

Beyond Reciprocity: When He Massages Her, Both Enjoy Erotic Enhancement

By Michael Castleman

Want to enjoy hotter, more fulfilling lovemaking? Here's a novel idea: Have the man give the woman an extended whole-body massage. Try letting go of reciprocity. She need not massage him in return. Try playing with the man doing most of the massaging, and the woman enjoying most of the receiving.

Why Should He Provide the Massage?

At first glance, this suggestion flies in the face of the egalitarianism at the core of a considerable amount of 21st century lovemaking advice, the idea that lovers should take turns giving and receiving pleasure equally. If the man gives the woman an extended massage, and she does not reciprocate—or gives him only a brief massage in return—it appears that he gives more than he gets.

But on further consideration, that's not the case. When the man massages the woman, they both get what turns them on most. Men tend to respond to visual stimuli. Massaging the woman provides a lot to look at. Women, on the other hand, tend to respond by being touched. Receiving massage fills the bill.

Most Men Become Most Aroused Visually

Want proof that most men get sexually turned on visually, by what they see? Then consider the fact that the audience for visual pornography is about 80 percent men. Pornographic drawings, cartoons, photos and videos appeal disproportionately to men. Porn is very graphic, and that's a huge turn-on for the gender that gets aroused by what they see.

Meanwhile, most women feel much differently about porn. They're not as turned on by what they see so visually graphic depiction of sex hold no special allure for most women.

In addition, the sex in porn is virtually all genital with very little sensual touch. Many women find this incomprehensible—and offensive. They can't understand how porn actresses can appear to become so turned on without it. (Simple. They fake it.) Nor can most women understand how so many men ignore the touch women need and instead plunge into intercourse like the couples in porn.

Most Women Become Most Aroused By Sensual Touch

Many studies show that most women have a deep need for gentle sensual touch before they can become warmed up enough to enjoy genital play. Women are more interested than men in how things feel on the skin: the luxurious touch of silk, the comforts of skin lotions—and cuddling, kissing, and hugging. Compared with most men, most women value, in fact, crave whole-body massage as their preferred path into lovemaking.

Most men are not as interested in sensual touch (except penis play). Plenty of men enjoy cuddling, kissing, hugging, and massage, but compared with women, these moves are not as necessary a prerequisite for genital sex. That's why women often complain that men's lovemaking is "too rushed," that men speed through sensual touch, or ignore it, and grab women's breasts and genitals before women feel ready for it. Faced with this criticism, many men say, "Huh?" The fact is, the need for sensual—that is, whole-body, non-genital—touch is much more necessary for women's arousal than men's.

Win-Win

Given this difference in preferred paths to arousal, is there any way to bridge the chasm? Is it possible to make love in such a way that women get the sensual touch that turns them on, while men enjoy the erotic sights that turn them on? If the man massages the woman, the answer is a resounding *yes*.

When the man massages the woman, he sees her in all her naked glory. There she is, her lovely face, her beautiful breasts, the alluring curves of her hips, the sweet mounds of her buttocks, and the deliciousness of what's between her legs. She is not only a wonderful sight to behold. As far as visually aroused men are concerned, her willingness to appear naked before him—and the implication that she is sexually available to him—are tremendous turn-ons.

Meanwhile, when the man massages the woman, she feels loving hands caress every square inch of her. His hands, moistened by massage lotion, glide up and down all over her, from her scalp to the bottoms of her feet. She luxuriates in the

leisurely playfulness of fingers kneading her neck muscles, her shoulders, arms, legs, fingers, and toes. She gets what she wants, gentle, loving, sensual touch from head to toe, and a man who takes his time and doesn't rush into genital play.

When the man massages the woman, both lovers get what they like—and need—to become turned on. She experiences the thrill of loving touch, and he enjoys the thrill of seeing his lover gloriously naked before him.

Two Excellent Videos

If you've never played with massage as part of your lovemaking, why not give it a try? All you need is a warm room, a soft surface (sofa, bed, or cushions), a sheet under the recipient (to absorb any excess massage lotion), some skin lotion or massage oil, and some suggestions for sensual strokes. Good suggestions are provided by two 60-minute instructional massage videos, *Massage Your Mate*, and *Erotic Massage: The Touch of Love*.

Start with *Massage Your Mate*. It's a friendly, nonsexual, 90-minute guided tour of both Swedish and Shiatsu massage hosted by noted massage therapist Rebecca Klinger. She guides you through massage preparations and easy-to-learn techniques for massaging the back, legs, feet, arms, hands, chest, neck, face, and scalp. This video is an engaging introduction to whole-body massage that both men and women enjoy watching—and using as a massage guide. From Amazon.com. \$24.98.

Erotic Massage: The Touch of Love is a bit more advanced. Like *The Lovers' Guide*, it's beautiful to watch and demonstrates a variety of strokes that should inspire both massage novices and veterans. But this video has no narration. Nothing is explained. The visuals are everything. Because there is no narration, couples new to massage might want to begin with the other video. But as you watch this sensual tour-de-force, you quickly realize that like a great massage, words are unnecessary. Massage is all about communicating without words, through touch alone. While this video is extremely sensual, it also includes a few minutes of genital massage. If you've been fondling each other between the legs in the same old way, these sequences might provide new inspiration to try things a bit differently. From MyPleasure.com, \$29.95. MyPleasure also offers massage lotions.

Of course, there's no reason why the man should do all the massaging, and the woman all the receiving. Feel free to switch roles. But given the ways most men and women experience arousal, both lovers win when the man massages the

woman. He gets to view every square inch of her naked beauty. And she gets to enjoy gentle, loving touch from the crown of her head to the bottoms of her feet. Both lovers become aroused. And by the time the massage is over, both feel ready to move from the sensual into the sexual.

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