

SEASON

3

# Arousal Amplification

EDITION

THE BODY-TO-BODY  
MASSAGE TECHNIQUE  
THAT GETS HER WET  
& WILD



# FLESH ON FLESH

GABRIELLE MOORE'S  
**NAKED**



GABRIELLE  
**MOORE**  
*Better Sex. Better Life.*

**WARNING:**

This eBook contains nudity and sexually explicit scenes. You must be over 21 years old to read this eBook.

Please consult with your own medical specialist to determine if you are healthy enough to engage in sexual activity. Please consult with your physician before attempting any specific sexual activities described in this video. Before using any of the products shown make sure you discuss their use with your physician and to determine if you are allergic to them. Discontinue sex or use of any product immediately if you experience chest pain, dizziness, numbness, swelling, bruising, irritation, tingling or loss of feeling or circulation occurs. Never disregard professional medical advice or delay in seeking medical treatment. This video is not intended to diagnose, treat, or cure. This video is intended to be used for recreational purposes only and is a novelty item.

Copyright © 2016 Insspira Publishing Inc.

The name of the work is Naked U. The records required by 18 U.S.C. 2257 and 2257A are kept by Direct Models Inc. by its custodian of records at 5535 Balboa Blvd Suite 103, Encino CA 91316.

Gabrielle Moore's "Naked U" has been produced by Insspira Publishing Inc.

"Naked U" and "Gabrielle Moore" are registered trademarks.

For more information about Gabrielle Moore's products visit:

[www.GabrielleMoore.com](http://www.GabrielleMoore.com)

# Table of Contents

## Section 1 – The Body-to-Body Massage Technique That Gets Her Wet & Wild

### Introduction

### The Importance of Touch

### Touch and Sexuality

### Body to Body Massage as a Way to Incorporate Touch into Your Sex Life

### Body to Body Massage-Getting Ready

#### Part 1: Fingertips and Fingernails

#### Part 2: Let your Penis do the Walking-All over Her Body

#### Part 3: Feathers and Mitts and Blind Folds-Oh My!

### Summing It All Up

### Conclusion

### Bibliography



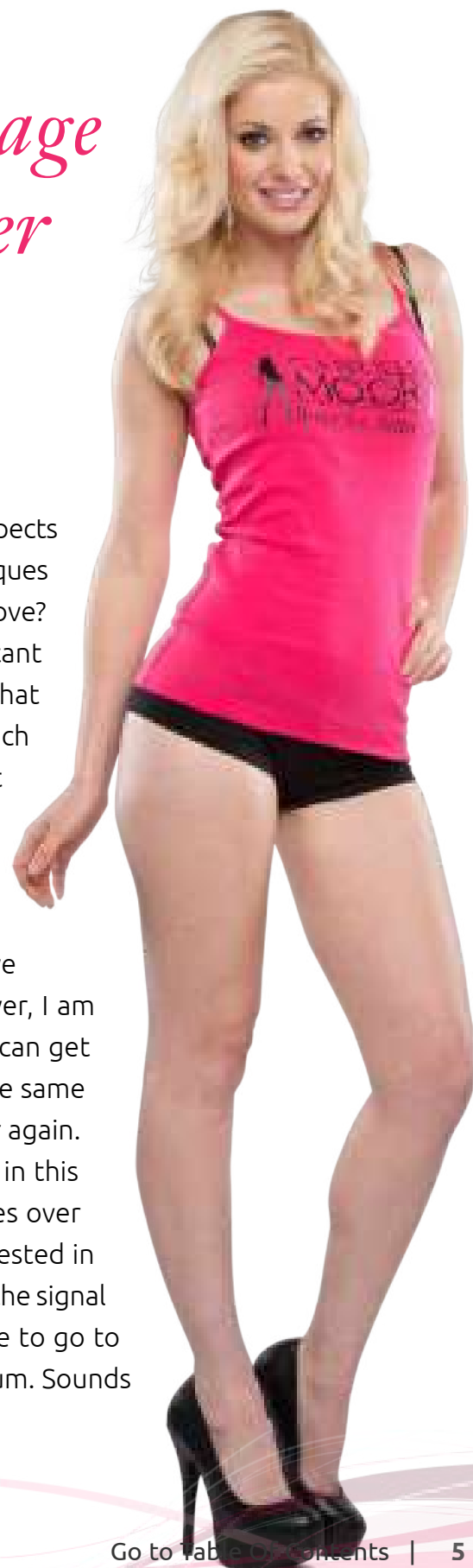
## Section 1

# *The Body-to-Body Massage Technique That Gets Her Wet & Wild*

### Introduction

Hi there! Are you ready to explore one of the most forgotten aspects of sexuality and sexual pleasure? Do you want to learn new techniques that will help you increase her pleasure every time you make love? Good, because today I want to talk to you about a very important aspect of intimacy and sexual pleasure: Touch. You may think that touch is a no-brainer where sex is concerned but the reality is, touch is often one of the first things to go in a relationship. It is right up there with saying goodbye to kissing. It doesn't happen overnight but too often in relationships as we go about our hurried lives, we fail to take the time to touch each other.

This goes for in the bedroom too. You may be saying, "But we touch every time we have sex!" Technically that is true. However, I am not talking about the small amount of skin to skin contact you can get away with during sex. As is all too common, couples get into the same sexual routine. They do the same things over and over and over again. This often means they do the minimum to get the job done-or in this case-get the sex over with. They crawl in bed. Maybe he reaches over and gives her breast a little squeeze to let her know he is interested in sex or has some other regular way he initiates it. She picks up on the signal and they proceed. It is over in a few minutes and then it is time to go to sleep. Until the next time and then it starts all over again. Ho hum. Sounds



pretty boring doesn't it? Makes me think a lot of couples could have sex over the telephone instead of being in the same room together and put forth just as much effort.

I get it. So often we are caught up in our day to day living that by the time we hit the bed all we want is sleep or to expend the least amount of energy on sex before we go to sleep. It gets dull. It gets predictable. Sometimes it seems like too much trouble. Like I said, I get it. But it doesn't have to be that way. It doesn't matter if you have been in a relationship for several years or are in a relationship that is brand new. Sexuality is ever evolving and that is normal. Sometimes along our sexual journey we take it for granted our partner is satisfied if they don't speak up. That's not ok.

The reality is, touch is a healthy part of life and when it comes to sex, touch done the right way can help increase her arousal, build tension and result in orgasms that will leave her breathless.

This starts when we recognize the skin as the miracle it is. Tegu (1998) phrased it perfectly when he stated "The human skin, the biggest and most wonderful of human organs deserves a special recognition and our highest praise and admiration for the miraculous functions it performs and the external and unique beauty that it gives to the human race. Other living things may be covered with scales, furs or feathers, but the human skin, our exterior dress, the boundary that holds our body, given to us by nature, is a thing of great beauty, a beauty surpassed only by the miraculous tasks it performs."

By taking some time to understand the importance of touch and by using this information to go back to the basics while at the same time taking it up a notch, you can reignite your sex



life and amplify sexual pleasure. If you would prefer to learn about this topic via video please check out Gabrielle Moore's video course "FLESH ON FLESH." In this video course you will cover everything I say here and see live examples of a couple using techniques discussed in this eBook to use touch to increase sensations and stimulation, which in turn, amplifies their sex life. By reading, watching and learning and then putting all of it into practice the same can happen for you and will be able to relax and be reassured you are giving her the sexual pleasure she deserves and desires.

## The Importance of Touch

Let's start by covering some of the key aspects of touch. Did you know we are all born with all the touch receptors on our skin we are ever going to have? That's right. What you come into the world

*“Pleasurable sensations have a wonderful effect on us as our brains process them*

with, you leave the world with. The key, like so many other things in life, is how you use them while you are here.

These touch receptors are pretty self-explanatory. Located in the very top layer of our skin called the epidermis, these touch receptors work hard every day without us even thinking about it. The somatosensory system controls our touch receptors and has a huge network of nerve endings. It is responsible for every sensation we feel: pleasure, pain, pressure, temperature, vibration, itching and even tickling. It tells us if something feels rough, smooth, sharp, dull and more. The brain and touch receptors work together to take in the data, process it and identify the sensation. This happens so quickly we don't even have time to think about it happening.

