Add in kisses and other caresses to slow things down.





ZONE 2: ARMS AND HANDS

When her shoulders begin to loosen up, you can move to massaging her upper arms. This is a great time to have her turn over from her stomach onto her back. If she isn't completely topless yet, go for it now, and give her a blanket to cover up a bit and keep warm. No need to use the oil yet, unless her skin is especially dry and her hands and elbows could use some moisturizing. If you live in cold climates, break out the oil or lotion in the winter-time by default.

FINGERWORK

Massage her arms gently, using long strokes from light to medium weight. Don't try to use the same heavy muscle massages from her shoulders on these parts of her body, but do play close attention to her hands when it comes to applying a bit of pressure. We can hold a lot of tension in the hands so go to work on the big muscles, tendons and joints in the forearm, wrist and fingers. Apply pressure to the soft tissues and avoid the bones and joints.

WE CAN HOLD A LOT OF TENSION IN THE HANDS SO GO TO WORK ON THE BIG MUSCLES, TENDONS AND JOINTS IN THE FOREARM, WRIST AND FINGERS. APPLY PRESSURE TO THE SOFT TISSUES AND AVOID THE BONES AND JOINTS.

THE ROMANTIC

This is a great opportunity to get romantic, as she gazes up at you with her hands in yours. Touches on the hands and arms can be very comforting and friendly, intimate and encouraging of bonding behavior, personal disclosure. Talk about her beauty, her delicate fingers, her soft skin, her amazing eyes, her luscious lips. Make declarations of love. Learning to give a good massage isn't just about the time you spend touching, but about what you should do with that time. Don't just spend the entire night in silence. Take the time to talk together about your days, letting go of all that tension and stress. Talk about your love, your dreams, your relationship, your plans and hopes for the future. Talk about all the sexy things you want to do with each other later tonight or next week or three years from now. Talk about how she is feeling and what parts of her body are especially stressed, and what you can do about it, tonight and tomorrow... and forever. Talk and mean it. Sincerity will get you everywhere.

One of the most important things to remember at this stage is to stay present and in the moment. Don't forget that the moment you stop paying attention is the moment she stops



enjoying herself. Think about what you are doing and how you are doing it. Use your senses to perceive how her body responds to you, and then use that information to respond back to her! This is like a dance, a physical conversation of back and forth between you as arousal builds and tensions release.

ZONE 3: THIGHS AND FEET

After you have sufficiently warmed up her upper body and bonded intimately in the moment, you can pull back a bit and take the journey down below... but don't go right for the good stuff, not yet. Nope, you're going all the way down to her toes right now. Make sure she is good and warm with a nice blanket and head for her feet! A lot of people don't especially like their feet or enjoy sensual touch there, but they can carry a lot of stress and tension, especially for many women who wear heels or other uncomfortable footwear, so while she may not appreciate you kissing and licking her tender tootsies, just about everyone loves a good foot rub. Use a bit of oil and really work to release the tension in her arches, soften the skin on her heels, and work out any kinks in her toes.

From her feet, you can begin to work your way to her ankles, but take your time. She'll know if you're just rushing to get between her legs, so enjoy the experience as it's happening instead of rushing forward. Give yourself some time to really notice all the spots on her body and how they respond to your touch. Ask her what feels good and learn how to rub her the right ways in some *really* important places. Foot rub skills can get you a lot of great places in life...





SLIDE AND GLIDE

After you've loosened her feet and rubbed up her ankles, you have the wide expanse of her calves and thighs to cover, so use long, smooth strokes to put a thin layer of oil on her skin if she so desires. Stroke the skin down, from her thighs and past her knees to her feet, then back up again. You can use deep touch on the backs of her legs where the large muscles are accessible, but be careful around the knees. As you get up to her knees, you can begin to make your next move.

The muscles on the backs of the legs, directly above and below the knees, can hold on to quite a bit of tension. Pay close attention here and try massaging her legs in a few different positions to get a good feel for the condition of the muscles and work out all the stress. As you are moving your way back up to her thighs, allow the rest of your body to follow and place yourself between her legs.

SPREAD

It doesn't have to be obvious or even seem all that naughty, but it's time to make a move for those panties. If she's still wearing them, it's time for them to come off. If you are between her legs, have her bend her legs with her knees up and feet flat, then lift her hips up. Slide the panties out from under her and have her lift her legs up high in the air so she can slip at least one out of the underwear. Catch her legs both on one side of you and roll her on to her side so you can spoon her before moving on to the next zone. Smooth moves!

