

# **SENSUAL EROTIC MASSAGE**

**A REFERENCE GUIDE**



**BY [TRADITIONALBODYWORK.COM](http://TRADITIONALBODYWORK.COM)**

## TABLE OF CONTENTS

|                                                             |           |
|-------------------------------------------------------------|-----------|
| <b>PREFACE.....</b>                                         | <b>5</b>  |
| <b>GENDER FLUIDITY AND SEXUAL IDENTITY....</b>              | <b>8</b>  |
| <b>CONCEPTS AND PRACTICAL INFORMATION....</b>               | <b>9</b>  |
| <i>Sensuality and Eroticism.....</i>                        | <i>9</i>  |
| <i>Sensual Erotic Massage.....</i>                          | <i>10</i> |
| <i>Sensual, Sexual, and Genital Treatments.....</i>         | <i>12</i> |
| <i>Types of Erotic Massage Treatments.....</i>              | <i>15</i> |
| <i>Emotional and Trauma Release.....</i>                    | <i>18</i> |
| <i>Intimacy in Sensual Erotic Massage.....</i>              | <i>20</i> |
| <i>Therapeutic Erotic Massage.....</i>                      | <i>22</i> |
| <i>Massage Tools and Techniques.....</i>                    | <i>24</i> |
| <i>Massage Treatment Protocols.....</i>                     | <i>28</i> |
| <i>Mutual Consent in Erotic Massage.....</i>                | <i>29</i> |
| <i>Erotic Massage Parlors.....</i>                          | <i>30</i> |
| <i>Costs of Sensual Erotic Massage.....</i>                 | <i>32</i> |
| <i>Legal Aspects of Adult Massage.....</i>                  | <i>35</i> |
| <i>Choosing a Massage Practitioner.....</i>                 | <i>38</i> |
| <b>SENSUAL EROTIC MASSAGE TREATMENT<br/>MODALITIES.....</b> | <b>41</b> |
| <i>Anal Massage.....</i>                                    | <i>41</i> |
| <i>BDSM Massage.....</i>                                    | <i>43</i> |
| <i>Body to Body Massage (B2B).....</i>                      | <i>44</i> |
| <i>Body Rub.....</i>                                        | <i>46</i> |
| <i>Body Slide Massage.....</i>                              | <i>47</i> |
| <i>Bondassage® and Elysium®.....</i>                        | <i>48</i> |
| <i>Bound Massage.....</i>                                   | <i>50</i> |
| <i>Cervix Massage.....</i>                                  | <i>52</i> |
| <i>Clitoris Massage.....</i>                                | <i>54</i> |
| <i>Couples Erotic Massage.....</i>                          | <i>55</i> |
| <i>Cunnilingus.....</i>                                     | <i>56</i> |
| <i>Dark Massage.....</i>                                    | <i>57</i> |
| <i>Dark Tantric Massage.....</i>                            | <i>58</i> |
| <i>De-Armoring Massage and Bodywork.....</i>                | <i>59</i> |
| <i>Erotic Breast Massage.....</i>                           | <i>61</i> |
| <i>Erotic Candle and Wax Massage.....</i>                   | <i>62</i> |
| <i>Erotic Incall and Outcall Massage.....</i>               | <i>63</i> |
| <i>Erotic Partner Massage.....</i>                          | <i>64</i> |
| <i>Escort Erotic Massage.....</i>                           | <i>65</i> |
| <i>Fantasy and Role Play Massage.....</i>                   | <i>66</i> |
| <i>Fellatio.....</i>                                        | <i>68</i> |
| <i>Femdom Massage.....</i>                                  | <i>70</i> |
| <i>Fingering.....</i>                                       | <i>71</i> |
| <i>Fleshlight Massage.....</i>                              | <i>72</i> |
| <i>Foam Massage.....</i>                                    | <i>74</i> |