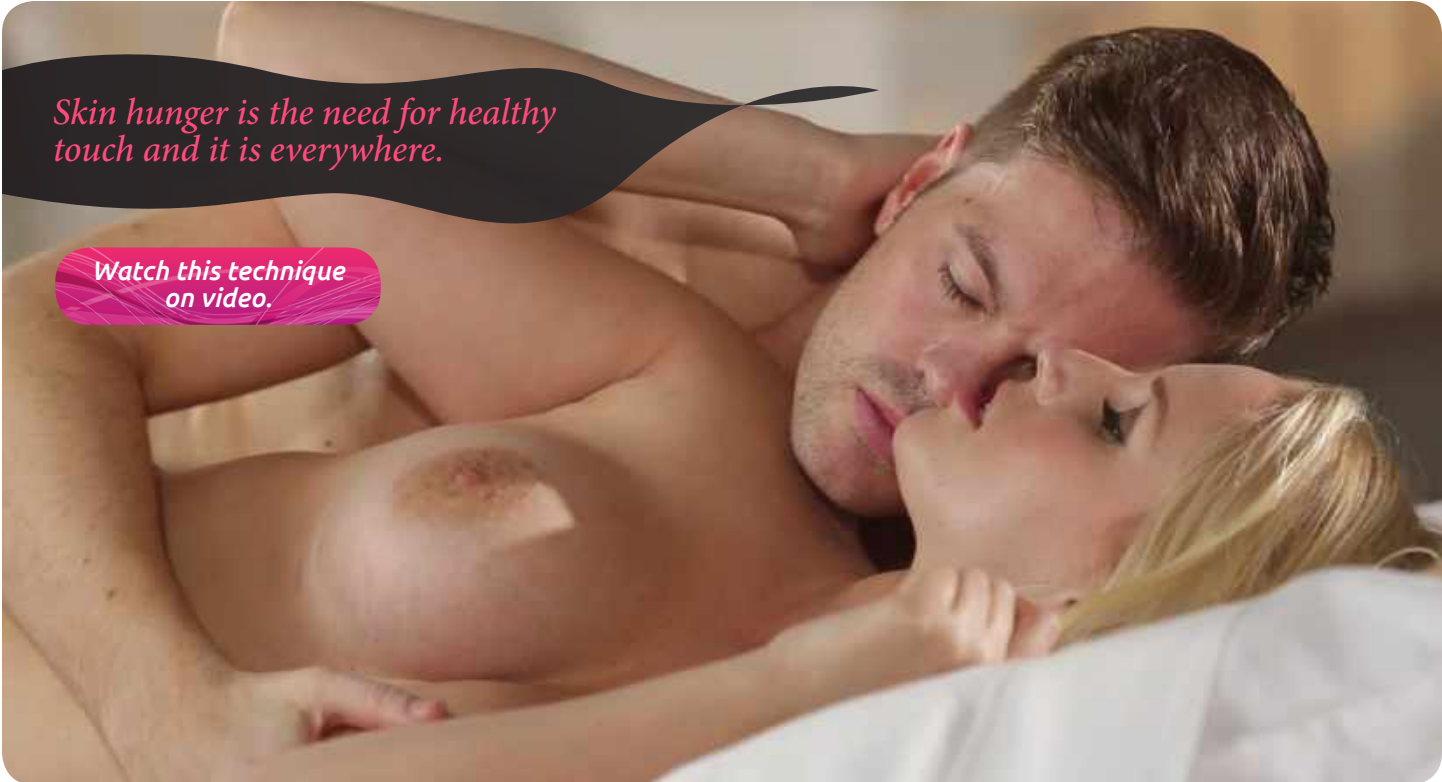
Pleasurable sensations have a wonderful effect on us as our brains process them and secrete the good stuff life oxytocin which is the same chemical our bodies produce when we orgasm Field, 2010). When we have positive touch on a regular basis we are happier, calmer, sleep better and feel more safe and secure. Touch can be soothing as well as sensual.

However, like any other part of the human body, if we don't use it we lose it. That means that if we do not receive enough touch in our lives, hugging, caressing, affectionate touch, sexual and non-sexual, they atrophy. Sort of like how muscles we don't use for a while get slack and out of shape. Touch is a very undervalued and underutilized part of our human existence. In our everyday lives as well as the sexual part of our lives.

This lack of touch results in what is called skin hunger (Floyd, 2013). . Skin hunger is the need for healthy touch and it is everywhere. People of all ages, relationship statuses and genders can suffer from skin hunger

We know having touch in our lives is very important. A review of the literature on touch clearly shows that interpersonal touch and tactile stimulation actually influences the behavior of people. We also know touch can be used to communicate emotion, that it fosters bonding between couples and strengthens romantic attachments and relationships (Gallace and Spence, 2010).

In addition, Debrot et al. (2013) found that interpersonal touch seems to promote physical health through its positive effects on stress and that intimate partners benefit from touch on a psychological level as it conveys a sense of strengthened bonds that increases the feeling of well-being.



*Skin hunger is the need for healthy touch and it is everywhere.*

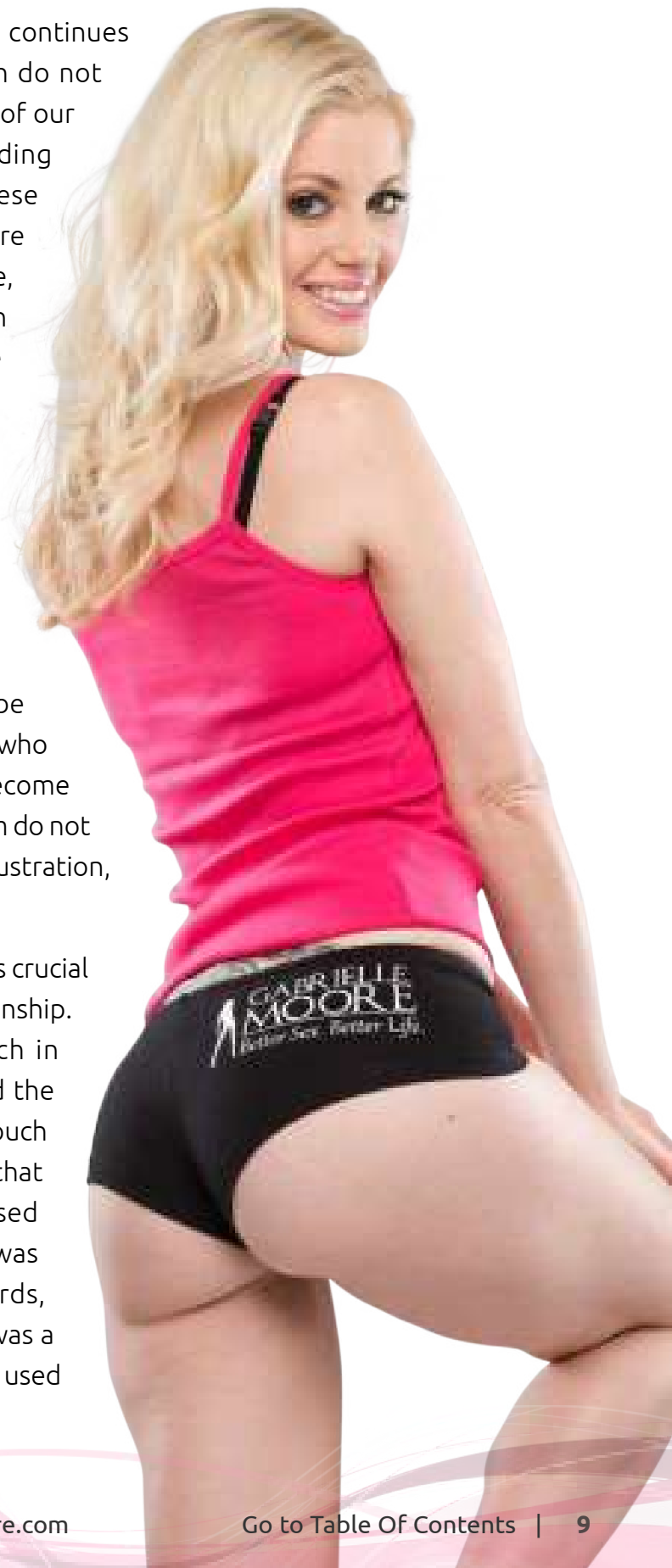
*Watch this technique on video.*



The need for touch starts when we are born and continues until we die. Babies who do not get enough touch do not thrive. As children we learn and communicate many of our emotions through different forms of touch including hugging and those who learn to communicate these emotions through touch have been found to be more cooperative in their interactions with others (LeFebvre, J.E. and Agent, F.L). When children do not get enough affection and touch they have been found to have difficulty with emotional warmth and have little to no ability to engage in basic human relationships (Clare 2007).

Elderly people in care facilities long for touch. Routasalo, (1996) found that elderly persons in long term care facilities had positive responses to non-medical related touch such as hugging or hand holding. And yes, your partner may be longing to be touched, REALLY touched as well. Many times people who have skin hunger are not aware of it because they become so desensitized to it. They and the people around them do not realize skin hunger can contribute to their anger, frustration, social isolation and more (Floyd, 2013).

Having healthy and positive touch in a relationship is crucial to how happy and satisfied someone is in the relationship. Guerrero and (1991) completed a study on touch in opposite-sex romantic relationships. They examined the effects of the stage of the relationship, gender and touch avoidance on touch behavior. What they found was that touch escalates relationships by promoting increased intimacy as well as psychological closeness. There was no effect on touch based on gender. In other words, both males and females need touch equally. There was a high correlation found between the amount of touch used



between males and females. Stated in easier to understand terms, the amount of touch males initiated and responded to was based on the amount of touch their female partners initiated and responded to and vice versa. Touch avoidance was also found to be strongly related to the amount of touch displayed. The less someone avoided touch the more they were touched and the more they avoided touch the less they were touched.

Remember I said that when we do not get enough touch our touch receptors atrophy? The good

“*increasing the amount of touch in your relationship is a positive action*”

news is that it is reversible. As with other parts of our body, when we start exercising them, they grow and become healthy again. What is done can be undone. What has withered can bloom.

Science has proven that when people who have skin hunger start to receive touch again the touch receptors wake up from their long dormant sleep and start to respond again. It doesn't happen overnight. It takes patience, effort and regular touch. In time, our bodies become alert and responsive to different kinds of stimulation again. At first people who have skin hunger may be resistant to touch. They may jerk away or be uncomfortable when their significant other tries to touch them, hug or caress them. It can be hard not to take this personally but it is important to keep in mind this is a knee jerk reaction their body is having. It is like a defense mechanism. When the body doesn't get something for a long time having it again can be a shock.

