

00:00:06:01 - 00:00:29:07

Speaker 1

All right. Now for the part we've all been waiting for: the massage! I'm going to demonstrate this massage on my doll Jestiny while walking you through it step by step. Remember that there's no wrong way to do this massage. If you follow these instructions, if you go in the right order, if you change up your technique, you will find what works for her and what works for you both.

00:00:29:07 - 00:00:51:01

Speaker 1

All right. So as I said before, I like to begin with a full body massage. As you complete her whole body, you can start by the yoni massage part by resting one hand on her heart, and you can rest one hand on or near her yoni and just take three deep breaths together. This stillness and holding will feel very safe and very comforting for her.

00:00:51:03 - 00:00:53:23

Speaker 1

Three deep breaths to help the two of you to get into sync.

00:00:53:23 - 00:01:08:08

Speaker 1

Now you can start the yoni massage on the man's pubis just gently massaging in the area again. If she is bleeding, you're going to want to be maybe a little bit more sensitive, but in this way we're waking up some of the inside of the vagina,

00:01:08:08 - 00:01:17:11

Speaker 1

the interior fornix (or A spot) and it can feel very, very good to have this part of her body massaged. This is the mons where the hair is.

00:01:17:11 - 00:01:25:09

Speaker 1

All right. If you didn't give her the whole body massage, you're going to want to take a second to warm up those hands before you come into contact with her vulva.

00:01:25:09 - 00:01:28:20

Speaker 1

If you've given her full body massage, chances are your hands are pretty warm at that point.

00:01:28:20 - 00:01:48:14

Speaker 1

So we've laid our hands over the mons, we've adjusted, we've massage a little bit onto the mons, and now we have a couple different options. I recommend that you start with a full hand over her Yoni, and do some waves with your fingers.

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Speaker 1

We're touching the entire vulva. We're waking up the vulva, we're waking up the clitoris, we're waking up the legs of the clitoris with our hand here.

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Speaker 1

Now we're going to back up. And if she has pubic hair, you can try giving little tugs, little tugs towards the roots of her pubic hair. It can feel really, really good. Wakes up the skin.

00:02:08:15 - 00:02:14:02

Speaker 1

It can. Not all women love that sensation. So check in. Is this okay? Do you like this? Great.

00:02:14:02 - 00:02:25:05

Speaker 1

now we're going to bring in our oil because we're going to begin to touch the vulva and the interior parts of the vulva. Clitoris and labia. I'm going to be using this toy safe lube.

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Speaker 1

Consider that as you are placing oil on the body. That

00:02:30:03 - 00:02:42:03

Speaker 1

anointing with oil is an ancient and sacred technique. So again, coming back to that reverence, that ritual, and applying oil with a bit of sort of ceremonial or sacredness in mind,

00:02:44:19 - 00:02:52:11

Speaker 1

we're going to begin by massaging the external labia. This is the outside, the the kind of like thicker labia.

00:02:52:12 - 00:03:15:23

Speaker 1

And I like to begin by massaging up and down each external labia with your thumb moving slowly, varying the pressure so that it feels best for her kind of, again, just waking up. We're also moving blood and moving lymph throughout this part of the body.

00:03:15:23 - 00:03:30:22

Speaker 1

Then you can begin to give deep rolls. So when we're I like to call this "the furry caterpillar," when we're doing the furry caterpillar and we're pinching deeply, we're actually beginning to stimulate the legs of the clitoris.

00:03:31:00 - 00:03:36:03

Speaker 1

You're going to want to roll her labia over her clitoris,

00:03:36:03 - 00:03:38:17

Speaker 1

pulling them both together, squeezing them together.

00:03:38:17 - 00:03:55:14

Speaker 1

so we're going to use our thumb and forefinger and we're going to pinch and pull along each of the external labia. Now, this is a lot more flexible on a body than it is on the doll, so feel free to pull it pretty far away from her body again, slowly and firmly,

00:03:55:14 - 00:03:57:01

Speaker 1

and do that to both sides.

00:03:57:05 - 00:04:09:21

Speaker 1

Pinching, squeezing and pulling away from the body. Then you can use one finger to anchor her body and you can give a deep pulling stroke on each side,

00:04:09:21 - 00:04:20:10

Speaker 1

pulling the labia down, smoothing it out underneath your fingers again, moving the fluids, beginning to break up any stuckness in the tissue.

