

00:00:06:01 – 00:00:13:20

Unknown

All right. Welcome to module one: preparing for the massage. This is all of the background information that you need before you dive on in.

00:00:13:20 – 00:00:20:09

Unknown

All right, Let's start with scheduling and timing. You're going to want to put aside up to 2 hours for this massage. And that's because you don't want to be rushed.

00:00:20:09 – 00:00:24:09

Unknown

You don't want to have to be checking the clock and you don't really want to have to be

00:00:24:09 – 00:00:27:01

Unknown

in time/space awareness anyways.

00:00:27:01 – 00:00:37:06

Unknown

It's best when you have extra time. It gives you time to cuddle or maybe even be intimate at the end of the massage. So make sure that you book it at a time that's really going to work best for both of you.

00:00:37:11 – 00:00:42:13

Unknown

When you don't have any other distractions or anything else that's going to come in and interrupt the massage.

00:00:42:13 – 00:00:45:23

Unknown

All right. Let's talk about setting up the room itself.

00:00:45:23 – 00:00:54:11

Unknown

So if you have a massage table, it can be great to give a yoni massage on a massage table can be really helpful for the giver to be able to stand up, move around.

00:00:54:16 – 00:01:00:12

Unknown

But if you don't have one of those, not a problem. You can absolutely do this on a bed or another flat surface.

00:01:00:12 – 00:01:08:23

Unknown

We are going to be using oils and lubes and other things that are slick and have the potential for staining sheets or blankets.

00:01:08:23 – 00:01:15:02

Unknown

So consider investing in a waterproof sex blanket such as those that are made by Liberator.

00:01:15:02 – 00:01:32:14

Unknown

I will give you my affiliate link in the description. Liberator makes a waterproof blanket that's very soft, very comfortable, but will not let oil get through to stain anything underneath it. If you don't want to invest in one of those, consider laying down a couple towels and maybe a blanket that you're okay with getting stained.

00:01:32:14 – 00:01:36:03

Unknown

Now for things that can help create ambiance: Music.

00:01:36:03 – 00:01:44:14

Unknown

Having some music that is relaxing, almost like spa vibes without a lot of beat, with no lyrics can help us to stay really present.

00:01:44:14 – 00:02:04:03

Unknown

Sometimes when it's quiet, our minds can go off in all directions and start to think about the groceries of the kids. So music can be really helpful. Again, low drums or no drums, no lyrics. You can consider a playlist that like starts low and builds up to a high intensity or higher intensity and then comes back down and helps you land at the end.

00:02:04:08 – 00:02:06:09

Unknown

It's a really nice way to sequence your music.

00:02:06:09 – 00:02:24:12

Unknown

Also, candles, lighting, maybe consider dimming your lights. You are going to want lights though, because you're going to want to be able to see what's going on. So being able to actually see the only that you're working on, the vulva that you're working on is going to be really critical for this massage, especially as you're getting started.

00:02:24:12 – 00:02:43:01

Unknown

You're going to want to have any of that ambiance set up in advance, including a clean room. So make sure that you have removed clutter from the room. If you're doing this in your bedroom and you have a desk in the corner and you have laundry on the bed, consider cleaning those things up, tidying them up before starting the massage.

00:02:43:02 – 00:02:56:16

Unknown

You also can incorporate a blindfold on the person who's receiving the massage in case the lights are a little bright. Or they do well with that sort of sensory deprivation where they're not looking around, certainly not required, but it's definitely an option.

00:02:56:16 – 00:03:01:05

Unknown

You also can incorporate toys into this massage. I'll tell you when and how.

00:03:01:05 – 00:03:08:15

Unknown

If you're going to bring toys in, especially vibrators, consider charging them so that they're fully charged prior to the massage and cleaning them.

00:03:08:15 – 00:03:26:15

Unknown

Now, if you have any reason to believe that they're not totally clean like they've been shared by other people, or maybe you used a silicone lube with a silicone toy and it feels a little sticky after that. Just throw a condom over the toy. Super easy; easy, clean up as well. And that way you know that there's no contact between the toy and the skin.