It is also crucial that I point out that I am talking about CONSENSUAL touch. Keep in mind, everyone, no matter what their circumstances owns their own bodies and they have the right to say no if they do not want to be touched. This information and the exercises that follow should never be forced on anyone.

## Touch and Sexuality

If we take all the information I just covered about touch and look at it from the point of view of human sexuality, it stands to reason that someone who is not getting enough touch or is suffering from skin hunger stands a good chance of being in the position where they are not getting the most from their

sex lives. In other words, decrease in touch may equal decrease in pleasure. It makes perfect sense when you think about it. The skin is the largest sex organ in or on the body. It should be treated accordingly. By that I mean the skin covers our WHOLE body, not just our genitals and breasts. So during sex we should be touching the whole body and making use of the largest sex organ on the body that is just sitting there waiting on you.

Given all of this, it is logical to conclude that increasing and intensifying touch with your lover can do wonders to wake up her skin and make her more receptive to pleasure. This is an admirable goal to have, and one I am sure she will appreciate. Because as da Silva (1984) stated,

“The human being thrives on touching of the skin.”

So if you think of all this in the context of amplifying your sex life and giving your partner more pleasure, increasing the amount of touch in your relationship is a positive action that has the potential to have incredible results. Plus it is a sign of genuine passion, caring and affection. It is simple to do and well worth the effort.

We know from past experiences with video courses here that erotic massage can be a wonderful part of foreplay and female sexual arousal. If you have not had an opportunity to watch the video courses on these topics take a look at Erotic Massage for Better Sex, <http://www.eroticmassage mastery.com>, Turn Her On Faster, <http://www.turnheronfaster.com/> and Double Her Desire <http://double-her-desire.com/> for some amazing educational



experiences that will also help you boost her pleasure and make things so hot you feel like your sheets are going to ignite.

## Body to Body Massage as a Way to Incorporate Touch into Your Sex Life

Now that we have the 411 on touch and why it is important let's focus on an incredible type of touch called "Flesh on Flesh". Body to Body Massage is an amazing way to use touch to wake up those touch receptors and have an incredible, pleasurable sexual experience at the same time. Think of Body to Body Massage as the newest form of skin eroticism. Skin eroticism is obtaining sexual or erotic pleasure from stroking or rubbing the skin (Chaplin 1985).

*“Having a sense of adventure can go a long way to having a healthy sex life, just as a sense of humor can.”*

As you begin to think of Body to Body Massage and how you can bring it into your bedroom, think about this: Skin completely covers the body with nerve endings providing stimulating possibilities in all sorts of interesting and never before thought of places (Blanton 2009).

Please be advised that Gabrielle Moore is in no way affiliated with the body to body massage product on [stayswetlonger.com](http://stayswetlonger.com). What I am telling you here are my personal techniques with body to body massage that will help you take her to new sexual heights.

Also, as you go about incorporating body to body massage into your sexual life, keep in mind that it can be a very personal experience for her. Taking our clothes off with someone, even a long term partner and focusing on really touching them can make someone feel very vulnerable. Sort of the emotional equivalent of putting all of what she considers her bodily flaws under a microscope and setting it on the highest resolution. While you are doing your thing and looking at her with lustful eyes she may be certain you are seeing every stretch mark, dimple and fat cell on her body.

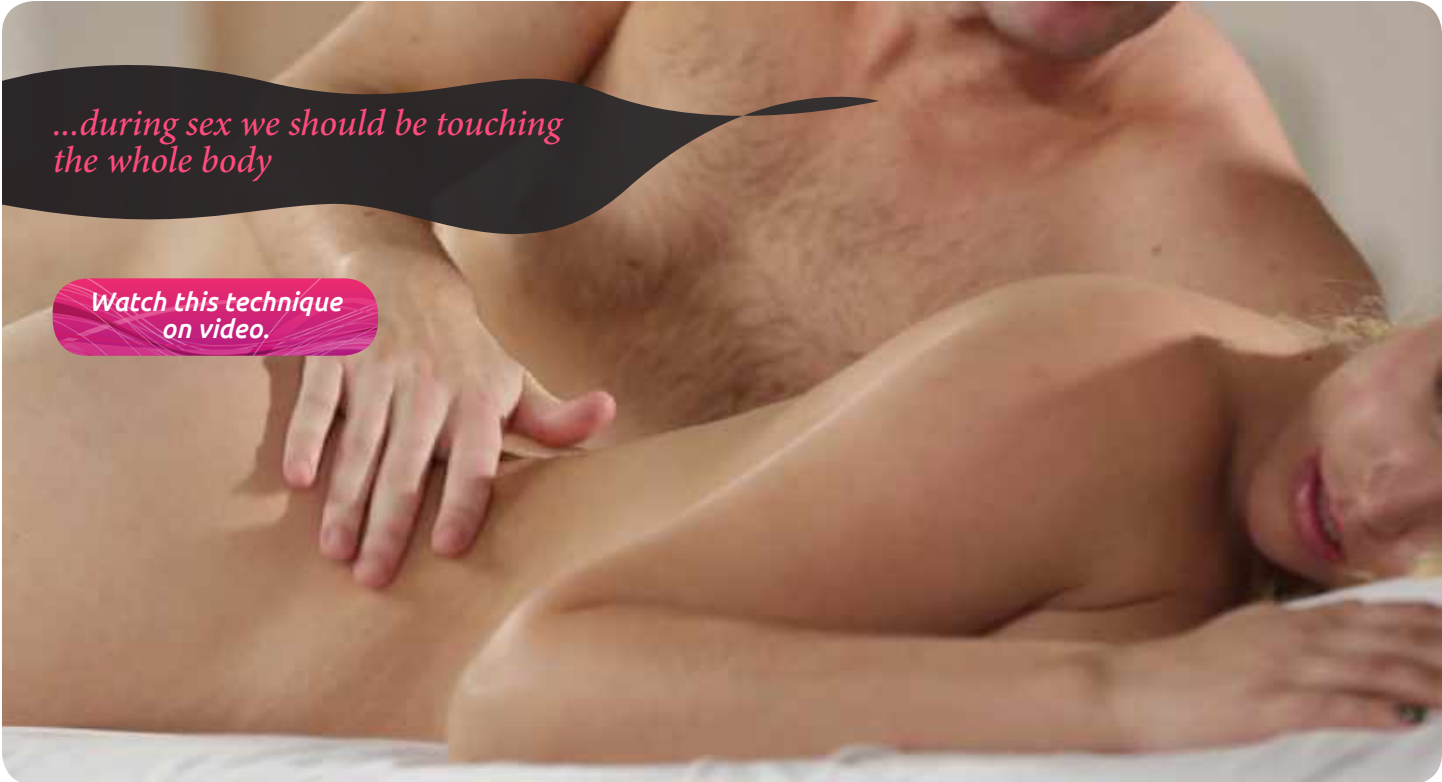
Let's think about that for a moment so you may better understand why at first, this may be difficult for her. First: and it pains me to say this: Women are often not used to being the focal point of pleasure. Society



teaches women to dislike their bodies and that sex is for reproduction, not pleasure. So laying there completely naked and allowing you to touch and massage her in ways she doesn't know are coming is a huge act of trust. Second: when couples have been in a rut it can be difficult for them to try something new, even if they both want to amplify their sex life. New means change and change can be scary. So again, it is important to help her take that leap of faith and jump. This may be the opportune time to use what I like to call "the other oral sex." Tell her she is beautiful. Find things about her body to compliment her on even if you just like the color of her toenail polish. Trust me; she will be shocked you noticed the color of her toenail polish. Then she will be impressed and flattered.

Some women may be all in from the beginning and just as ready to take it up a notch as you are. That is fabulous! Having a sense of adventure can go a long way to having a healthy sex life, just as a sense of humor can. If you can both look at this is a wonderful part of foreplay, a slow, enticing and exciting part of foreplay that might help take any apprehension out of it the first time you try it. Foreplay can be thought of as the foundation for emotionally meaningful lovemaking (Blanton 2009) and that isn't that the result you want? For with emotionally meaningful lovemaking comes better communication, enhanced pleasure and bonding.

