

***Why A Truly Sensual
Massage Will Have Your
Partner Begging You For
More...***



Liberalex

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Hi and welcome...

Have you ever thought about learning the art of full body massage? This desirable skill could literally change your sex life... for the better!

Now you can quickly learn to apply this sensual technique on a very special loved one... in this quick sensual massage guide.

Learn about how to massage various parts of the body including the chest, the neck, arms, abdomen, legs, buttocks and back. Carry out this procedure with love and care, and who knows where it might lead 😊

Being able to perform a personal massage for your partner can put you in a very powerful position. Not only will you be able to help relieve your partner's aches and pains and alleviate stress and tension after a hard day at work, you will also find that a personal massage offers you an opportunity to create a much happier and closer relationship.

When you learn the secrets to delivering the perfectly performed body massage, one thing is virtually guaranteed... your partner will be like putty in your hands.

The benefits of a full body massage

By discovering how to perform a full body massage using the simple techniques described here, you will also be developing a skill that will stay with you all your life. Like riding a bicycle, it's something you will never forget how to do, and it can only get better and better each time you apply your expertise.

Massage is one of the most desired services sought by people from all over the world and from all walks of life, and not just as a means of relaxation and leisure. There is also a very serious side to providing massage services, which ensures that this service will always be in high demand.

It has been known for centuries that body massage has many therapeutic effects. It can make a person feel healthier and is highly beneficial to their overall well-being.

In many ways, body massage can be described as a holistic therapy because it is seen as a "treatment", which can have a profound effect on the well-being of the body, the mind and the spirit.

A sensual, physical massage can do a lot more than heal a tired and aching body... it can also help rejuvenate a flagging relationship and create a closer bond between partners. That's the purpose of this guide.

Massage has serious physical health benefits too!

Some people also consider body massage to be a complimentary or even an alternative to certain areas of conventional medicine. This is because a massage can help relieve pain and speed up the injury healing process.

Body massage is known to have a substantially beneficial effect on the immune system, encouraging it to function better and respond quicker when necessary.

So, there's much more to a good body massage than you might have first imagined.

It can also help reduce the possibility of injury by loosening the muscles and keeping the body in a much more flexible condition.



Massage also stimulates blood circulation within areas of the skin and throughout the muscle tissue.

Due to the action of manipulation on the body, blood is encouraged to flow to the surface of the skin. This is also said to reduce the formation of cellulite on the legs, thighs and buttocks.

You will be in complete control

Your partner will be at the mercy of your fingertips as you lovingly manipulate their muscles, nerves and joints.

With their eyes firmly closed and their mind drifting into a state of total relaxation, you will soon become aware of your own personal power and influence...

This sense of control will be reinforced in your mind as you operate your "magic touch", which is often greeted by the gentle sound of ecstatic moans... culminating in expressions of sheer delight and pleasure.

Oh yes! Nobody ever forgets a really good massage

And if you are the person performing this act... then your partner is never going to forget you either!

So get it right and not only will your partner come back pleading and begging for more, they just won't be able to resist your tender touch.

To make the whole massage experience exceptionally delightful for your partner, ensure you always use a top brand massage oil. This oil should include a range of natural essences, which will add to the pleasure of the occasion.

Liberalex supplies a sumptuous range of natural massage oils.

The ideal place for a massage at home is in the bedroom. It's always a good idea to place a few candles around to create the perfect ambience. Also, soft background music can help lighten the atmosphere and put you both in the mood.

The only tools you will need is a large towel and some **Liberalex** massage oil and a smile. Your hands will do the rest.

Just have a lot of fun!

You don't have to be a trained or professional massage therapist to give someone special a very relaxing and memorable treat but the more you practice the better you will become.

Don't forget to ask your partner what they like and don't like as you develop your own personal massage technique.

Many people can perform a massage without any kind of training. You only need to know what your partner likes and where they like to be touched. Always leave the intimate area until last and then only spend as long as your partner wants you to spend there.

Start by simply using your fingers, your knuckles and the palms of your hands to apply gentle pressure to the muscles around the back of the neck area. Then progress onto the shoulders and down the back.

Okay, so like any skill, learning to provide a professional and totally relaxing massage takes a little time to master. You'll get there.

The good news is you can quickly and easily master the technique by just asking your partner how it feels. Be guided by them. After all, it is a personal massage.



So once you have worked your magic fingers down their back, proceed to the buttocks and the back of the thighs. Don't ever rush a massage.

Try to enjoy it as much as your partner does. It is meant to be a shared experience and remember... when you have finished, it will be your turn for a massage 😊

What goes around comes around!

Carry on working down your partner's body, all along the back of their legs. Rub these areas firmly with your whole hands. Use your knuckles in the hard muscle areas to loosen them. Knead the muscles in the shoulders and back.

Apply plenty of **Liberalex** massage oil and rub it in well. Begin working it in on the back of the legs. Legs often get tired and this massaging technique can be very soothing, and especially relaxing.

Continually moving your hands up and down the back of the legs up to the thighs and buttocks will soothe away any aches and pains.

Again use your knuckles on the hard muscle areas, especially on the buttocks and on the calf muscles.