00:03:26:15 – 00:03:31:02

Unknown

right, now let's talk about getting ready in terms of hygiene, beginning with physical hygiene.

00:03:31:02 – 00:03:34:14

Unknown

For the giver of this massage, you are going to want to clean your fingernails.

00:03:34:14 – 00:03:34:20

Unknown

So you're

00:03:34:20 – 00:03:36:19

Unknown

going to want them to be very short,

00:03:36:19 – 00:03:42:21

Unknown

have them be filed so that they're very smooth. If you have things like hang nails, rough cuticles, calluses,

00:03:42:21 – 00:03:48:00

Unknown

maybe consider trying on a glove just so that it can be a very smooth experience for the receiver.

00:03:48:00 – 00:03:52:11

Unknown

You also want to clean and prepare yourself for giving a massage.

00:03:52:11 – 00:04:00:07

Unknown

If you were going on a date or going into a sacred space, like a church or a temple, you would probably want to give yourself a shower or a bath first—

00:04:00:07 – 00:04:04:22

Unknown

overall whole body prepared to show up, be present, be your best.

00:04:04:22 – 00:04:08:18

Unknown

And this can be true for both the giver and the receiver of the message.

00:04:08:18 – 00:04:23:05

Unknown

Make sure that you are emotionally ready to give the message if you have some big emotions coming up. Maybe fear, maybe anger, maybe any other form of emotion that's going to take you out of the environment, take you out of your body and have you feeling these big emotions.

00:04:23:05 – 00:04:31:06

Unknown

This is not a great place to be processing those emotions so considered declaring and doing whatever you need to do to clear those emotions before you get started.

00:04:31:06 – 00:04:38:03

Unknown

What do you have to give up? Maybe like you're like, "I'm a little mad at you because you forgot to pick up the pizza that I ordered yesterday."

00:04:38:03 – 00:04:42:15

Unknown

You could say that and then say something along the lines of like, "And I'm giving that up."

00:04:42:15 – 00:04:44:20

Unknown

I'm letting it go," but only if it's true for you.

00:04:44:20 – 00:04:53:15

Unknown

You may want to do this with the person that you're giving the message to are getting the message from. You may want to do this on your own in a journal or to a friend or to coach.

00:04:53:15 – 00:04:59:16

Unknown

Next, getting yourself clear mentally. So again, you're going to be learning a new skill here.

00:04:59:16 – 00:05:17:15

Unknown

You might be in your head a lot thinking, Am I doing it right? Is this right? Does she like it? Do your best to clear your mind that you could do that by getting a workout in jogging, journaling, processing, speaking with a friend or a coach, or even just naming like, Hey, I'm a little bit nervous because I want to do a great job.

00:05:17:17 – 00:05:24:17

Unknown

These things can help us again to just be present because there's not all this other stuff in our space, this other stuff that we're thinking about or feeling.

00:05:24:17 – 00:05:44:21

Unknown

And then finally, spiritually, how to show up your energy and the energy behind your touch is very important for the audience. That's probably more important than anything else, because I may be able to touch someone with very high level of skill, but if I'm doing it with like hate in my heart or at a minimum, just like being distracted, it's not going to feel very good.

00:05:44:21 – 00:05:52:07

Unknown

You might be very clumsy with your touch, but you're doing it with love. I would choose that any day over. Perfect touch, delivered without love.

00:05:52:07 – 00:05:56:18

Unknown

So don't have to take it too seriously. Just give the whole thing reverence.

00:05:56:18 – 00:06:07:08

Unknown

I recommend making the Yoni massage a little bit ceremonial, a little bit ritualistic. Wash your hands, light some candles, take a second to center yourself. Take a couple breaths.

00:06:07:10 – 00:06:09:22

Unknown

Consider that you're entering into a sacred space.