Wherever your partner falls on this scale it is important that you reassure her with this and any new



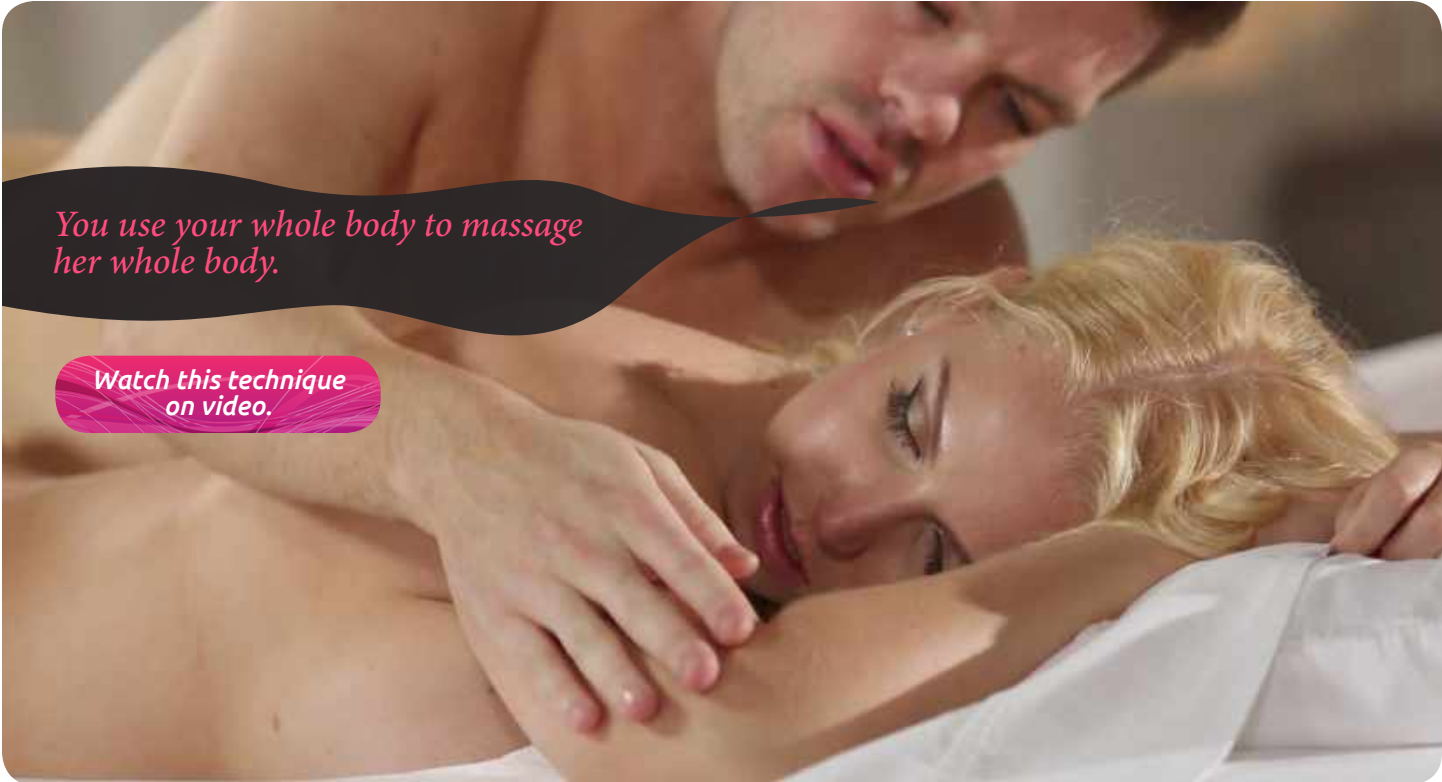
*...during sex we should be touching  
the whole body*

*Watch this technique  
on video.*

sexual activity you both decide to try, that you will stop at any time if either of you are not enjoying it and that you both have the right to speak up and let your feedback and feelings be heard.

Now I know that men have issues with their body too. It is just not talked about as much as body issues for women. I totally understand it may be a risk for you to get naked and do these body to body massage techniques. But you are reading this because you want to improve your sex life and give her more pleasure. So that tells me you are standing on the edge of the cliff and ready to leap. And that is what I call, "Sexual Courage."

There is a really the big secret that not a lot of people will tell you: Experimenting with sex is like any other kind of experimentation. It is trial and error. You find what you like. You find what you don't like. You find bits and pieces of things that you want to keep and those you want to toss and never do again. What is important is that you keep trying until you are both satisfied. Laugh off what doesn't work while you chalk it up to experience and move on. The important thing is that you tried. Not every sexual activity feels good to every person. Why do you think there is so much diversity in sexual expression? However, touching, especially sensual touching has the ability to convey the erotic spirit in the hearts of loving partners (Stone 2001).



*You use your whole body to massage her whole body.*

*Watch this technique on video.*

## Body to Body Massage-Getting Ready

Body to Body Massage. Body to Body Massage. Say it with me: Body to Body Massage. It draws scenarios to the mind that makes it seem self-explanatory. In a way it is pretty obvious. You use your whole body to massage her whole body. Doesn't seem so complicated does it? In theory: no. In reality: could be. Meaning if you don't use your body in the right way it won't give either of you pleasure.

So let's talk about some of the right ways including the best way to start: Which is always from the beginning. Prior to even starting any of these techniques please take a good look at your hands. I understand completely that many men work with their hands and have callouses. Not a problem. What can be a problem is jagged nails and skin so rough it feels like sandpaper. Get a professional manicure. It is not just a "chick" thing anymore. Many men are learning the benefits of having a manicure and pedicure. If you don't feel comfortable having one done professionally than please file or clip your nails so there are no jagged edges. Do not clip them so short there is not enough there to scratch her as this is important to one of the techniques we will be discussing but make sure they are smooth. Grab some hand lotion and moisturize to make your hands soft. Gentleman, women notice your hands. Even if you have a job that requires you to get them very dirty, they are washable. You use them for your entire lifetime. Take good care of them.

Another important gesture is to shut off your cell phones. Landline too if you have one.



This is a time when you want complete privacy with no interruptions. Schedule it if you have to and block off a good chunk of time. If you have children, see if there is a way to set your cell that everyone except your babysitter is on silent. This may ease your partner's mind that in case of emergency you can still be reached yet at the same time reducing distractions.

The first thing you want to do is set the scene. Like anything else her with sex, romance and pleasure, the mood is greatly influenced by the atmosphere. So be ready to transform your bedroom into an oasis of favorite things like candles and flowers. It might be a really great and romantic gesture if you bought her a new robe she could slip into after getting undressed. That might make her more comfortable and it would be really hot if you slowly slipped the robe off her before getting into bed. What does she like? Silk? Or consider taking a bath together with some really nice smelling bath oil or bubble bath before you move onto the main massage event. She could slip the robe on after the bath while you are lighting the candles in the bedroom.

Next get some awesome massage oil. Put the bottle in a cup of hot water to warm it up. Do not put it in the microwave as it is easy to heat it to a boiling temperature and burn her skin! You can use more than one oil if you like. Think aromatherapy. Lavender is great for relaxation. Sandalwood is sensual. Put it on the nightstand next to the bed so it is within easy reach. Also, get some lubricant and keep it next to the bed as well. You will need that later.

Adjust the temperature in the room. Don't make it too hot or too cold. Remember she is going to be lying





there naked and not under the covers. If she is too hot or too cold all she will focus on is that she is too hot or too cold!

Consider putting on some soft, romantic music. Keep it on low so it stays in the background.

Next, get the bed ready for action. Remove all the extra pillows and just leave one for her head and one for under her knees if she finds that comfortable. Pull down all the covers so they are either off the bed completely or at the foot of the bed not in the way. Consider putting down some plastic or a sheet that you

“*Give her several deep, passionate kisses and ask her to lie in the middle of the bed on her side.*”

don't mind getting massage oil on. You can pull this up later and have your bedding on there when you are ready for sleep. You may also consider putting a plastic sheet on the mattress and covering it with a top sheet. Whatever you do to protect your good bedding will be appreciated. No one wants to think about how they are going to clean the sheets while someone is trying to give them sexual pleasure.

When you have the room all ready and you have taken your bath or shower if that is what you have chosen to do, lead her into the bedroom by the hand and slowly slip her robe off. Give her several deep, passionate kisses and ask her to lie in the middle of the bed on her side. Get behind her and lie on your side like you are going to spoon. You are now ready to start the body to body to body massage.

Before we talk about specific techniques, let's cover some body to body fundamentals. Remember, if you want to take the online video course of body to body massage check out Gabrielle Moore's video course "Flesh on Flesh". As already stated, body to body massage is using your whole body or parts of your body to massage her body. However, I would also like to say that this is something you need to take slow. Not just for the sake of warming her up sexually but also for the practical aspect. I am pretty sure I am accurate when I say that starting by just rubbing your body against hers right away is not going to do much to arouse her. It can be shocking. It can be overwhelming. It can feel smothering. It can be a mood killer.

With both of you on your sides facing away from each other, scoot in close to her and spoon her. Press your body against her back and your legs against the back of her legs. Reach around her body with your outside

arm and hold her. Caress her. Talk softly of your desire for her in her ear.

Run your hands up and down the entire side of her body. Feel her start to relax.

Have her lie on her stomach. Take your hands and smoothly run them over her whole body applying light pressure. After you do this for a few minutes it is time to try technique one.