00:04:20:10 - 00:04:25:23

Speaker 1

You can go back and forth between the hairy caterpillar and squeezing the labia together.

00:04:26:01 - 00:04:40:05

Speaker 1

That pinching and pulling stroke down each labia and using your thumb with some pressure. This is also a good place for you to play with circles, both sides or

00:04:40:05 - 00:04:56:07

Speaker 1

to play with: deep still holds, back off, move a little bit down, and another deep, still hold.

00:04:56:07 - 00:05:20:07

Speaker 1

Right. While we're doing the outer labia, I recommend that you bring both hands above her. Squeeze the fingers towards each other and go up and down again, stimulating the legs of the clitoris and the internal and external labia and when you do this at the top towards the clitoris, you can actually start to feel the clitoris

00:05:20:07 - 00:05:24:14

Speaker 1

in between your fingers as you're giving it a

00:05:24:14 - 00:05:28:13

Speaker 1

lot of indirect stimulation with these flat hands.

00:05:28:13 - 00:05:44:12

Speaker 1

Once we have given a lot of love and attention to the external labia, we're going to move on to the next part of the massage, which is the internal labia. These are generally a little more sensitive than the external labia. So we're going to want to keep that in mind.

00:05:44:14 - 00:05:57:20

Speaker 1

We're going to do a similar technique as we did before, where we're going to grab and pinch them and pull them away from the body. Again, this will vary a little bit depending on her sensitivity, but also the size of her labia. You

00:05:57:20 - 00:06:17:01

Speaker 1

may be able to get a lot more under your fingers. This is a great time to make little circles with your finger and thumb or pulling the labia gently away from her body.

00:06:17:03 - 00:06:41:00

Speaker 1

And again, just taking our time to break up the tissue, to move the fluids around inside of the body. Notice that we haven't done any clitoral stimulation, at least no direct clitoral stimulation. That's because we don't want to do that until she's practically begging for it. So even if she asks you to touch her clitoris at this time, don't! Hold

00:06:41:13 - 00:07:02:03

Speaker 1

Next, we're going to make a big circle down the sides and above the clitoris without directly touching it down the labia around and back up very this in both directions. This is a gliding touch, but we also can use our tapping touch. We also can use our

00:07:02:03 - 00:07:08:09

Speaker 1

windshield wipers touch kind of making space between the external and internal labia.

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Speaker 1

And now we're going around the clitoris, so we're giving it kind of adjacent stimulation without touching it directly.

00:07:17:19 - 00:07:39:01

Speaker 1

All right. So with titration, we are again going to move out. We're going to stimulate the whole vulva. Again, we may want to use one hand to stroke the inside of her thighs. We may want to use one hand on her heart, but with oil on the vulva and on our hands, we're going to do cup the whole vulva again.

00:07:39:03 - 00:07:44:06

Speaker 1

We may choose to wave again, and we may choose to take

00:07:44:06 - 00:07:56:10

Speaker 1

three fingers and just run them up and down, including the clitoris, including the inner and outer labia and massaging the whole vulva. And remember, at any time you want to step back a little bit,

00:07:56:10 - 00:08:02:01

Speaker 1

you can come back to the external labia and do the for a caterpillar again.

00:08:02:01 - 00:08:23:04

Speaker 1

All right. Now, again, in the world of titration, we're going to take our whole hand and this is a great time to give some pussy pats. Now, she might like a lot of sensation. She might like just a little bit of sensation. This, again, is helping to move the fluid around. It's helping her nerve endings to not get too adjusted to any particular kind of stimulation because this is very different than what we've been doing.

00:08:23:08 - 00:08:44:06

Speaker 1

You may want to pat her all over her body. She might really enjoy being drummed on or she might really just prefer some gentle pat, some gentle taps. Notice this isn't exactly what you see in porn, which is like pussy smacks. This is not that. This is for her pleasure. And again, to sort of like shake up what her nerve endings are expecting.

00:08:44:06 - 00:09:07:22

Speaker 1

Right now, we're going to move on to massaging the clitoris itself. We're going to begin on the sides of the clitoris near the hood. So kind of at the root in the shaft of the clitoris. So again, we can begin by massaging up and down the sides of the clitoris. It should be starting to get engorged. You should be able to sort of feel the shaft of the clitoris.