|                                                      |     |
|------------------------------------------------------|-----|
| Foot Fetish Massage.....                             | 75  |
| Four Hands Massage (Duo Massage).....                | 77  |
| Full Body Sensual Massage (FBSM).....                | 78  |
| G-Spot and P-Spot Massage (Sacred Spot Massage)..... | 80  |
| Geisha Massage.....                                  | 82  |
| Girlfriend Experience Massage (GFE).....             | 83  |
| Goddess Massage.....                                 | 85  |
| Handjob.....                                         | 86  |
| Happy Ending and Full Service Massage.....           | 87  |
| Kaishun Erotic Massage.....                          | 89  |
| Kinkassage®.....                                     | 91  |
| Kinky and Fetish Massage.....                        | 92  |
| Lesbian and Gay Erotic Massage.....                  | 93  |
| Lingerie Massage.....                                | 94  |
| Masturbation and Self-Massage.....                   | 96  |
| Milking Table Massage.....                           | 98  |
| Milk Massage.....                                    | 100 |
| Mutual Touch Massage.....                            | 102 |
| Naturist Massage.....                                | 104 |
| Nude Massage.....                                    | 106 |
| Nuru Massage.....                                    | 107 |
| Orgasmic Yoga.....                                   | 109 |
| Penis Massage.....                                   | 110 |
| Perineum Massage.....                                | 111 |
| Porn Yoga.....                                       | 113 |
| Prostate Massage.....                                | 114 |
| Pussycat Massage.....                                | 116 |
| Reverse Body Slide Massage.....                      | 117 |
| Rub and Tug Massage.....                             | 118 |
| Self-Service Massage.....                            | 119 |
| Semen Retention Massage.....                         | 120 |
| Sensual Erotic Aqua Massage.....                     | 121 |
| Sensual Erotic Oil Massage.....                      | 123 |
| Sexological Bodywork.....                            | 125 |
| Slippery Massage.....                                | 127 |
| Soapy Massage.....                                   | 128 |
| Sukebe Chair Erotic Massage.....                     | 130 |
| Tantric Body to Body Massage.....                    | 131 |
| Tantric Breast Massage.....                          | 133 |
| Tantric Couples Massage.....                         | 134 |
| Tantric Massage.....                                 | 135 |
| Tantric Lingam Massage.....                          | 138 |
| Tantric Yoni Massage.....                            | 140 |
| Tao-Massage.....                                     | 143 |
| Taoist Breast Massage.....                           | 145 |
| Taoist Erotic Massage.....                           | 147 |
| Tenga Egg Massage.....                               | 149 |
| Tease and Denial Massage.....                        | 150 |
| Testicles Massage.....                               | 151 |
| Tie and Tease Massage.....                           | 153 |
| Vaginal Massage.....                                 | 154 |

|                               |            |
|-------------------------------|------------|
| <i>Yin-Yang Massage.....</i>  | <i>155</i> |
| <i>Yoni Wand Massage.....</i> | <i>157</i> |
| <b>APPENDIX.....</b>          | <b>158</b> |

## Preface

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With this eBook, we offer you an in-depth overview of the best known and most popular sensual erotic massage treatment modalities, focusing on what types and variations of sensual massages exist and what they are about.

In the first part of the book, you'll find a thorough introduction to the concepts of sensuality, eroticism, and sensual erotic massages, along with practical information.

The second part of the book, which makes up most of the content, describes the many types of sensual erotic massage treatments.

All in all, whether you're an erotic massage enthusiast, massage therapist, or just curious about the topic, this book gives you a very complete outline of what Sensual Erotic Massage is about.

## Disclaimer

TraditionalBodywork.com does not claim to be complete and may, unintentionally, have omitted info or interpreted data inaccurately. Please always verify and double-check info about sensual erotic massage treatments and/or training.

In addition, we cannot take responsibility of health or other benefit claims made by treatment or training providers. Please always check with your physician if there are specific precautions or contraindications needed to be observed before taking a treatment or training.

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Marce initially studied Information Technology and worked seventeen years in software and database development for a variety of international companies and organizations.

During a sabbatical year in Southeast Asia in 2009, he discovered the beauty and healing power of Traditional Thai Massage and Reusi Dat Ton (Thai Yoga), and subsequently changed his life's direction to become a Thai Massage and Thai Yoga practitioner and teacher.

After his return to Europe, he started offering treatments and training, and — for about a decade — regularly returned to Thailand to teach English and to further his training, completing 800+ hours of studies in the Thai healing arts.

In 2018, he co-founded the TraditionalBodywork.com website as a platform to publish articles, eBooks, and Video Workshops about Thai Massage and Reusi Dat Ton.

Today, he likewise publishes works about other types of massage and bodywork, somatic practices, alternative and complementary therapies, nature, spirituality, and unconventional lifestyles.

In addition, he also shares essays, poems, and reflections about his personal life and experiences.

You can learn more about Marce Ferreira and the website through <https://www.traditionalbodywork.com/website/>

# Gender Fluidity and Sexual Identity

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In this book, you may find classic gender vocabulary such as *man* and *woman*, *he* or *she*, *men* and *women*, *male* and *female*, and so on.

We are aware that — in some cases and depending on the topic — it would be better to talk about “people with penises,” “vulva-owners,” “they,” or “people with vaginas,” and such, in order to avoid gender stereotypes, and to comply with a world where gender fluidity and the existence of a variety of sexual identities is manifold.