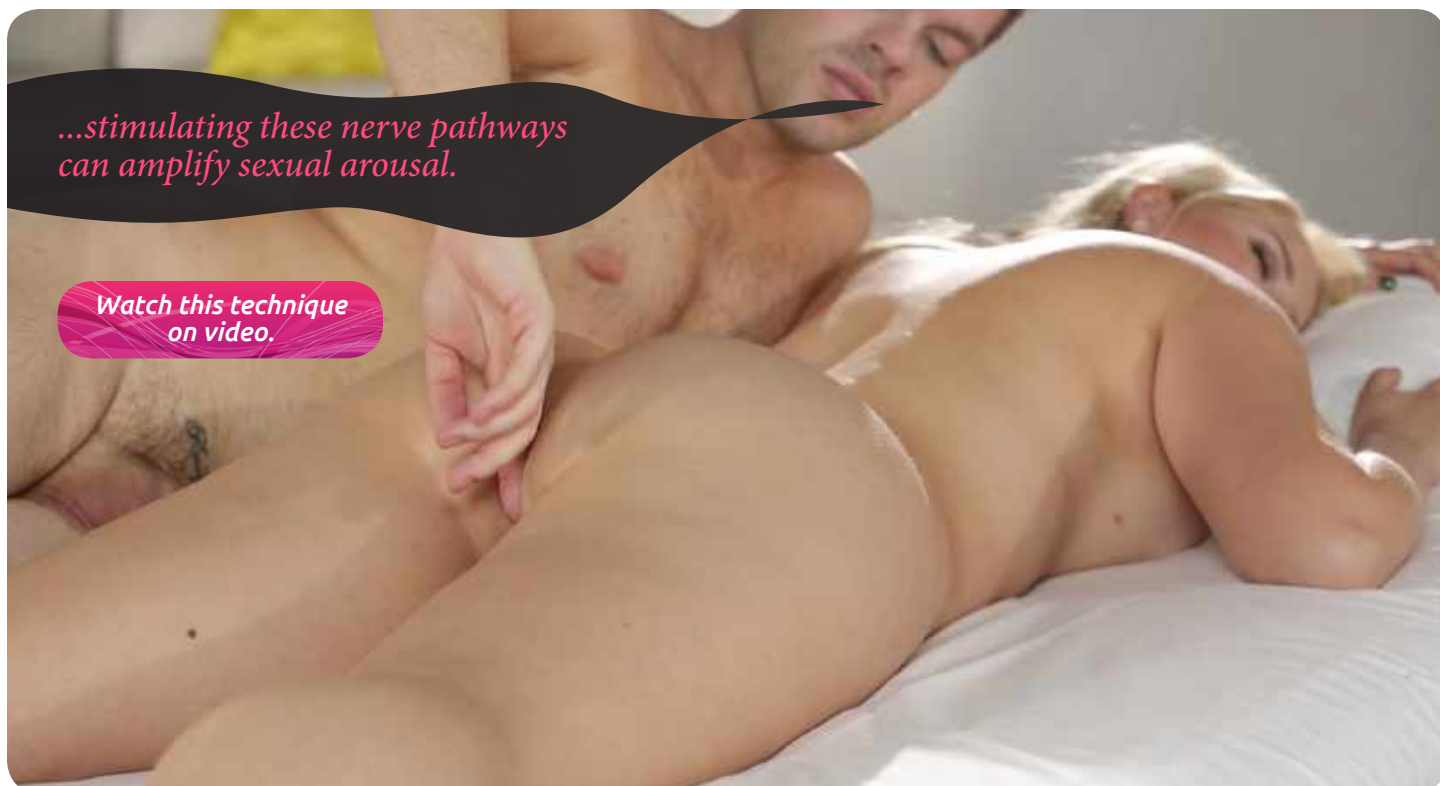
## PART 01 FINGERTIPS AND FINGERNAILS

This is where getting a good manicure comes in handy. You are going to use your fingertips and fingernails to drive her wild! Start down by her feet. Put some massage oil on your hands and rub them together applying repeatedly as needed. Throughout this entire technique, think of her skin as though it were tissue paper. Thin, delicate, extra sensitive. Once you have this picture in your head it is easier to use touch in a light manner. When you touch someone with these types of light sensations it makes them hunger for more. Starting with one foot, use only your fingertips to lightly brush the area. Do this in small counter clockwise circles and then repeat with clockwise circles. Just barely touching her. Remember feet are often ticklish. Touch between her toes, under the ball of her foot and around the heel. When you completely finish doing this to the first foot, use your well-manicured nails on the same foot to gently scratch it in small up and down movements. Do this slowly and again, with little pressure. Repeat this whole sequence with the other foot.



Next move on to the legs, first one then the other. Start at the heel and move slowly up the back of the leg all the way to the top of the thigh. First lightly touching in circles and then gently scratching. Pause at the back of the knee as this is a highly sensitive and erogenous zone. Remember to keep adding warm massage oil to your hands. Or, pour a light stream of massage oil down the length of the leg and work it in with your fingers.

Keep moving up her body. Next is her rear. A lot of people don't pay enough or any attention to their partners butt. However, the nerves in the gluteus maximus, or butt cheeks as they are called, are connected to the nerves in the genitals so stimulating these nerve pathways can amplify sexual arousal. So the lesson here is-don't ignore the butt. Tease her with your touch.



*...stimulating these nerve pathways  
can amplify sexual arousal.*

*Watch this technique  
on video.*

Once you get to the back there are three different ways you can go. You can divide the back lengthwise down the spine into left side and right side. You can divide the back by width right in the middle to above and below. Or you can do the entire back as one unit. Whichever way you decide to go, the back is a large space so it needs and deserves a lot of attention. Oil up your hands and get started. Counter clockwise circles with your fingertips and then clockwise circles. Followed by light scratching.

When you get to her neck if she has long hair gently move it to one side. As you are doing this part of her body, include her ears as well and move on to her scalp. A scalp massage is one of the most relaxing, most sensual ways to touch someone. This is one area where you don't want to use massage oil. No one wants it in their hair. But you do want to take your fingertips and place them on her scalp and make movements with your hands like you are squeezing a ball as you move them around her scalp. Here instead of light touch be a little more firm.

After the scalp massage, it's time to flip her over on her back. Put pillows under her knees and head if that makes her more comfortable. Head back down to her feet and repeat the same sequence on the top as you did on the bottoms. Drizzle massage oil along the tops of her legs and start at her ankles and work your way up. The light touch and gentle scratching should be teasing and seductive. If she has her eyes open make eye contact with her as you are touching her. The connection you make through eye contact is very sensual and sexy.

We know that between the legs and the stomach lies the vulva. The holy grail of female sexual anatomy. You may be asking yourself if you are going to use this technique here and the answer is yes, you will step over the holy goal line. But not just yet. All this touching, scratching and teasing is more than likely making her want you to touch her there but by the time you actually do, she will be aching for it.



*A scalp massage is one of the most relaxing, most sensual ways to touch someone*

*Watch this technique on video.*



So...skipping the vulva right now, move along to the stomach. Notice I said stomach not breasts. The breasts are on the same plane as the vulva right now. Look but don't touch. You will get to them I promise. For now focus on the stomach and chest minus the breasts all the way up to the neck. Drizzle the massage oil on her tummy lightly and use your fingertips to spread it around while you are making your circles. You can divide it in the same way you can the back or also do it all as one unit. However you do the touching and scratching remember to keep doing it slowly. It builds the anticipation.

Pick up one of her arms and place the hand on your shoulder so it hangs in the air and put massage oil

*“So when she sends you the signal that tells you something feels good, keep doing it.”*

on both of your hands. Then use both hands and all your fingertips to do the light, slow circles all the way up and down the arm followed by the scratching. When you finish with the first arm gently place it back on the bed and lift the other arm in the same manner and complete the technique with it.

When you are finished with both arms it is time to caress her face and neck. Be careful not to touch her eyes or eyelids. However, you can stroke on and around her eyebrows. A good “rule of thumb” to use on the face is to just use your thumbs for the touching. Take both of your hands and put one on each side of her face sort of like cradling her face in your hands. Your fingers should be along the side of her face which allows you to use your thumbs to gently stroke up and down her face and neck. Please note: I advise against doing the scratching part on her face as most people do not find this to feel pleasurable.

You may be feeling like you are putting forth a lot of effort-and if you are doing it right you are and it will be worth it-but now that you have done almost the entire body it is time to up your game. Because the breasts are next.

It is no secret that a woman's breasts are a haven for sexual pleasure. It just flat out feels amazing when they are touched, kissed, licked and sucked. This is the time to really increase the teasing in your touch. Drizzle some massage oil on each breast in a circle around the diameter of each. You can do one breast at a time or both together. Or you can do one at a time, both together and then back to one at a time.

That is a personal choice or judgment call, depending on how she reacts. By this time you should be getting a good read on her body language and sexual signals through her breathing and possible moaning. So when she sends you the signal that tells you something feels good, keep doing it.

Use your fingertips to go around her breasts in the circles. Go all the way around and back. Use your thumb to flick her nipples. Then use your thumb to make tiny circles on her nipples. Pay attention to her entire breast. Some men make the mistake of only giving love to the nipples but truth be told, the whole breast responds to stimulation and if it has been glossed over in the past she will have a nice awakening when you pleasure all of them. Spend a lot of time here. Take your time.

Here is the thing about sex: sometimes men go right for the vagina and clitoris. Everything else gets left out. Which is why we are going to pleasure the vulva last. It shows you recognize her entire body is sexy. It shows you understand the entire body can be a vehicle for pleasure. By the time you stimulate the rest of her body she will be aching for you to touch between her legs. That also means her arousal will be at a high level. Vasocongestion—where the blood flow to the genitals increases will be happening in spades and her nerve endings will feel like they are dancing on the outside of her skin.

Notice when I talk about this area I use the word vulva. That is because a woman's genitals are



more than her vagina and clitoris. The vulva includes everything: labia, clitoris, vagina, mons pubis, perineum and some would say the anus. It all responds to touch.

The best way to do this part is to start at the top and end at the bottom. Begin by stroking her mons pubis with your fingertips. Go all through her pubic hair from left to right working your way down. Then go back to the top and with your index finger delicately scratch your way down left to right.