00:09:08:00 - 00:09:21:15

Speaker 1

You can, using two fingers, kind of come up on both sides of the clitoris and rub it back and forth. If you move backwards and away from the body, you may even be able to feel it pop in between your fingertips. Again.

00:09:21:15 - 00:09:28:18

Speaker 1

We're not touching the clitoris itself or the, I should say, the hood of the clitoris or the being of the clitoris, the head of the clitoris.

00:09:28:20 - 00:09:31:20

Speaker 1

We're just massaging the sides.

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Speaker 1

Now we can think about the clitoris as a clock. We think about the

00:09:37:23 - 00:09:46:09

Speaker 1

vaginal opening and even the anus as having 12 hours like a clock. So the top is 12:00, bottom is six, three and nine. We're

00:09:46:09 - 00:09:50:10

Speaker 1

going to go around the clitoris stopping every couple hours to stimulate it.

00:09:50:10 - 00:10:16:09

Speaker 1

So we'll start at 12:00 at the top with stillness, and then we'll experiment with tapping windshield, wiping in little circles. This is a place for you to be getting a lot of feedback which one feels the best? Different hours on the clitoris clock are going to respond to different styles of touch. So tapping might feel really good at the head of the clitoris 2:00 and 10:00 which are very popular, very high sensation, high pleasure, parts of the clitoris.

00:10:16:11 - 00:10:24:09

Speaker 1

She might prefer a windshield wiper, she may prefer a little circle. She never even prefer like a vibrating finger.

00:10:24:09 - 00:10:40:22

Speaker 1

It's again, starting at 12:00, move to maybe around 2:00, 3:00, come down to four. When you get to six, which would be close to the clitoral head. Stay on the hood. Don't touch the clitoris directly unless she explicitly asks for it.

00:10:41:00 - 00:10:56:07

Speaker 1

And then we'll come back around seven, 8:00, nine and 10:00, and we'll come back to 12:00. This part of the massage could take anywhere between 2 to 5 minutes, depending on how slowly you're moving, how it feels for her, and the kind of feedback that you're getting.

00:10:56:07 - 00:11:11:18

Speaker 1

Another fun way to massage the clitoris is with your thumb so you can use your finger on your other hand with your thumb to kind of pull back the outer labia and the margins, take your thumb and push directly down on to the clitoris.

00:11:11:20 - 00:11:21:05

Speaker 1

Hold and release and again, hold and release.

00:11:21:05 - 00:11:44:09

Speaker 1

Now is a great time for you to begin to mix and match the outer and inner labia massage that we did with clitoral types. So you can keep one finger on the shaft of the clitoris or two pulling it up from underneath while also massaging the external labia, while also massaging the internal labia or while pulling them both together.

00:11:44:09 - 00:11:57:18

Speaker 1

Again, referring back to our favorite, the furry caterpillar. You can do that and massage the clitoris at the same time. Again, two very different sensations.

00:11:57:18 - 00:12:12:01

Speaker 1

Then take a minute and ask her for a second how she would like to be touched. You can even ask her to use her hand to show you how she likes to have her clitoris stimulated and you can give her a few moments of that kind of touch at her direction.

00:12:12:01 - 00:12:29:08

Speaker 1

Now that we massage the whole body, the external inner labia and the clitoris, we're going to move into the vaginal opening and into the vagina. This is a great place to ask her for her consent. Even if you've been having sex with her for 20 years and you've never asked, great time for you to say, Is it all right for me to enter you?

00:12:29:08 - 00:12:40:18

Speaker 1

Would it be all right for me to move inside and wait until she says yes? Now she's going to say yes, but there's also ways to determine that her body is ready for it. So very important when it comes to this massage. You're going to

00:12:40:18 - 00:12:50:05

Speaker 1

begin by placing one finger after you've gotten her consent on just the entrance of her vaginal opening, not inside of her just yet.

00:12:50:05 - 00:13:07:12

Speaker 1

Yonis (vaginas) have the ability to pull something into them using their pelvic floor. And you want to give her an opportunity to do that. So she may. You can instruct her to begin by squeezing your pelvic floor and inviting this finger into your body of notes. We're just going to start with one finger.