IT DOESN'T HAVE TO BE OBVIOUS
OR EVEN SEEM ALL THAT NAUGHTY,
BUT IT'S TIME TO MAKE A MOVE
FOR THOSE PANTIES. IF SHE'S STILL
WEARING THEM, IT'S TIME FOR THEM
TO COME OFF.

ZONE 4: TORSO AND BUTTOCKS

The easiest position from which to caress... ahem, massage... your lover's body is from the side. You can cuddle, or sit a bit apart and admire her body, but if you want her to be completely nude before you, she will be warmer if you stay close. If it's hot in there, back off and let her catch the breeze a bit.

When you touch her, you should move back and forth between areas you've already covered – arms, legs, head and neck – to areas you are just about to breach, by skimming

Erotic Massage Made Easy



Mastering The 5 Rub Down Zones

over her hips, touching her belly, cupping her breasts, running your fingers between her thighs and stepping up The Tease to the next level. You want to arouse her without directly stimulating any of her more obvious erogenous zones. Don't directly squeeze her breasts or touch her nipples, don't cup her vulva or spread her lips. Simply focus on staying in the moment and finding other ways to arouse her senses.

Massaging the "trunk" of the body is a more difficult task than the appendages. There are fewer large, thick muscles to cushion your touch. Instead you need to learn finer control, about to touch the skin with enough continuity and force to prevent tickling, but without pressing too hard and causing injury or discomfort. The bones and organs are all close to the skin in the trunk and your first instinct when you reach this part of her body is probably to go directly for her known erogenous zones... but your experience will be significantly more enjoyable for you both if you wait just a little bit longer! Remember, not every massage you give has to end in sex, but if you want it to, you should take your time and really enjoy the moments leading up to it.





TEASE

Touch her ribcage and the layers of skin just beneath her breasts, then down her sides and hold her hips. Kiss her neck and shoulders. Move your hands down her hips to caress her buttocks, then gently around her thighs and between them to the soft skin near the crease in her legs, but not quite there.

Don't dart around manically, but don't stay in one spot for too long. Let your hands move organically and explore her body without going anywhere that could be conceived of as taking the "next step" sexually. Don't pinch her nipples; don't part her lips, but hint at your desire to do so. Let your fingers tell her all about how much you want to make the next move long before you do it.

You want her to be wet before you get your fingers into her folds, but of course if she requires extra lubrication be sure to have some handy. Watch for signs of her arousal. Does her skin flush, her breath quicken, her body arch towards you, or do moans escape her lips? If you can't tell that she wants more, you haven't done your job quite right just yet. Keep practicing.

WATCH FOR SIGNS OF HER AROUSAL. DOES HER SKIN FLUSH, HER BREATH QUICKEN, HER BODY ARCH TOWARDS YOU, OR DO MOANS ESCAPE HER LIPS?

ZONE 5: BREASTS AND VULVA

When you are ready to move on to this point, she should be begging you to touch her in all the right places, if not with her words than at least with her body. She may grab your hands and put them right where she wants them. She might spread her legs wider, turn herself towards you for better access, or kiss you with great exuberance and passion. Can she express what she wants?

SPEECHLESS

You may find that no matter what your hands do, your lover is left speechless. While this may sound like a delightful accomplishment, it can be frustrating in the moment to be without feedback and performance notes. If you aren't sure what you're doing and if it's working, it can be difficult to keep up your confidence. Without confidence in yourself, the vibe can get awkward fast.



The most important words you will learn to say in erotic massage:

“I want you to tell me how this feels.”

It isn't a question. There is no pressure for her to come up with the “right” answer. Rather, you are expressing your own desire. You want to know how she feels. She doesn't have to, but if she consents to sharing, she knows that she does so because you want to hear her express herself. Give her the opportunity to give you what you want, as you are doing for her.

Massage her because you want to please her, because you want to relax her, because you want to love her, because you want to see her happy and blissful... not because you want something in return.

What is the very best thing a man can do when giving an erotic massage? He makes sure that his partner knows that he's doing it because it gives him *so much pleasure* to see *her* experiencing pleasure. Can you be that man for your lover tonight?



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about erotic massage go ahead and download my "*Erotic Massage for Better Sex*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.EroticMassageMastery.com/eroticoffer to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours,
Gabrielle Moore

