

Title:

Body Massage for Relaxation, Health Improvement and Sensual Pleasure

Word Count:

834

Summary:

Some simple massage techniques are explained. You can use these methods to achieve muscular a

Keywords:

how,to,perform,do,body,massage,for,relaxation,relaxe,improve,health,cure,alleviate,muscle,musc

Article Body:

By massaging your friend or living partner and let him or her do the same to you, you will bot

MASSAGING ACROSS THE MUSCLE FIBRES

This type of massage is very good for relaxing tense muscles and a stressed mind.

You perform this massage by rubbing or gripping across the direction of the muscle fibres or a

According to the size and conditions of the area you treat, you can use different types of man

MASSAGING ALONG THE MUSCLE FIBRES

This type of massage will give the following effects: Stiffness will be reduced or cured, and

By this massage you stroke along the direction of the muscle fibres, and always in the directi

Also now you take one area after the other, but try to reach the whole length of a muscle or m

Also by this longitudinal massage, you can press down and stroke with your finger tips, with a

MESSAGE WITH AN ELECTRIC DEVICE

Most electric massage devices are vibrating up and down. This vibration mostly gives the same

COMBINING THE MESSAGE WITH STRETCHING

The effects of the massage can be increased by also stretching the limbs and body parts of the

HOW HARD SHOULD YOU PERFROM THE MESSAGE?

Tired and stiff muscles are often tender and aching. Working at a tender point will always cau

To achieve the right firmness you should monitor the reactions of the person you work at and l

USE OF MESSAGE OILS

By applying a massage oil or ointment at the area you work at, you ease the massage work and i

MESSAGE FOR MUTUAL PLEASURE

You can use each of the two main techniques, but you let the pleasure of the person you massag

Also your own pleasure shall decide. Do not work so hard that you get tired out yourself, and

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