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Speaker 1

All right, Now that we know the anatomy of the vulva and vagina, let's talk about the different dimensions of touch. This is the different ways in which you can change and alter your touch to give maximum pleasure according to the recipient and what she prefers.

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Speaker 1

Number one is speed. So a lot of the time we go to massage, we move very quickly, right?

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Speaker 1

Slower is better or verge on the side of too slow. And she can tell you to speed up. There's a big difference between

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Speaker 1

this kind of touch and this kind of touch.

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Speaker 1

The next dimension of touch that you will want to play with is the angle. Some touches will feel better with your hand facing down. Some will feel better with your hand facing up. You can always make my nude adjustments to the angle of your finger, of your wrist, of your palm.

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Speaker 1

That will unlock different kinds of sensations. There is a big difference between this angle, this angle and this angle. The way that the body receives touch is going to change according to the angle. So make sure that you play with and adjust speed, pressure and angle as you are giving this massage.

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Speaker 1

Now let's talk about the different touch techniques that we're going to be using during the massage.

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Speaker 1

The first one is stillness and holding. Stillness creates a sense of safety in the body. It allows the nerve endings to adjust to being touched without having to also process movement at the same time. So make sure that you incorporate stillness and holding, especially early on in the massage. And at the very end,

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Speaker 1

the next move is stroking.

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Speaker 1

So we'll talk about stroking with a fingertip. We're going to talk about stroking with a full hand with three fingers. Stroking is simply the act of

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Speaker 1

moving up and down and across the skin. It's almost like a gliding motion for most of this massage.

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The next is tapping. So tapping can be

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tapping like this, but it can also be tapping with a single finger.

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Speaker 1

It can

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Speaker 1

be a very little tap that varies in pressure, just very little. It can be a

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bigger tap as well. And we're going to apply tapping to many different parts of the body.

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Speaker 1

Next up is circling. So we may circle again

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Speaker 1

with a flat palm. We might

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Speaker 1

circle with a single fingertip. But again, tapping and circling are two very different sensations, and they're going to give a very different result.

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Speaker 1

Next is windshield wiping. This is just moving back and forth, keeping constant contact like a windshield wiper.

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Speaker 1

Next is pinching and squeezing. The vulva and vagina are very resilient. They can handle quite a bit of sensation. After all, this is where babies come from, right? So even though they are delicate, they're not fragile. We're going to be doing some pinching, squeezing during the course of the massage.

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Speaker 1

And the same is true for pulling. So pulling is

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Speaker 1

against the skin, pinching and squeezing. Often we're pulling away from the body. Pulling is going to be pulling the skin, pulling the lips and the labia. And that's going to be also a important style of touch.

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Speaker 1

Next is rolling. So rolling is when you get a bit of skin in between your fingers, in between

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Speaker 1

your knuckles, and you roll the skin or the clitoris in between your body parts to create sensations.

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Speaker 1

Next and final is twisting. So there's going to be times during the massage that you're twisting parts of the body, like a dial, like you're turning up and down the volume on a stereo.

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Speaker 1

If you knew nothing else other than to utilize these techniques along with speed, pressure and angle, you will be able to give an epic massage playing with these on the different parts of the body.

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Speaker 1

Trust me, you cannot do it wrong. Are going to elicit a whole bunch of different sensations. They're going to cause different kinds of feelings. Some people are going to prefer twisting over rolling some will prefer tapping over windshield wipers. It's really about customizing this massage to your partner.

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Speaker 1

All right. Let's talk about the order of operations. And

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overall, the way that we're thinking about this massage is from the outside in or almost like a bull's eye.

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Speaker 1

You're going to start on the outer rings and then you're going to move closer and closer and closer to the center.

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Speaker 1

I like to give this massage in this particular order. This is the way that I recommend that you start it and probably stick to this order of operations. And you're going to notice in this order of operations that occasionally we move in and then we move back out

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Speaker 1

and that is called Titrations, if you're familiar with titration often is referred to in terms of like medicine.