00:06:09:22 – 00:06:24:13

Unknown

In fact, Yoni itself translates roughly to “sacred space.” It's a Sanskrit word. It's an ancient word. It comes to us from tantra. It means sacred space. Consider that you are creating a sacred space in which you're going to massage a sacred space.

00:06:24:13 – 00:06:30:19

Unknown

All right. Long time followers of my YouTube channel and anyone who's checked out my courses before saw this one coming.

00:06:30:19 – 00:06:31:19

Unknown

Next up,

00:06:31:19 – 00:06:33:06

Unknown

communication. And

00:06:33:06 – 00:06:36:23

Unknown

we've got to talk about boundaries and consent.

00:06:36:23 – 00:06:48:16

Unknown

Number one, even if you've known this person for decades, you still have to have a conversation about boundaries before you get started. It could be in the minutes before or the day before, but

you've got to have a conversation. And what it needs to include is,

00:06:48:16 – 00:06:51:04

Unknown

is there anywhere you don't want to be touched

00:06:51:04 – 00:06:52:02

Unknown

anywhere in your whole body?

00:06:52:02 – 00:07:00:06

Unknown

And she might say no. And if so, say, “Okay, can I put you in the eye? Can I stick my fingers in your ears?” I guarantee there are some places she does not want to be touched. She just hasn't thought of it. Yeah.

00:07:00:06 – 00:07:03:23

Unknown

Ask her to think of her entire body and think, “Where do you not want to be touched?”

00:07:03:23 – 00:07:06:16

Unknown

And then, is there any kind of touch you don't want?

00:07:06:16 – 00:07:21:22

Unknown

So pinching, impact, smacking, tapping. There might be touches that she doesn't want. This could be like she just has a negative experience from her past of being tapped and she doesn't want to experience that. Great.

00:07:21:22 – 00:07:28:18

Unknown

It could be that she like has a kneecap injury and she just needs to make sure that you stay away from her knee on this leg.

00:07:28:18 – 00:07:34:07

Unknown

Having these conversations in advance will help to make a smooth and pleasurable experience in the moment.

00:07:34:07 – 00:07:48:15

Unknown

Remember that yeses can become no's, but no's cannot become yeses. So if she says, “I don't want any internal touch on my vagina, I don't want your fingers inside of me,” and then when she's like, turned on and massage is going on, she's like, “Actually, you changed my mind.

00:07:48:15 – 00:07:54:05

Unknown

I do want them.” No, no, no, no, no. She said, “No,” it stays. And now it cannot become a yes.

00:07:54:05 – 00:08:04:05

Unknown

You can do another massage next week, in which case you can reset those boundaries. And if she wants internal penetration, then she can say yes beforehand.

00:08:04:05 – 00:08:06:21

Unknown

And of course any yes can become a no. She can always change her mind.

00:08:06:21 – 00:08:10:08

Unknown

You can always say, you know what? I don't actually want to be touched in that way.

00:08:10:08 – 00:08:16:08

Unknown

As long as she feels that she can voice that and you can receive it, then you are in a great place.

00:08:16:08 – 00:08:20:22

Unknown

Now, another thing to note about feedback is that there's going to be a

00:08:20:22 – 00:08:29:20

Unknown

lot of verbal feedback in the form of asking and describing what feels good and what would feel even better.

00:08:29:22 – 00:08:43:15

Unknown

So a lot of us are not in the habit, especially when it comes to sex and intimate spaces of asking for feedback and describing and giving feedback. A lot of the time we do want to hurt each other's feelings. We don't even want to know that we're doing something that doesn't feel good, so we just don't say anything at all.

00:08:43:21 – 00:09:02:11

Unknown

But this is a very unique container where one person is giving to the other, and the other is just receiving. So asking throughout the massage, "Does that feel good? Would you like more pressure? Is that a good pace? Did you want me to move fast or do you want me to move slower? Is this the spot? Is that the spot that's going to be really, really critical for getting the outcome that we desire?"

00:09:02:16 – 00:09:16:07

Unknown

Some women have a lot of trouble giving feedback and they can feel like they're being critical. So as a man, the most that you can do to make it a safe space and ask great questions and then receive her feedback, the better experience it will be for her.

