

The Intimate Masseur



Preparing for a Tantric Yoni Massage

What To Expect from Your Masseur

Yoni massage is a sexual tantra practice that involves massaging your vagina, which is called *yon*i in Sanskrit and loosely translates to “a sacred space.” Yoni massage allows time for your masseur to slowly explore, with you, your body in a more sensual way. It can help people who usually feel finished after one orgasm to achieve multiple orgasms, and it's especially beneficial for people with vaginas who have never had an orgasm. It can also be very healing for those who have suffered sexual trauma in their past because the approach and technique is all about giving - making the vagina owner feel loved, cherished, worshipped, and honored.

What Happens During a Yoni Massage?

1. Setting the Scene.

As you must when exploring all new things, start with an open mind, open heart, and no judgment of yourself or your body. I will ask that you lie on your back in a comfortable place with a pillow under your hips, your knees up, and your feet on the ground. I will have your favorite massage oil handy. Coconut oil is wonderful for its silky feel and sensual aroma.

2. Connecting to your breath.

Breathwork is a key element in any tantric sex practice. The one I will use is called Bliss Breath. Constrict the back of your throat, inhale, and hear a whispering sound. Then exhale and release that sound again. Continue to take deep, slow, and audible breaths.

This grounds you in your body and keeps you out of your head, and it helps to spread the orgasmic energy throughout your body. I don't want the energy just in your clitoris. This type of deep breathing can help move that energy from the yoni to all parts of your body.

3. Warming Up.

While clitoral stimulation is great foreplay for sexual intercourse, a body massage or tantric breast massage is a great warm-up for the yoni massage. The goal here is to get you relaxed and slowly build your arousal.

I will usually start with some oil on the belly and gently massage there. The belly is an-often overlooked area of the body but has many nerve endings. I may massage your rib cage, between your breasts, and your lower abdomen.

Once I see that your body is beginning to respond, I will often slowly circle your breasts before circling the areolae, not touching your nipples yet. Once your body responds more, I may begin to tease your nipples by alternating between circles and light pinching, and between light, medium, and strong touches.

Once your body is warmed up with a breast massage and nipple stimulation, it will be time to move into the main yoni massage techniques.

The 5 Yoni Massage Techniques

1. Circling

This involves circling the external tip of your clitoris with the tip of my finger to stimulate arousal, varying from smaller circles to larger ones, and alternating the pressure from light to heavy.

2. Pushing and Pulling

This involves pushing down on your clitoris and making small push-and-pull strokes, then sliding my finger down the shaft of your clitoris on both sides of the shaft, keeping in mind that you may be more sensitive on one part of your clitoris than another.

3. Tugging and rolling

Tugging the clitoris involves pulling it gently away from your body by grasping at the sides and tugging back and forth. I may also move lower and tug the sides of the lips. It can be very pleasing to vary the strokes from the top of your clitoris down to the lips. I may roll your clitoris, start by holding it firmly and rolling between my thumb and the index finger - kind of like making a tiny violin motion with my fingers.

4. Tapping

Tapping involves using one or more of my fingers to tap your clitoris in varying rhythms from fast to slow to learn what your body responds to best.

5. G-Spot Massage

This begins with finding your G-spot, curving my first two fingers and sliding them into your vagina. I will feel for a slightly ridged area at the top of the

vaginal canal, located about an inch or two in, behind your external clitoris. I may massage it by making a “come hither” movement with my curved fingers, varying between fast and slow strokes. I may also tickle your external clit simultaneously at its tip, or place pressure on or above the pubic bone.

It is important to combine *all* of the above and vacillate between stimulating your clitoris in various ways while also involving your G-spot and nipples.

Yoni massage is not about having one orgasm. It is about trying to bring you more and more pleasure that will become waves of multiple orgasms throughout the massage. I can do it alone or combine it with other forms of pleasuring and personal interaction, depending on the responses I see or the desires you express to me. Remember that this will be a completely personal interaction where you set your limits based on your needs, desires and sensations. There is no set time limit on the experience I offer you. If your body can handle 3, 4 or 5 hours of pleasure, I can happily please you that long, however and whatever you like.

Edging with Tantric Yoni Massage.

Tantric yoni massage is also a great opportunity to practice edging. The goal is to take you to the edge of orgasm over and over again. When your body seems ready to explode, I will slow things down, pull away, and then build your pleasure back up again to create multiple waves of orgasms instead of just one.

During the cool-down periods, place your hand on the heart to help keep your body grounded, connected, and feeling loving energy. Then I will build your arousal back up to the edge of orgasm once again, and then back off and slow it down.

The longer the back and forth, the more pleasure you will experience.