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Speaker 1

You go on a prescription medication, you may titrate up and take more and more and more. You might take less and less and less to come off of it. We're going to move throughout this entire massage in a way that titrate to experience

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Speaker 1

nerve endings when they get more and more and more and more and

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Speaker 1

more, sometimes they can begin to get accustomed to that level of intensity.

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Speaker 1

So we'll back off from time to time. We'll go from the center of the bull's eye, back out a bit, and that's going to allow her body to titrate, to take a moment to sort of relax, get used to the amount of sensation that's being given to have less sensation and then more. This builds to bigger and more intense orgasms when we do it during sex.

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Speaker 1

And it's going to build her capacity to experience sensation inside of this massage.

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Speaker 1

I'll let you know as we're titrating in this order of operations.

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Speaker 1

So I like to start the yoni massage with a full body massage. This can take anywhere between 5 minutes. It might be done just sort of like gently rubbing and stroking her entire body, starting at her head, moving all the way back down to her feet.

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Speaker 1

And this is before you touch

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any of her vulva or vagina.

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Speaker 1

So starting with the entire body, if you have time, it's really nice. The more relaxed that she is, the more that she will feel, the more pleasure that's available. So consider ways that can have her be really relaxed. Full body massage is a great way to do that.

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Speaker 1

Once you've touched her whole body, you're going to begin by

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Speaker 1

stimulating the area above the yoni

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above her clitoris, which is called the man's pubis. This is the area where

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hair grows. If she's on her period or bleeding, you may want to be really sensitive around the margins. She might be able to take a lot less pressure during those more sensitive times.

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Speaker 1

Or if she has cramps,

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not a reason not to do the massage, just consider being really delicate. We can be a lot more sensitive when we are on our periods.

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Speaker 1

This also includes massaging the inside of her thighs, kind of glazing and stroking on the inside of her thighs. And even incorporating her vulva can feel really, really good.

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Speaker 1

It can help her to adjust to having a lot of sensation in the area. So whole body bonds inside of her thighs, etc..

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Speaker 1

Once you have massaged those areas, we're going to begin by massaging the vulva as a whole.

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Speaker 1

We're going to go from the outside. The external labia will go in towards the internal labia. We will move sort of around the clitoris.

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Speaker 1

We're not going to start by touching the clitoris directly.

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Speaker 1

we'll go from outside to inside. And even when we approach the clitoris, we're going to start from the outside and then work our way towards the shaft of the clitoris and the head of the clitoris.

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Speaker 1

After we've massage the clitoris, we're going to titrate out how we're going to touch the whole vulva again.

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We might even move into these other areas of her body.

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Speaker 1

After we've done the whole vulva and the clitoris, we've taken a little bit of a break.

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Then we'll approach the inside of the vagina. That's when fingers can go in and penetrate the vagina.

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We'll start by doing the vaginal walls,

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Speaker 1

the bottom left, right, top of the vagina.

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Speaker 1

Then we'll go to massage the G-spot. Then if it feels good and you're both available for it, we'll go deeper into the vagina and try to find the spot.

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Speaker 1

Then we may also incorporate the PS-spot, which is at the bottom of the vulva, between the vulva and the anus.

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Speaker 1

After we've stimulated and massage the inside of the vulva will come back out, will massage with vulva as a whole again.

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And then to complete the yoni massage, we'll add

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Speaker 1

some stillness with fingers in or outside of the body. And then we may want to move some of that energy again, dispelling it by touching the inside of her legs or especially at the end of the massage. Massaging and incorporating between her yoni and her heart can also feel really, really good.

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Speaker 1

So again, in summary, we're starting from the outside, moving towards the inside and we're taking breaks, moving in and out as we increase in intensity

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Speaker 1

towards the end of the massage. We may also be using both touch on the clitoris and on the inside of the body depends on what feels best for her. But often a lot of people with units like to have both the internal and external stimulation, especially when they are warmed up all of the way pleasure is at its highest.

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Speaker 1

That typically feels really good and that's what gives us blended orgasms. And again, orgasm is not the point, but if it feels good and if you do the massage correctly, she may be very close to are able to have multiple orgasms by stimulating both inside and outside, especially towards the end.

Need Help or Have Questions?

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