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00:00:00:00 - 00:00:05:00

00:00:05:00 - 00:00:25:03

Speaker 1

All right. Now, the moment we've all been waiting for: Module 2, the massage itself. Let's talk about how to set up the physical space for the massage, and then how to communicate, to set up the emotional and mental space for everyone involved. Setting up the physical space: first, we're going to want to book at least 60 minutes, probably 90 minutes, especially for the first massage.

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Speaker 1

And I'll explain why in just a second. We want to know in advance that we've got enough time. We're not going to feel rushed no matter what comes up. And we've also got plenty of time for aftercare to sort of land the plane after the massage is complete.

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Speaker 1

We also want to make sure that the space is going to be private, that the kids are asleep or they're being watched by someone else, that the door is closed and locked and cell phones are in do not disturb and nothing and no one is going to interrupt this experience.

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Speaker 1

That's going to help everyone's nervous systems to calm down and feel relaxed. And that is where pleasure lives.

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Speaker 1

Secondly, let's think about all of the sensory elements of the space. So how does it look? We want to make sure that the space is nice and cleaned up and organized laundry is put away. We want to think about lighting.

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Speaker 1

I really do not like overhead lights. If you need them, you can always use a blindfold on the person receiving the massage. But I think for this massage it's kind of nice to be able to see. So thinking of mood lighting up lighting, vibe lighting, using lamps, putting them down close to the floor can be really helpful.

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Speaker 1

We don't need a ton of light, just enough for you to see what's going on for this massage is enough.

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Speaker 1

Think also about the temperature of the room. She's going to have her body uncovered. She might be naked. You both might both be naked. So making sure that the room is warm enough to feel good, but not so hot that we feel like sweaty and uncomfortable, kind of nailing that temperature is really, really important.

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Speaker 1

Also, how does the room smell? Or do we want to include some scented candles? Maybe an incense, maybe oil diffuser thinking just really about like the sensory experience? And also how does it sound?

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Speaker 1

I also like to have some music, maybe music that doesn't have lyrics, maybe music that you find to be really sexy. Maybe music that makes you both feel really connected. Songs that were really important to you. If you have a sexy playlist that's great.

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Speaker 1

And then also, while we're on the subject of the sensory experience, thinking about the touch itself. So having smooth nails, clean hands, maybe taking a second to,

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Speaker 1

file off any rough parts of your nails or any calluses that you have so that it can be a really smooth experience for her.

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Speaker 1

Now, how are we going to position both of our bodies?

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Speaker 1

Because comfort is key for both folks. If you happen to have a massage table at home, that's great because you can walk 360 degrees around the table and adjust as necessary. But not all of us have a massage table at our homes. So using a bed and just noting that you might have to get up and down and off of the bed depending on your mobility and her mobility.

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Speaker 1

A bed is a great place to also do this, and if you were really comfortable setting up with pillows and a cushiony, base, you could also do this on the floor. But then you're going to be as a massage giver on

your knees. So things to consider. I think the bed is the best bet if you don't have the massage table.

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Speaker 1

Also in advance, you're going to want to have any tools and toys prepped and ready to go. And if you're using toys that have batteries, making sure that they're charged, if you're going to be doing temperature play, which we'll talk about in a second. Having a hot beverage like tea or hot water and having ice cubes set and prepared.

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Speaker 1

Also really nice.

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Speaker 1

You're going to want to select a great high quality massage oil or even a lube that you've already tested and is not going to cause an allergic reaction. And if you're going to be using your mouth or your tongue on the massage, you're going to want to consider that you're going to be using oil first.

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Speaker 1

So making sure that you choose a massage oil or lube that is mouth safe and that tastes okay to you.

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Speaker 1

And then finally, maybe also having a couple of washcloths that are warm or having some hot water nearby, that you can make those washcloths warm and wet so that she can massage off or wipe off any massage oil that is left at the end.

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Speaker 1

Really, really nice for aftercare. Or maybe she's going to go take a shower afterward. Or maybe she doesn't mind being oily and you'll go to sleep afterward. All okay.

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Speaker 1

Also, another note on hygiene. If you are going to be using your mouth, then making sure that you clean and wash your mouth just for both of your experiences can be really nice.

Need Help or Have Questions?

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