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Speaker 1

All right, now on to the massage itself. We are set up and we are ready to begin.

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Speaker 1

We've got our space and our conversation, and now we are going to start by enhancing her sensory awareness and getting her into her body. And we're going to do that by breathing together, taking slow inhales and really long extended exhales. And you can breathe together for a minute, five minutes as you are doing the massage, tracking her breath and making sure that you are breathing with her and reminding her to breathe will help the two of you to stay in sync.

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Speaker 1

And once she's a little more practiced at breathwork, and the two of you have gotten into sync at various points of the massage, she can actually hold her breath in order to heighten the experience, especially as she gets closer to orgasm.

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Speaker 1

Now, other things that are going to help her to stay in her body and improve her sensory awareness (and yours) are sounding. So, this is like making moans, groans, just making sounds in general and moving.

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Speaker 1

She may want to move her body throughout the overall experience in order to help her come into pleasure. Breathing, sounding and moving are the tools that we can use to constantly stay in touch with our body and our bodies experience.

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Speaker 1

And you, as the massage giver, should feel confident and capable of reminding her to use them throughout the course of the massage.

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Speaker 1

We're going to start the massage, ideally by massaging the entire body, at least giving some attention to the rest of the body, not including the nipples, the vulva, and vagina or the anus. So we're going to massage the whole body, not the erogenous zones

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Speaker 1

at first. This is going to help her nervous system relax, help her to get into the flow of being touched, and it's going to help her to get to arousal.

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Speaker 1

After you've massaged her whole body, you can massage her erogenous zones, depending again on what the boundaries are. And this is when we're going to start to move towards the breasts and the nipples.

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Speaker 1

A quick note on anatomy. We have the breast itself, which is

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Speaker 1

all of it in its entirety. We have the areola, which is the soft spot that changes color, that's a different color from the skin of the breast. And then we have the nipple, which is the part of the body that can actually experience an erection and sticks out from the areola.

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Speaker 1

You can think about all of these touches as being applied to the areola, as well as those more specific touches that are going to be applied to the nipple itself as she gets aroused. Most nipples stick out a lot and it'll be a lot easier to grab it, pinch it, twist it, twirl it, roll it, etc..

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Speaker 1

We're going to start on the breasts first. We're going to think about massaging on the outside and working your way in. We're going to begin with gentle, smooth strokes.

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Speaker 1

We're gonna use both hands to make long, smooth strokes, especially from the base of the breast towards the armpit.

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Speaker 1

Maintain a very light pressure and repeat this several times. So that you can warm up her breast tissue before moving on to deeper touches. Once you're into deeper touches, you can use kneading, wringing, skin rolling and pick up and squeeze motions with your hands, gently lifting and compressing the breast tissue. This technique actually helps with blood flow and lymphatic drainage.

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Speaker 1

Make sure you're checking in regularly, that the amount of pressure that you're using is pleasurable, and stay away from anything that causes pain or discomfort.

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Speaker 1

Next, onto circular strokes, use a little more pressure in your fingertips to make gentle, circular motions around the entire breast. Gradually increase the size of the circles as you go.

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Speaker 1

This technique is relaxing and also supports blood circulation.

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Speaker 1

Next, on the breast itself, lymphatic drainage. Place your hands flat on the breast with your fingers pointing towards her armpit and gently apply pressure, gliding your hand from the outer edge of the breast towards the center and then towards the armpit.

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Speaker 1

Remember earlier when I said that it can feel like these breasts get like full of liquid and can be really stagnant?

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Speaker 1

This lymphatic drainage actually helps to remove toxins and waste from the breast tissue by moving it towards the glands, the lymphatic glands in the underarms.

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Speaker 1

Now that we massage the breasts, we can move on to nipple stimulation if it feels good for her, and if you both are a big yes at that time.

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Speaker 1

We're going to begin by touching the nipples with our hands and fingers first. And there are lots of good reasons for this. If you have agreed with her that you can use your mouth and your tongue, we're going to introduce those later.

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Speaker 1

And I'm going to share with you now the various dimensions of touch that you can use to stimulate the nipples and the reason that I'm giving you these, instead of telling you exactly this is how you want to start, is because each person is different.

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Speaker 1

You're going to use all of these, or maybe some of them, depending on your individual exploration, what she said that she's liked and your A/B Testing.