You will want to switch from massage oil to lubricant at this point. Put a drop on each of your fingers and using your pinky, make the circles on her clitoris. Very slowly. First one way and then the other. Do this with each of your fingers and your thumb. Then move down and lightly stroke the outer labia and gently, very gently scratch it up and down the length. If you need more lube on your fingertips now is the time to apply it. Then touch the area between the clitoris and vagina with your fingertips making the circle motions. When you reach the vagina, take one finger and trace the opening with your fingertip. This is a natural circle so all you have to do is follow the path. Do this counter clockwise and then clockwise making several circles each way. She will be wet and her vagina will be opening to be ready to have you inside of her and she may have that aching desire for you to insert your finger but don't. Tease her and make her wait for it. Each touch gets her more aroused.



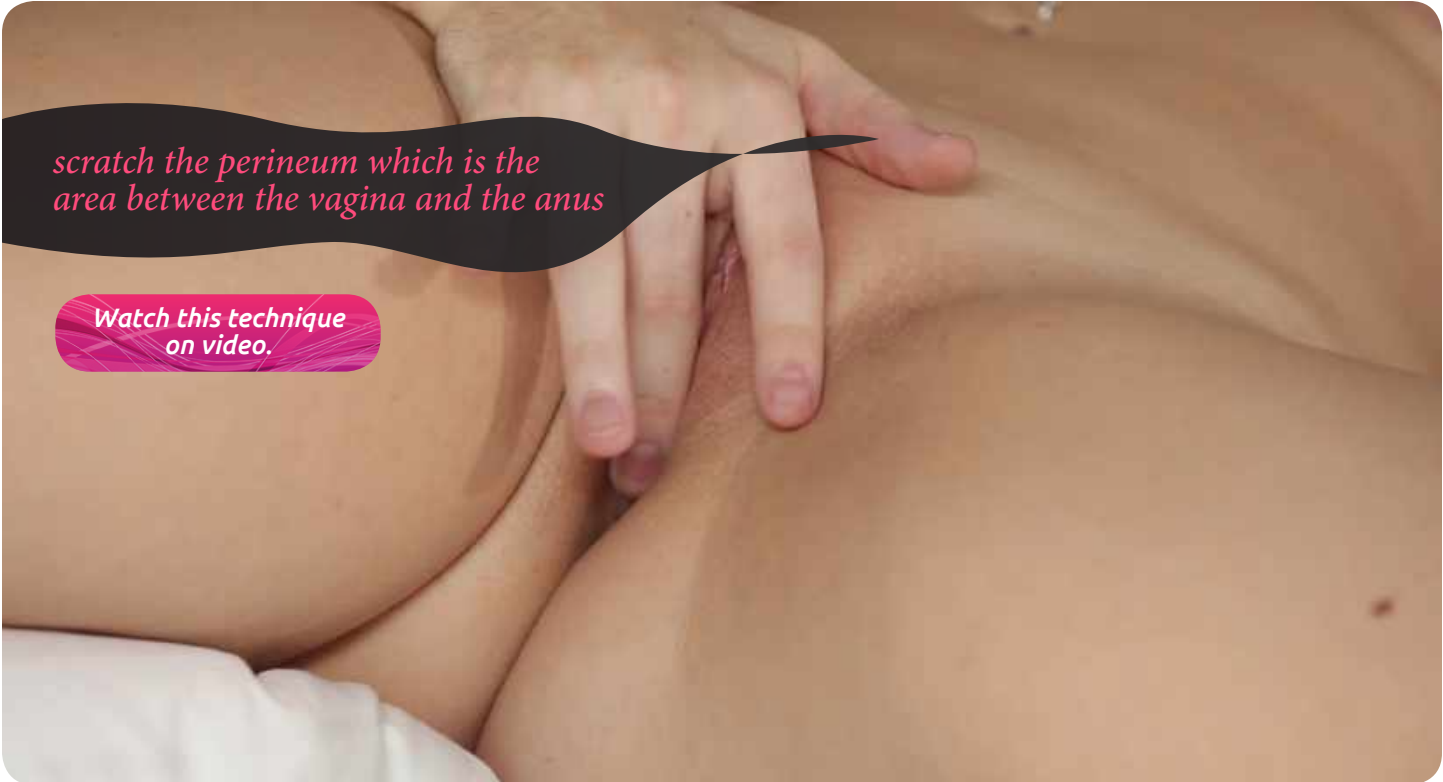
*Begin by stroking her mons pubis  
with your fingertips*

*Watch this technique  
on video.*

Lightly stroke and scratch the perineum which is the area between the vagina and the anus. It is literally loaded with nerve endings and feels incredible when touched. It is also an area of the body that is largely forgotten about when it comes to sexual pleasure. Bring it to the forefront by using your fingertips to awaken those nerves.

Lastly, the anus loves attention too. It is also full of nerve endings and can be very sensual. A lot of people are shy about having their anus touched in a sexual way. If they can set their shyness aside they are often pleasantly surprised about how good it feels. Because the anus does not produce any lubrication like the vagina does, I suggest putting more lube on your fingers. You don't need to insert your finger into her anus unless that is something she wants. But what you can do is mirror the circles you made outside the entrance to the vagina. Here you can start lightly and gradually apply more pressure and pick up speed.

When you finish with the anus what you do next is completely up to you. You can go back to her clitoris and vagina and increase the pressure, speed and intensity of your motions, drawing out her arousal level or you can complete the body to body massage by now taking your whole body and putting massage oil on as you rub your way all over her body. The massage oil takes the unpleasantness out of the dry



*scratch the perineum which is the  
area between the vagina and the anus*

*Watch this technique  
on video.*



friction your bodies create.

Whichever way you go, when she is ready proceed with more foreplay and into intercourse. By the time you penetrate her, she will be more than aching and ready for it. Don't forget, you have the option of taking Gabrielle Moore's video course "Flesh on Flesh" and seeing this demonstrated.

## **PART 02** LET YOUR PENIS DO THE WALKING-ALL OVER **HER BODY**

With this second body to body massage technique we are going to take it up a notch and do something you may have never thought of doing before. If you recall when I first mentioned body to body massage I said that it is using all or part of your body to massage all or part of her body. With this technique the part of your body you are going to be using is your penis. That's right I said your penis. You can do more with it than insert it in various orifices in her body. There is something else you can do with your penis that will turn her on and make her crave having you inside of her. Also, while you are focusing on her pleasure keep in mind that your penis is a plethora of nerve endings so as an added bonus you will be getting lots of exciting stimulation yourself.

Perhaps you have seen the old Yellow Pages commercial where they tell you to "let your fingers do the walking." In this technique you are going to let your penis be your fingers and walk all over her

*“If you think about it, most women only experience their partner's penis inside their vagina, mouth or anus.”*

body. This is amazing! If you think about it, most women only experience their partner's penis inside their vagina, mouth or anus. They have no idea what it feels like when rubbed against the rest of their body. It is time to change all that and give her some new sensations.

Now, in case you were wondering, yes, you have to have an erection for this technique. The idea is

to use your hard penis to excite her and give her penis to skin contact. Doing this with a penis that is not hard defeats the purpose and won't give the same stimulation. So throughout the description of this technique you need to picture yourself with an erection.

In order for your penis to move smoothly over her body you will want to put some massage oil on her and on your penis as well. I would put some massage oil on each part of her body as you get to it. Also, one place you are not going to massage in this technique is her face. The rationale for this is many women do not enjoy having their partner's genitals dragged across their face. They sometimes feel it is unpleasant and not sex positive. So unless she specifically asks for it, stay off her face right now.

So you have this huge erection and are wondering what to do with it. There she is lying on the bed just waiting for you. Put two and two together and use what you have to take her where she has never been.

Start by having her lie face down. Pour a few drops of massage oil onto her back and on the tip of your penis. Straddle her and ever so slowly take the tip of your penis and start at the top of her back along the left side and rub it all the way down to her butt. Go back to the top but a little to the right and do it again, all the way down. Repeat this until you have done this to her entire back making columns from left to right. Then start at the top of her back again and do the same things in rows from top to bottom. Slow, steady movements with light pressure cascading to deep pressure.

