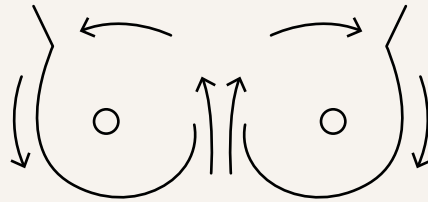


12 step
**BREAST
MASSAGE**
to Light HER Up

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A breast massage is an amazing treat to offer a woman to support and nourish her.

I often teach women how to give themselves a breast massage, but getting one from a partner is such an exquisite experience.

From the Taoist perspective of sexuality, for a woman, the breasts are the positive pole of her sexuality, so touching and stimulating her breasts is considered an excellent way to warm up a female body.



Obviously, every woman is different. Not every woman has breasts and not everybody with breasts is a woman.

Note: we use "she/her" in this guide but this message is for anyone with female breasts.

So what I suggest is to **ask your partner and see if she enjoys breast play** and if it lights her up.

And if her answer is yes, incorporate this as part of your regular rituals together. As a way to both nourish and support her without the intent of turning her on sexually, as well as a way of slowly turning her on.

Women often crave slower experiences... they want more time to get turned on. They want experiences that feel more intimate, connected, and loving. And breast play is an amazing way to offer this to your partner.



This 12-step practice is so sensual, it slows everything down. It's so luscious and oxytocin rich, you will feel so in love.

This massage can last anywhere from 5 minutes, if you're crunched for time, up to 20 minutes if you have more time to stretch this experience out and make it feel really long and luscious.

Are you ready?

**Here are the 12 steps to give a
super luscious breast massage.**



1

Express to her that you would like to give her a breast massage.

It's important to check in and ask for permission because not every woman is open to a breast massage. Not every woman enjoys having her breasts touched.

So you want to ask, "Does this sound amazing to you?" And if she says "Yes" you can move on to step two and tell her what time to be ready for it.





2

Set up a super sexy space.

Get some soft velvet and faux fur things that will feel soft and sensual on her skin.

Light some eco candles (don't do the toxic ones, they pollute the air). And use a playlist. We included a suggested playlist at the end of this guide.



3

Prepare a body-friendly massage oil.

Coconut, Jojoba, and almond oil all work great for the breasts.

Don't use anything that has chemicals in it or is heavily scented, that could be irritating to the nipples. **Some light scent can be pretty sexy on the breasts.**

You can also make your own oil mix with essential oils like jasmine, lavender, or vanilla.

And huge bonus points if you heat the oil ahead of time.

4

Cover her with a soft blanket up to her breasts (especially if it's chilly).

This will give her a warm cocoon feeling, and that's really the vibe you're going for.





5

Arrange yourself in a position that's going to be comfortable for you.

It's key that you're comfortable when you start this massage, because if you're trembling or uncomfortable, she's going to feel it.

You can do this massage in three different positions.

- You can do it down by her pelvis with her legs wrapped over yours. In this position, you can actually put a pillow or two underneath you, which can make you really comfortable.
- You can sit at her head kneeling or with your legs straight out. Again, if you prop yourself up with pillows, this can be very useful.
- And if you need extra support, consider having her lie with her head at the edge of the bed and you sitting on a chair.



6

Start with three compliments on what you love about her breasts.

Tell her what's beautiful about her breasts: the shape, things that you're grateful for about them, how the nipples look, the color, etc.

This sets a gorgeous tone for the entire experience.

7

Place both of your hands, one on top of the other, over her heart and invite her to take three deep breaths.

You're going to take the three deep breaths with her. This will allow the two of you to attune to each other so you can drop in and connect.

This also slows her down, putting her into the parasympathetic part of her nervous system, encouraging relaxation, and getting her into her feeling space.





8

Generously lather the oil on your palms.

Use more oil than you normally would, but not so much that it's going to drip all over her.

Now it's time to begin the massage.

You're going to use the flats of your palms and massage around the outside of her breasts. You're going to massage deep and firm and slower than you think you need to with the palms.

If she has very large breasts, sometimes it makes sense to massage one breast at a time with both hands. **Do whatever feels most comfortable and luscious for her, and most achievable for you.**

9

Ask her if she likes the pressure and the speed, and adjust as necessary.

It's beautiful to empower her to be able to speak up about what she likes. Some women do this naturally, but many women have a hard time asking for you to change something after you've done all of this work for her.

So make sure you check in so she's getting what she likes, and so you feel confident that you're giving her what she likes.

This helps set the tone for the entire massage. You can even reassure her by saying, **"If you want any changes at any time, be sure to let me know."**





10

Encourage her to take several deep breaths in and out of her chest and her breasts as you continue to massage.

And as she does this, be sure to watch her, attune to what's going on.

And if you see that tears come to her eyes, say something supportive like, **"It's safe to cry right now."** Or if she tenses up, you can say, **"You're fully supported in this moment. Is there any way I can help you to relax more?"**

It's really sexy when you're attuning to your partner and guiding and supporting them based on what you feel is coming up for them.



11

**After a period of time,
you're going to reverse the
direction of the massage.**

**So reverse the direction in which
your hands are moving.**

And then you can invite her to take deep breaths
again so she can soften, release, and feel.



12

Come into stillness, holding her heart again with one hand over the other.

This time, tell her three things that you love about her.

From here, you can either move into additional foreplay and/or sexual intercourse, or allow her to get up in her own time.

This is the simple breast massage to offer your partner.

For those ready to take your breast massage to the next level, here are a few slightly more advanced steps:

- 1** Take both palms and massage over her breasts in an infinity loop, which is very opening for the heart. Stroke up and over her right breast, then down across the center of her chest and underneath her left breast, then stroke up and over the left breast and down across the center of her chest and up over her right breast again. Continue like this in the infinity pattern for a few minutes!
- 2** Press your palms on her breasts, focusing on pressing gently but firmly upwards, and very gently vibrate your palms, very lightly shaking all over the breasts.
- 3** Place both hands open across her breasts with your fingertips spread, so that your fingertips are touching the outside of her breasts, and slowly, with your fingertips touching the breasts, lift your palms upwards so your fingers slide over her breasts and up over her nipples. Repeating this several times can be very sexy!

**As promised, here is the
playlist with some sexy
songs that you might love to
do this massage to:**

**SENSUAL BREAST
MESSAGE PLAYLIST**

**Enjoy this luscious, delicious breast massage.
And remember to heat the oil!**