00:09:16:07 – 00:09:20:05

Unknown

And by the way, it's a great place to practice giving and receiving that kind of feedback.

00:09:20:05 – 00:09:41:05

Unknown

Now, in addition to verbal communication, there's going to be nonverbal communication. So as she is receiving, ask her to make sounds, to moan, to breathe deep, to let you know when something feels good. Now all feedback has to be given through words. If she [erotic exhale] then you know that you've probably hit on a spot that feels really good.

00:09:41:10 – 00:09:49:10

Unknown

And again, it can be very difficult for some people to make sound and to move and to groan and to grunt, and that's okay. This is a great place to practice.

00:09:49:10 – 00:09:55:10

Unknown

I'd like to share a note on giving and receiving. Like I said, this is a unique environment.

00:09:55:10 – 00:09:58:07

Unknown

Often when we're having sex, we're both giving and we're both receiving.

00:09:58:07 – 00:10:20:16

Unknown

I'm touching, You're touching, We're touching. It's kind of blurry. Who's giving and receiving at any given moment? This is not that. In a Yoni massage, you have a very clear delineation between who is the giver and who is the receiver. And as the giver you are giving for the other person's benefit, you are giving for her pleasure at her discretion as directed by her.

00:10:20:21 – 00:10:30:12

Unknown

It is not for you, so you might in a moment want to grab or group or squeeze or be injured or do something that you might do to her body during sex.

00:10:30:12 – 00:10:33:18

Unknown

Don't give in to that impulse.

00:10:33:18 – 00:10:40:03

Unknown

Think about how to serve her and what's going to be the most pleasurable experience for her and let that guide you.

00:10:40:03 – 00:10:52:20

Unknown

Now, for my recipients out there, the women with Yoni's, I actually have a note on how to receive because it might seem like receiving is very easy, but it's not, especially when we're used to being in that give, receive, give or take.

00:10:52:20 – 00:10:57:13

Unknown

In order to receive, you have to be able to relax and surrender.

00:10:57:13 – 00:11:02:07

Unknown

If you're used to being in control or maybe not feeling safe, this can feel really, really tricky.

00:11:02:11 – 00:11:06:22

Unknown

So as you are receiving this massage, make sure to keep breathing.

00:11:06:22 – 00:11:20:10

Unknown

Now we stop breathing for all kinds of reasons we can because it feels a little scary. We can stop breathing because it feels really good and we're like trying to move ourselves towards orgasm. Lead into this sensation when it feels intense, breathe into it.

00:11:20:10 – 00:11:26:17

Unknown

Breathing will help you to sort of move that energy throughout your body, continue to stay grounded and centered in your body.

00:11:26:19 – 00:11:33:04

Unknown

It will help you to circulate and sort of move the intensity throughout your entire body.

00:11:33:04 – 00:11:36:01

Unknown

And don't forget, also to move to make noise.

00:11:36:01 – 00:11:47:13

Unknown

You don't have to stay perfectly still as this is going on. Feel free to follow your intuition on how best to receive and you might have some things come up, some big emotions.

00:11:47:15 – 00:11:56:04

Unknown

You might have fear come up. You may have memories come up of traumatic experiences. You might have big sadness come up or big joy. You might have laughter.

00:11:56:04 – 00:12:00:18

Unknown

You're going to want to follow and lean into those sensations.

00:12:00:18 – 00:12:12:11

Unknown

Don't pull back from them. Don't stop yourself from experiencing them. Go all-in. Now is the time! I promise you that you can have a high level of arousal, an erotic experience, and a high level of emotionality.

00:12:12:11 – 00:12:30:12

Unknown

Whether that's grief or joy or pain or fear, you can have them both at the same time. And that is what allows sex to be very healing. So stay with those emotions. If you need to ask for a break, take a break, but stay with the emotion. Turn towards the emotion. I promise if you turn towards

it, it will come and go.