Think about what YOU might like from a massage. For example, where you might want to be touched and the amount of pressure you might like to be applied to various parts of your body.

While you are performing the massage on your partner imagine it is you that is receiving the massage. That way you will be very close to performing the perfect full body massage.

Before you ask your partner to turn over onto their back give the whole back area one final and very slow rub down, from the neck to the feet.

The full frontal technique

Next, ask your partner to roll over onto their back but ensure there is a towel placed over their intimate areas. This is to ensure your partner doesn't feel awkward and fully exposed. Don't worry though... you can remove it later.

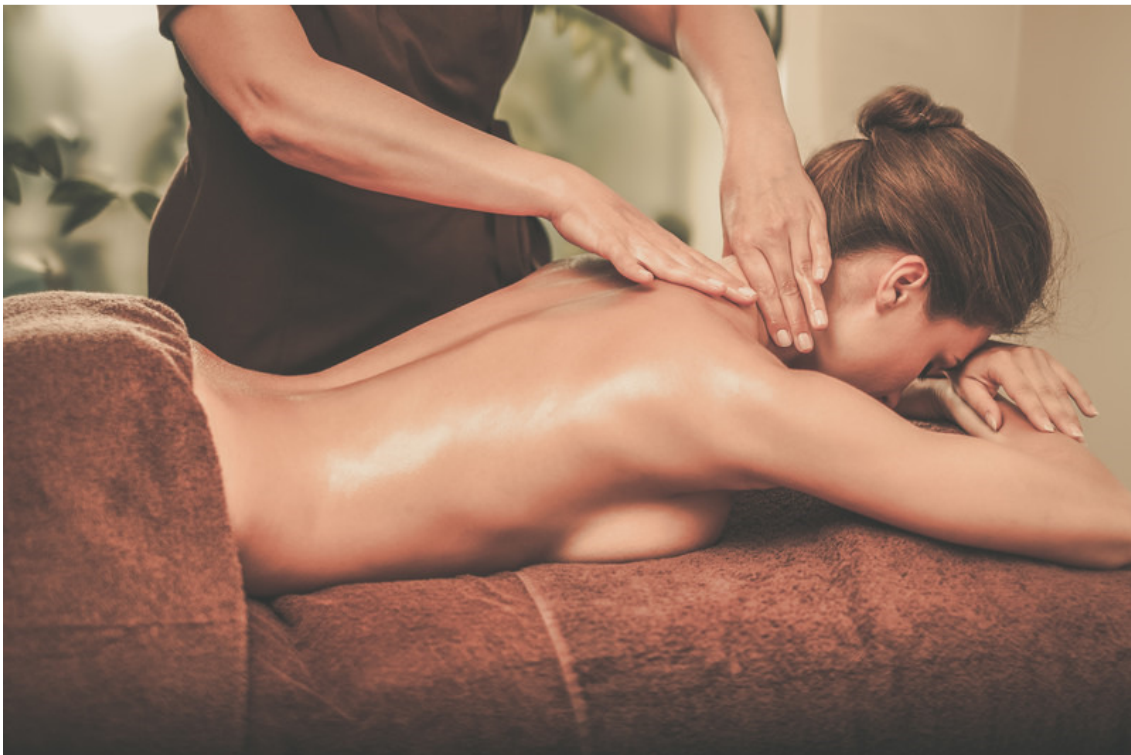
When they are comfortably lying on their back apply some **Liberalex** massage oil to their chest area and gently massage it into their skin. Move your hands across to the shoulders and down the arms ensuring the oil is dispersed evenly. Rub your hands down their sides and back up to the chest area.

Next, apply more oil to the stomach area and gently spread this over the stomach and down to the more sensitive areas.

Don't dwell on the intimate parts too long. Instead, use a teasing technique by gently brushing against the area, as if by accident. Then begin working down the thighs and legs to the feet.

* Take care when touching the soles of the feet. Use firm massaging movements with the thumbs and fingers. The soles of the feet are just too sensitive for some people, and could make your partner jump up with laughter. This could possibly spoil the experience.

Now, work your way back up the legs to the delicate area and slide your hands under the towel. Slowly remove the towel and apply lashings of **Liberalex** oil to this region. The rest should come naturally, so you don't really need any further instruction to guide you from here on in 😊



Summary of massage technique and the benefits

- Put your partner at ease with candles and soft background music
- Apply lashings of essential lubricating oil with just the right sensitivity
- Use your palms, knuckles and fingertips to deliver the most stimulating effects
- Continually massaging the muscles will soothe away aches and pains
- Your massage technique will relieve tension, stress and anxiety
- Place your partner into a state of total relaxation and contentment
- Your technique should re-energize, revitalize and make your partner feel completely rejuvenated
- You will leave every inch of your partner's body feeling completely invigorated
- Is it any wonder why a full body massage is so desirable?

We hope you have enjoyed this quick massage guide...

Be careful how you use it 😊

Liberalex massage oils are highly recommended because they are designed especially for intimate massage.

They each contain natural properties that will make your job of applying a massage much easier and much more enjoyable.

Visit us today: <http://liberalex.com>