Once you have completed this over her entire back head south to her rear. Take your penis and trace her butt crack from the top down as far as it will go between her legs. Having a hard penis rub up against



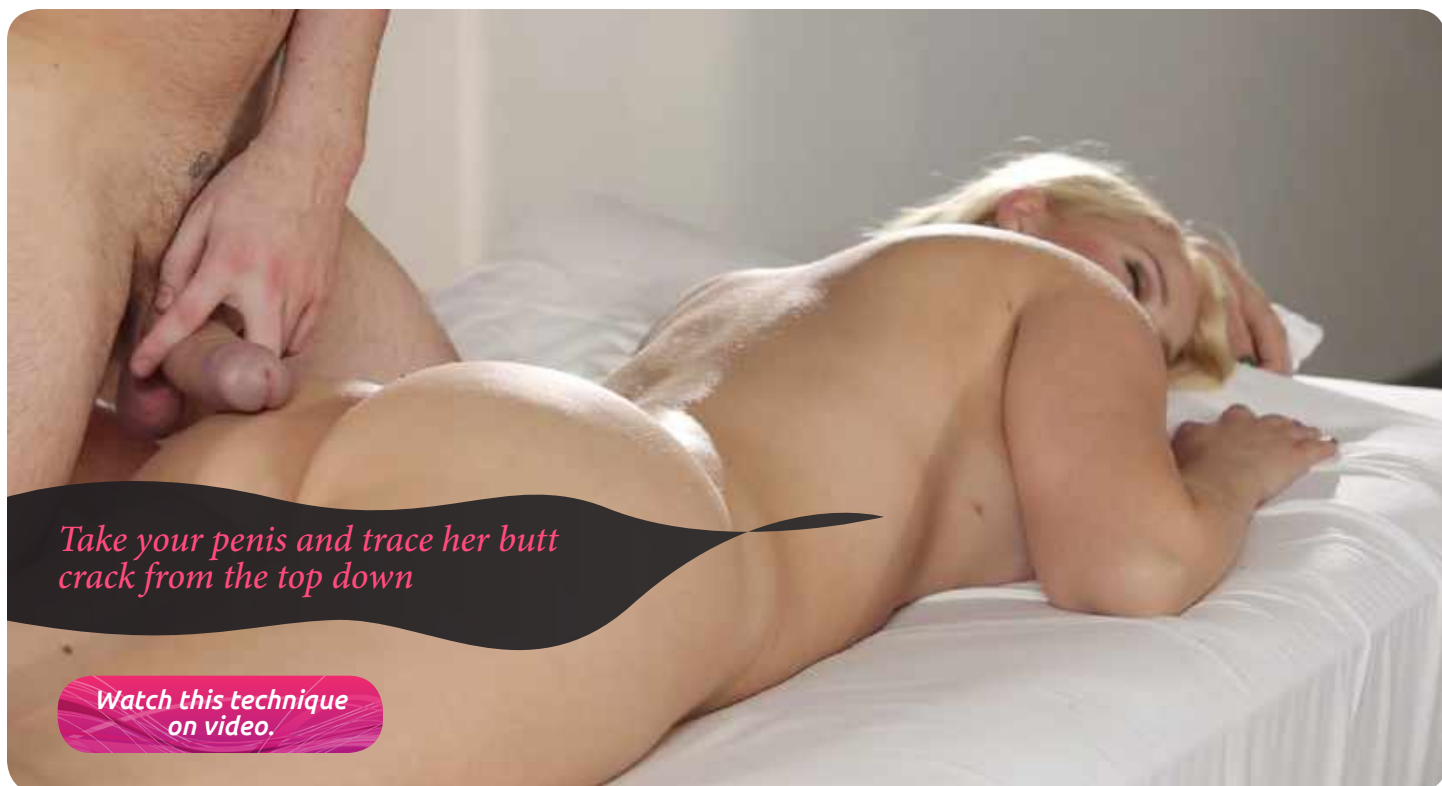
your butt can be incredibly erotic and highly arousing. Tease her and make her want you inside of her.

Next move on to her legs. Rub the tip of your penis up and down the length of both of her legs. Use the shaft to brush along the sides of the legs. As you move up into the insides of her legs alternate between the shaft and the tip. Do the same on the outside.

Time to have her roll over onto her back. Go back to her legs and this time start at her ankles and move up to the top of her thighs. Again you want to use the tip of your penis on the top of the legs and the tip plus the shaft on the inside and outside of the legs. Make slow, steady movements and even strokes. Alternate from barely touching her to intensifying the pressure.

As you move up her body take the tip and use it to make circles around the diameter of each breast. Make some penis to nipple contact. Try taking the very tip of your penis and teasing her nipples with it. Put your entire penis in the space between her breasts and stroke up and down slowly.

Drag your penis down her belly to her vulva. This is where things get even more intense. Balance yourself over her with your arms on her side. Picture doing a push up over her. This is the position you are shooting for. The as slowly as you can lower your hips over hers and start to gently rub the



*Take your penis and trace her butt crack from the top down*

Watch this technique  
on video.

tip of your penis against her mons pubis and down to her clitoris. For a woman, feeling a hard penis against her clitoris is unbelievably erotic, arousing and just plain hot. It is like a lightning bolt striking between her legs and it makes her get really sexually excited. It makes her want more and more and all roads lead to that penis being inside her vagina.

Move lower and instead of penetrating her just rub your hard penis against her. It will drive her wild and make her want you very badly.

*“Using your penis to massage and stimulate her entire body is something new and new is exciting.”*

Using your penis to massage and stimulate her entire body is something new and new is exciting. This is something that will jump start your sex life and gets you out of a rut. The penis can do so much more than just penetrate. Getting and erection and keeping an erection is actually a pretty amazing process but we tend to limit our thinking as to what to do with the erection one a man has. Women are just as guilty of this as men. It can be difficult to think outside the box and this is exactly what this technique will do. It will get you thinking outside the box while amplifying your sex life and her pleasure simultaneously.

## **PART 03** FEATHERS AND MITTS AND BLIND FOLDS-OH MY!

The last technique I want to teach you today is all about the props. First, let's go over a couple things I think it is important for you to remember: we previously covered how our touch receptors work by taking in information and sending it to the brain for processing. I want you to keep all that information fresh in your mind while you learn about this technique because while it is important for everything in this eBook, the way you are going to go about giving her pleasure you are going to give her with this technique is even more about titillation. The props you are going to use will be very different and will stoke her fire to a high heat. Next, we also previously talked about setting the scene. I want you to do everything you did before but I also want you to have the props you



are going to use there but out of sight. Put them in the top nightstand drawer or under the bed. Someplace that is within easy reach but where she cannot see them. This is one time you don't want her to see what is coming.

Here is what you will need: a mask to cover her eyes, a feather and a shower glove or mitt. Using a sleep mask works very well and they are also very comfortable. If you don't want to go the mask route, use a silk scarf. You can get a long soft feather at a craft store or look online at any sex toy site and they will have a small feather duster that is made specifically to tease your partner.

The bath glove or mitt I am talking about is called an exfoliating glove/mitt and can be found at any dollar store. They have a rougher texture to them. These props are my suggestions but you are absolutely free to use your imagination and come up with whatever you think she will enjoy. Remember this technique along with these props is demonstrated in Gabrielle Moore's video course "Flesh on Flesh". So be sure to check it out for some real people giving you real examples. Sometimes watching is the best way to learn.

The idea behind this exercise is to heighten her sense of touch by taking away her sense of sight. Science has taught us that when you lose one sense the other senses become more aware. So she is not going to



see what is coming but she will sure feel it once it gets there. By using different tactile sensations you will excite her nerves and they will amplify what she is feeling. This in turn will heighten sexual arousal.

*“She is going to find she likes to be touched in areas she never thought of before.”*

Ok, imagine you have your mask, feather duster and bath glove and more importantly you have your partner on the bed ready and waiting. This is where the trust comes in. The first thing you are going to do is put the blindfold on her. I suggest pulling out the blindfold and whispering what you are going to do with it in her ear. Ask her to trust you. Tease her with it. Dangle it in front of her. Then as you slip in on her, look her right in the eye until her eyes are covered. Run your hands lightly all over her body. Kiss her deeply. Now is the time to bring on the props!

Start with the feather duster. Play. Have fun. Use it to softly and subtly “dust” her skin. Think of it like this: the feather duster is your paint brush and her body is your canvas. Start at one end of her body and dust your way to the other end. Paint in circles. Paint in horizontal or vertical lines. There are no rules. You can do her body all at once or focus on one part at a time. Pick up her hands, dust between her fingers. Do it all up and down her arms. You are trying to take her touch receptors out of moth balls. Pay attention to how she is responding. Go for areas that you normally don’t pay attention to. That part of her hip between the bone and the pubic hair for example. Tickle her. Tease her. Tantalize her. Go over the bottoms of her feet and the insides of her thighs. Have her roll over and dust between her cheeks and over her tailbone. She is going to find she likes to be touched in areas she never thought of before. Make a note of those areas.

As with technique two, stay away from her face with these props unless you know for certain she will find it pleasurable. With not being able to see having someone put a feather duster on lightly on your face might feel like something is crawling on it and that is a definite mood killer.