00:12:30:14 – 00:12:38:02

Unknown

Whereas if you push away from it and you resist it, it will stay. It will be persistent. It can be really scary. But I know that you can do it.

00:12:38:02 – 00:12:41:09

Unknown

All right. Let's talk about after the massage, on that note.

00:12:41:09 – 00:12:53:17

Unknown

Aftercare is incredibly important. What you're going to want to do is help the recipient ground the massage. You're going to want to help her to kind of come back down to earth after this very pleasurable experience.

00:12:53:17 – 00:13:09:01

Unknown

And you, as the giver of the massage, may need your own grounding. You might need a break or a rest. You might need to hear some words of love and encouragement. If you and when you feel good to exchange words and process back and forth. I highly recommend that you ask each other,

00:13:09:01 – 00:13:10:10

Unknown

“What was awesome about that?”

00:13:10:10 – 00:13:12:06

Unknown

and then go back and forth answering that question.

00:13:12:06 – 00:13:19:17

Unknown

It's so easy to talk about what didn't feel good or what went wrong. This is a great opportunity for you to celebrate what went right and what feels really good.

00:13:19:17 – 00:13:30:18

Unknown

Now, a note on orgasm. Orgasm may or may not happen if she's very energetically sensitive and very tuned into pleasure. She might have a lot of orgasms. Small ones, big ones, medium ones.

00:13:30:23 – 00:13:39:05

Unknown

There may be ones that she didn't even recognize, orgasms that she's never had before. But I don't want the goal of this massage to be orgasm.

00:13:39:05 – 00:13:43:04

Unknown

It's great if orgasm happens—maybe even more than one—but

00:13:43:04 – 00:13:54:16

Unknown

it's not as if the massage didn't work. If she doesn't have an orgasm. This is a practice. This is something that you're going to come back to more times and get into rhythm and continue to give.

00:13:54:16 – 00:14:09:22

Unknown

This is just like if you get a massage on your shoulders—you want another a shoulder massage like a couple of weeks later, right? Or maybe even the next day. So think about Yoni massage in the same way. It's a practice. It's something that you can give multiple times and you can get better with over time.

00:14:09:22 – 00:14:12:13

Unknown

And then a note for the giver of the massage

00:14:12:13 – 00:14:14:04

Unknown

on taking care of yourself.

00:14:14:04 – 00:14:32:16

Unknown

You also have boundaries here. You don't have to do anything that you don't want to do. If you don't want to put your fingers inside of her, you can say that. Let her know that's not on the table for today and you're going to want to take care of your body. Sometimes when we're trying to hit the right angle or, you know, the right intensity, we may give more than we are capable of.

00:14:32:16 – 00:14:50:08

Unknown

And we can hurt our bodies or tire out our bodies by doing that. So make sure that you're checking in with your own body from time to time. How's your energy level? Do you need a break? Do you want to grab a glass of water? Do you need to stop because something came up and it's really a big emotion for you and you're no longer present?

00:14:50:08 – 00:14:57:03

Unknown

Take care of yourself. Let perfectionism go. This is not a perfect experience; it's not meant to be one.

00:14:57:03 – 00:15:04:22

Unknown

It's meant to be what you need and what she needs and what gets you both closer to that sex life of your dreams.

00:15:04:22 – 00:15:24:20

Speaker 1

All right. A note on some of my favorite oils and lubes to use. I highly recommend using coconut oil if there's no allergies, if you can tolerate it. If you all both like the smell, coconut oil feels really good. It's a great massage. Oil. It's safe for most of us. Most people tolerate it very well. My favorite coconut oil based lube is this one by Foria.

00:15:24:20 – 00:15:36:07

Speaker 1

It also has CBD in it. This is a great lube to use with sex. It can be used on the vulva and vagina again, unless there's any allergies. And you could use coconut oil for the rest of the body.

00:15:36:07 – 00:15:39:11

Speaker 1

By the way, there are tons of other oils that you could use, like olive oil can be used.