Additionally, *partners* are often addressed as male-female couples. This is not at all a deliberate intention. Of course, partners may also involve male-male, female-female, asexual-bisexual couples, and so on.

We from TraditionalBodywork.com, in no way want to hurt or insult the LGBTQIA+ community, that is, those who consider themselves lesbian, gay, bisexual, transgender, questioning, queer, intersex, asexual, pansexual, or allies of the aforementioned community and people.

Nevertheless, for the sake of both writability and readability, and due to longtime (admittedly old-fashioned) habits, we have — usually — not substituted classic male and female pronouns and designations by more “politically correct” phrases.

We sincerely offer our apologies to those who might feel offended that we haven’t done so.

# Concepts and Practical Information

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## Sensuality and Eroticism

In everyday language, the difference between *sensuality* and *eroticism* is often somewhat blurry. Both words are commonly used in a sexual sense, but there are some subtle differences.

When we look at the meaning of *sensuality* we find, for instance, the following definition: "*The enjoyment, expression, or pursuit of physical, especially sexual pleasure or satisfaction.*"

Following the definition given above, it's clear that *sensuality* is often connected to *sexuality*, although it's not necessarily always the case. For instance, a Swedish Massage or Sports Massage can be highly sensual, but usually it's not at all a sexual experience.

However, the meaning of *eroticism* is less ambiguous: "*The quality or character of being erotic, that is, relating to or tending to arouse sexual desire or excitement.*"

When it comes to erotic massage sessions, the adjective forms of *sensuality* and *eroticism*, that is, *sensual* and *erotic*, are often used interchangeably. You would see labels such as Erotic Massage, Sensual Massage, Sensual Erotic Massage, or Erotic Sensual Massage, all meaning the same thing.

That is, in practice, when the words *sensual* or *erotic* are used in relation to massage, individually or in combinations, they usually refer to feelings of wellbeing and pleasure connected to sexual arousal.

## Sensual Erotic Massage

*Sensual Erotic Massage* — also known as *Sensual Massage*, *Erotic Massage*, *Adult Massage*, or *Sexual Massage* — applies massage techniques on a person's erogenous zones for their sensual, erotic, and sexual pleasure, may heighten their sexual excitement or sexual arousal, and sometimes result in an orgasm.

Sensual erotic massages typically aim for stress, anxiety, and/or sexual relief and release, but they can also be an initiation to [therapeutic sexual healing](#), or simply a form of enhancing intimacy and pleasure between couples.

There are many types, techniques, and forms of sensual erotic massages: from massages that focus on integrating the physical, emotional, sexual, and spiritual level, to sexual arousal and pleasure massages, to massage that more directly aims for achieving a sexual orgasm, that is, a Happy Ending through a so-called handjob, fingering, or through oral sex. They may even end in sexual intercourse, then commonly known as Full Service Massage.

Examples of sensual erotic massages include Nuru Massage, [Soapy Massage](#), Tantric Massage, Full Body Sensual Massage (FBSM), Prostate Massage, Yoni Massage, Body-to-Body Massage (B2B), [Tie and Tease Massage](#), Foot Fetish Massage, Couples Erotic Massage, and Kaishun Erotic Massage, to give you an idea of the broad range of varieties.

Yet, keep in mind that a sensual erotic massage session is not sexual per se, or done with an aim of having sex, and usually sexual intercourse or sexual acts are not offered by massage therapists or massage establishments unless otherwise specified or advertised as coming with "extra services," such as a Happy Ending or Full Service.

For women, the focal areas of a sensual erotic massage session are the erogenous zones, such as the breasts, groin, inner thighs, pubis, clitoris, vagina and perineum. In the case of men, the main areas worked on are the penis, testicles, groin, perineum, prostate, and anus. In most cases, massage oil, gel, lotion, or cream is used to aid in the massage.

Although Sensual Erotic Massage is a standalone treatment modality in its own right, it may also be used as part of sex — as foreplay or as the actual sex act itself — or as part of Somatic Sex Therapy, for instance, to stimulate libido or address premature ejaculation, or as a means to meet the demands of clients/receivers who look for emotional connection, bonding, and intimacy.

Nonetheless, today one often sees sensual erotic massage offerings labeled as “therapeutic” massages, for instance claiming to be a therapeutic Tantric Massage or Yoni Massage, yet in fact consisting of straightforward sensual erotic pleasure-based massage experiences, such as Full Body Sensual Massage (FBSM) or a [Sensual Body Rub](#).

For what it is, massages for erotic or sensual purposes have a long history, both for men and women. In many countries, there is a large commercial erotic massage industry, which, depending on the [laws of a country](#), differ widely both in the quality of the actual massages given as in the way sensual erotic massages and optional “extra services” are offered.