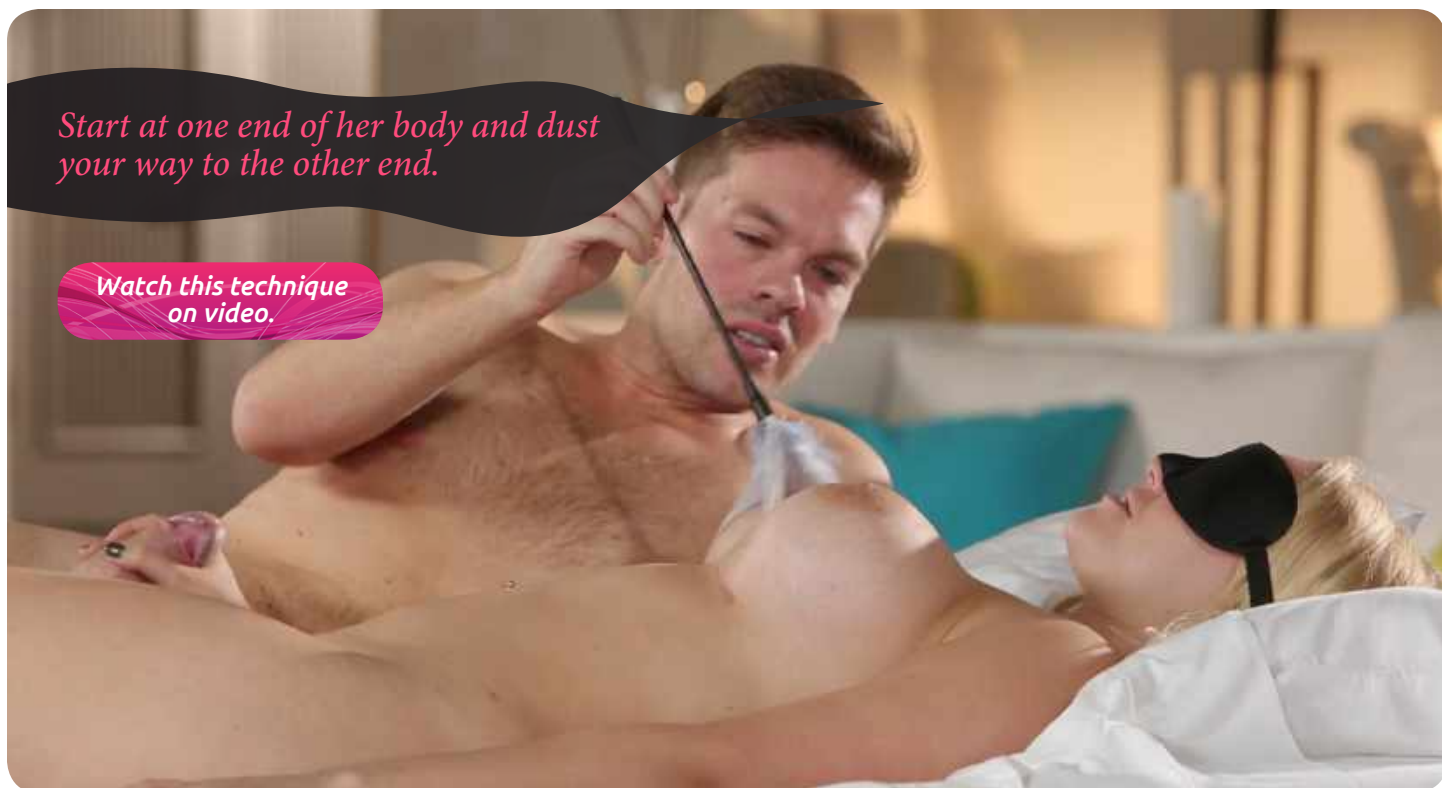
When you move onto the bath glove since the texture is a little rough-because after all it is made to get rid of dead skin-do one of two things: either wet it with warm water or put some massage oil on it. Either way, when it is wet it is much more skin friendly. You can use one or two depending on whether you want to keep one hand glove free. It's a personal choice and you can always put two on and take one off.

Mix it up a little by changing positions. Keep in mind she still has the blindfold on so you will have to help her. Have her sit up and get behind her so your back is against the headboard of the bed. Throw a pillow back there for extra support. Have her lean back against you with her back against your chest and your legs open on either side of her. You can also wrap your legs around her or drape them over her legs to bring you closer.

When you are both comfortable take your gloved hand or hands and rub her arms all the way down to her fingers and all the way back up again. Take one arm at a time and hold it up in one hand while you use your gloved hand to stroke the bottom side of her arm and her armpit. Trace the border of her armpit lightly at first and then firmer.

*Start at one end of her body and dust your way to the other end.*

*Watch this technique on video.*



Pull her knees up to a bent position and do the same with her legs. Get behind the knees as this is a sensitive area. Add more oil to your glove if you need to. Put her legs down again but slightly open. Graze the insides of her thighs. Go from the side of the knee up to her body. First one and then the other and then if you are wearing two gloves, both at the same time.

Start with slow strokes and then speed up until you hit a medium speed. Remember you are not only trying to awaken her sense of touch but you are also trying to do the unexpected. By taking away her vision with the blindfold you are putting yourself completely in the driver's seat. Keep this in mind as you navigate your way all over her body.

Caress her stomach in large circular motions. Move one hand up to her breasts while you keep the other working on her stomach. It may be time to put more oil on you gloves as you give her breasts some much needed attention. Move your hands from the top down to the nipple like your fingers are on a ski slope. Now do both breasts at the same time and then go back down to her stomach.

The very last part of the body you want to tease with your gloves is her vulva. Instead of massage oil, put some lubricant on the fingers of your gloves and tenderly start to stroke her outer labia. Go up and down the length. Take one finger and put it on her clitoris while your other hand is still getting busy with her labia. This is a very sensitive area so you won't need to use a lot of pressure. Again, start slow and speed up. Rub her clitoris up and down and in circles. Keep in mind





you are working to give her pleasure, not try to rub her clitoris like your finger is an eraser. Take the fingers you have on her labia and move it down to her perineum and massage the area.

You can continue this for as long as she wants it. When she is very aroused it may be time to stop and move on to the main event. Let her verbal cues guide you for a while and then ask her if she is ready to have you inside of her.

### Summing it all up

These three techniques are designed to increase her arousal and amplify your sex life through the power of touch. The more you do them the more her touch receptors will come out of retirement and engage in activity again. After a while she will be more responsive to touch and you will both notice a difference.

I know doing these exercises may be awkward at first, especially if you have been in caught up in the inertia of boring sex or if touch and connection have been dormant in your sex life for a while. What is important for both of you to remember is that you are making an effort. This is something where you get a gold star simply for trying. Because going out of your comfort zone and trying something new, especially in order to ignite the flames of passion and boost her sexual pleasure is an act of love.

*“ it is also very important that you touch each other when you are not having sex*

Everyone doesn't like every sexual activity. That is ok. Remember what I said about trial and error? However, acknowledging things have been stale or dormant and striving to change that is a brave and loving thing to do. It shows you care about her, about her pleasure and about your relationship.

One last thing: it is also very important that you touch each other when you are not having sex. Non-sexual touch also helps us heal. A hug, a caress, cuddling on the couch with no expectations does wonders. Taking the time to show affection let's your partner know she is important to you outside of the bedroom as well. It reassures us that someone is paying attention to us and our needs. That in turn, makes someone feel more comfortable in the bedroom.

I hope you enjoyed reading about these techniques and I hope you will enjoy including them in your sex life even more. Please take a look at Gabrielle Moore's video course "Flesh on Flesh" to see these demonstrated and learn even more.

## Conclusion

We have covered a lot of ground here. Or rather a lot of skin. Learning about the importance of touch and implementing these practices as well as making a conscious effort to incorporate more touch in your life both sexual and non-sexual is an important first step to a more loving, healthier sex life.

More importantly it is a giant leap into giving your partner pleasure and amplifying your sex life.

As you continue to incorporate touch in your lives, through these exercises and in your everyday living, you will be amazed at how her body starts to wake up and experience stimulation and sensations.

When our touch receptors are healthy and thriving, we experience touch in a different and exciting way.

Touch helps us feel loved, desired and sexy. Touch helps us feel important to someone. It improves our sexual confidence and our overall health. It improves our quality of life. It helps us feel connected to others which is what we are all seeking on our journey through life.

If I could encourage couples to do one thing to improve their intimate and sexual lives it would definitely be to touch more. Pay attention to your relationship and don't let touch slip through the cracks.

By reading FLESH ON FLESH you have already demonstrated you want to increase her pleasure. Now it is time to take that leap of faith and try the exercises. So what are you waiting for? Jump!



## BIBLIOGRAPHY

**Blanton, S.L., 2009.**

*A study of skin as tactile connection in human sexuality: sense of touch via our largest sex organ: skin (Doctoral dissertation, MAIMONIDES UNIVERSITY).*

**Chaplin, J.P., 1985.**

*Dictionary of Psychology New York: Dell Publishing*

**Clare, S. 2007.**

*Raising achievement update. Retrieved February 6, 2016 from <http://my.optimus-education.com/knowledge-centre/teaching-and-learning/articles/theimportance-of-physical-touch-1628>.*

**da Silva, Manual L. The Electricity of Love. Bristol. Rhode Island. 1989.**

**Debrot, A., Schoebi, D., Perrez, M. and Horn, A.B., 2013.**

*Touch as an Interpersonal Emotion Regulation Process in Couples' Daily Lives The Mediating Role of Psychological Intimacy. Personality and Social Psychology Bulletin, p.0146167213497592.*

**Field, T., 2010.**

*Touch for socioemotional and physical well-being: A review. Developmental Review, 30(4), pp.367-383.*

**Gallace, A. and Spence, C., 2010.**

*The science of interpersonal touch: an overview. Neuroscience & Biobehavioral Reviews, 34(2), pp.246-259.*

**Guerrero, L.K. and Andersen, P.A., 1991.**

*The waxing and waning of relational intimacy: Touch as a function of relational stage, gender and touch avoidance. Journal of Social and Personal Relationships, 8(2), pp.147-165.*

**Floyd, K., 2013**

*LeFebvre, J.E. and Agent, F.L., Importance of Touch.*

**Routasalo, P., 1996.**

*Non-necessary touch in the nursing care of elderly people. Journal of Advanced Nursing, 23(5), pp.904-911.*

**Murphy, C.L.G., Stone, M., La Grange, C. and Stafford, D., 2001.**

*Close Encounters. iUniverse.*

**Tegu, Stephen T., 1998.**

*Big and Beautiful. Retrieved February 7, 2016 from <http://www.apol.net>*