00:15:39:11 – 00:15:43:20

Speaker 1

Most people tolerate olive oil very well. If you're not sure, test it on a small part of your body first.

00:15:43:20 – 00:16:01:22

Speaker 1

As an alternative to oil, I love a great silicone based lubricant. This is my favorite: Uberlube. They make a fantastic, very simple, very straight to the point, very effective product. And that can be used also to create a very slick and smooth environment on the vulva and on the inside of the vagina.

00:16:01:22 – 00:16:10:02

Speaker 1

Now I have a toy here. She's made out of silicone, so I'm going to use a water based lube. I'm going to use my favorite water based lube to use with toys: ToyWonder by Cake.

00:16:10:02 – 00:16:21:04

Speaker 1

I do not recommend doing the Yoni massage with water based lube because it has a tendency to dry out somewhat quickly and you're going to want to not have to reapply very often.

00:16:21:04 – 00:16:26:07

Speaker 1

It also can get a little sticky after it dries out, so consider that it may not be the best option, but

00:16:26:07 – 00:16:32:15

Speaker 1

honestly, what you both enjoy best and what her body tolerates is the best choice for you both.

00:16:32:15 – 00:16:41:15

Speaker 1

Water based lube is a very well tolerated, very easy to use, very abundantly available at convenience stores, at grocery stores.

00:16:41:18 – 00:16:49:14

Speaker 1

So if you have nothing else other than water based lube, that's great. Go ahead and use it. Just be aware you may need to reapply more often as it dries out.

00:16:49:14 – 00:16:54:13

Speaker 1

And of course, if you decide to include toys in this massage, which I'm going to talk about in module three, you're going

00:16:54:13 – 00:17:07:16

Speaker 1

to want to use a water based lube if you're coming into contact with any silicone based toys. Now, if you put a condom over the toy, you can switch to using a silicone based lube, but never mix silicone lube with silicone toys.

00:17:07:16 – 00:17:23:12

Speaker 1

It breaks them down and can begin to degrade them. And I also don't recommend using oil based lube with silicone toys. Some can handle it, others cannot. Sex toys are expensive. So I like to keep mine in good shape and I will only use water based lubes with any silicone toys.

00:17:23:12 – 00:17:27:17

Speaker 1

Also, note on condoms: oil has the potential to degrade condoms.

00:17:27:17 – 00:17:27:22

Speaker 1

Now,

00:17:27:22 – 00:17:45:05

Speaker 1

if you're using a toy on the outside of her vulva and you have it covered with the condom, it's not going to be a problem, right? It's only when you are rubbing oil against a condom like you might in vaginal or anal sex, where the oil can begin to degrade and destroy the condom. And then there's a risk of it breaking.

00:17:45:05 – 00:17:49:12

Speaker 1

And then there can be a risk of STD or SDI exposure or unplanned pregnancy.

00:17:49:12 – 00:17:51:14

Speaker 1

So quickly review:

00:17:51:14 – 00:18:04:22

Speaker 1

Oil is your best bet/go-to. It's going to make a slick environment. It's going to be well tolerated unless there's an allergy, silicone based lube. As long as you're not having it come into contact with any toys. It's also a great choice.

00:18:05:03 – 00:18:08:08

Speaker 1

And for toys, water based lube is preferred

00:18:12:14 – 00:18:12:16

Speaker 1

I've

00:18:12:16 – 00:18:37:22

Speaker 1

included links to my 3 favorite lubes that we're using here, in the description. Those are affiliate links, so we'll make a small percentage off of each sale. So please use those, it helps us out. And in some instances I'm able to provide my listeners and followers with discounts.

00:18:37:22 – 00:18:49:01

Unknown

Now in the next module, I am going to teach you the various touch techniques, the dimensions of touch that you're going to use for the massage, the anatomy that we're going to be describing.

00:18:49:01 – 00:18:53:03

Unknown

And then I'm going to show you the massage itself. I'll see you there.

Need Help or Have Questions?

✉ support@caitlinvneal.com

☎ +18886941949