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Speaker 1

So the first dimension of touch is stillness, and holding. Stillness is the most underrated kind of touch. I think that there is because it invites our nervous systems and our bodies to go, "Oh, I can just feel that. I don't have to process a lot of information."

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Speaker 1

Consider just holding still. It allows our bodies to kind of get into the process and start to feel really safe. Remember, you can come back to stillness and holding any time.

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Speaker 1

Next we have stroking which is taking 1 or 2 or more fingers and moving up, down left right side to side.

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Speaker 1

Next we have tapping which is exactly that. It is tapping rhythmically, quickly or slowly on the nipples themselves,

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Speaker 1

circling, using our fingers, or later our tongue and mouth to create circles around the nipples.

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Speaker 1

Windshield wiping, which is moving back and forth like a windshield wipers.

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Speaker 1

Then we also have pinching, which is just

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Speaker 1

squeezing left to right or up and down, usually between our thumb and first finger, squeezing, which could be seen as using more fingers in order to squeeze and maybe even create some pressure inward or outward on the nipple, which gets us into pulling.

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Speaker 1

We can squeeze and pull the nipple away from the body. Rolling, which is bringing the nipple itself in between our fingers and rolling it back and forth,

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Speaker 1

twisting, which again, not all women are going to be into, but twist the nipple like we're twisting a dial left to right.

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Speaker 1

All right, let's talk a little bit about the speed of touch, which should range between stillness and holding to as fast as you can go. And you're going to want to not just move from stillness to speed. Throughout the course of the massage, you're going to also want to create some variety. So you might go from stillness to say, a slow touch, to back to stillness, to a quicker touch, back to a slower touch, back to a quicker touch, to the fastest touch that you can give

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Speaker 1

depending on your partner and what is working for her and her body at that time.

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Speaker 1

The next up: pressure. All different kinds of touch can use different kinds of pressure, ranging from very light, almost "just barely even there" touch to really, really firm pressure squeezing or pushing as hard as you can. And again, just like with speed, you're going to want to vary it up so that her body can't necessarily tell exactly what's going on and what you're going to do next.

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Speaker 1

And also, so her body doesn't just get used to any particular kind of touch,

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Speaker 1

so much so that it begins to kind of fade off and she doesn't-- she can't feel it as well anymore because her nerve endings know exactly what's happening.

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Speaker 1

Now, I mentioned earlier that fingers and hands are the best to start with. They are the easiest to control.

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Speaker 1

You have the most ability to have a high variety of pressure and speed with your fingers, and I have found that they are less likely to fatigue or get tired than a mouth or a tongue. Now you can obviously with your partner

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Speaker 1

use both. You could have a finger on one table and your mouth on the other. Just make sure that you are very, very conscious and considerate of how much pressure you are putting with both.

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Speaker 1

I found that a lot of men, once they start introducing their mouths, their tongues, their lips to the nipples, then any idea of pressure goes out the window and they just start going, like with a lot of intensity or when I'm trying to control my mouth and my fingers at the same time, I can kind of lose focus on how strong I'm pushing or pulling or sucking with both of them, because I'm trying to think about two things at once.

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Speaker 1

So until you have a lot of practice with this, consider just focusing on using your fingers and your hands, and then you can move on to using your mouth if that feels good for both of you.

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Speaker 1

Also, a note on teeth. Some people really enjoy teeth, others don't. I think it's best to only incorporate teeth once she has experienced a really high level of arousal, because her pain tolerance will have increased.

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Speaker 1

But then you also have to be more careful with your teeth, because her pain tolerance has increased, she might be less likely to tell you, "oh, that doesn't feel very good" and you could end up leaving her with marks. So talk to her about teeth beforehand. Again, some women like it. Some women just don't. Your mileage will vary.

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Speaker 1

All right. A couple other bonus techniques that you can use if you are using your mouth. And even if you're not, you can use your breath. You can blow hot air or cool air [blows] onto her nipples. Using coolness, including ice cubes can be a really great way to cause her nipples to stand up and become erect. Using warm liquids, especially with your mouth—

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Speaker 1

so filling your mouth with a hot beverage, even if it's just hot water and then bringing your mouth onto her nipple—can create differences in temperature.

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Speaker 1

And of course, there are plenty of toys that are designed specifically for nipple play and plenty of toys that are just great for nipple play. And those are all going to be included in the bonus module later inside of this course.

Need Help or Have Questions?

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