00:13:07:12 - 00:13:10:15

Speaker 1

Alternatively, she can move her body towards your finger.

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Speaker 1

That will allow her to control the depth and the speed of penetration. But

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Speaker 1

in either way,

00:13:16:06 - 00:13:17:05

Speaker 1
you make this

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Speaker 1
something that her body has control over. A lot of women have the experience of having been penetrated before they were ready and before their body was truly ready for it. And when her body's like pulling you in, inviting you in, that's a great indication that her body is physically ready to receive penetration.

00:13:33:03 - 00:14:03:13

Speaker 1
So again, we're starting at the entrance. We're teasing until we enter in and once we have gotten the invitation we feel her body pulling us in. We're going to begin by gently massaging just the first inch or so of her body. And the massage is going to be just stillness, tapping, circling or windshield wipers. And again, we're thinking about the vaginal opening as a clock here.

00:14:03:13 - 00:14:27:10

Speaker 1
So I'm very just, you know, one knuckle and not very deep in at all. I'm going to start at the 12:00 stillness, circling, tapping windshield wipers, and then I'm going to move to the side, the three or the 9:00. I'm going to do the same. Then the 6:00 at the bottom again, this is a great place to look for scar tissue.

00:14:27:10 - 00:14:38:18

Speaker 1
If you feel some bumps and blueberries and gravel or some piano wires, this is where they will likely be. And then we'll come back around and do the other side, either the 9:00 or the 3:00,

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Speaker 1
if she's ready for it. And it feels good for both of you, you can add a second finger now, you can add it at any time later.

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Speaker 1
This is a great time to also remind her to breathe and keep breathing.

00:14:51:07 - 00:15:10:05

Speaker 1
Once you have done the sort of first inch or two of her body, you can go deeper inside, continuing to massage the vaginal walls along the hours of the clock, keep in contact with her, ask her what feels good, ask her what temperature, what or what depth, what pressure, how fast you're moving.

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Speaker 1
Just checking in that what you're doing feels good for her and you should be able to begin to feel her body actually relaxing around you.

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Speaker 1
Another thing that you can use in addition to your finger here is your thumb. You can actually insert your thumb inside of her body and use your fingertips to massage around her clitoris, to massage up on her mind, or just to push it all the way and sort of grab and hold gently her whole vulva.

00:15:36:16 - 00:15:45:20

Speaker 1

This can feel really, really good and really safe and grounding. You can even do that and gently push your thumb in and out of her body.

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Speaker 1

Now that we've massaged the vaginal walls, we're going to massage the G-spot itself, which is located on the inside of the body, towards the front of the body, and is best touched with a fingertip.

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Speaker 1

You will look for that little spongy ball. And once you have found it (you can use one or two fingers) you're going to either do tapping stillness circles or windshield wipers check in with her again. Which one feels best? Do you prefer this? Do you prefer this? Do you prefer this? Do you prefer this? You can use again one finger directly on the G-spot.

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Speaker 1

You can put two fingers in and get the G-spot in between your fingers and roll it around a little bit.

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Speaker 1

Varying your technique again, according to what feels good for her and what she asks for

00:16:32:11 - 00:16:45:04

Speaker 1

at this point. Now that you're massaging the G-spot, it can feel really good to bring your other hand on to her clitoris and massage her clitoris again slowly along both sides.

00:16:45:06 - 00:17:07:23

Speaker 1

She may want more direct stimulation. You may want to go back and forth across the clitoris. She might prefer you to go up and down along the clitoral shaft and along the hood. You may want to use two fingers to pull and pop the clitoris or roll it in between your fingers as you are massaging the G-spot. It's a little bit like patting your belly and rubbing your head at the same time.

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Speaker 1

But with practice, you'll be able to do this masterfully.

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Speaker 1

This is also a great time to alternate, so you could alternate between massaging her G-spot for a few seconds, stopping and then massaging her clitoris for a few seconds and then massaging her G-spot and then massaging her clitoris. Remember, there might be a lot of stimulation. She might be close to orgasm.

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Speaker 1

Take it slow. There's no rush here. Remind her to breathe and lean into the sensation. You can also use your thumb on the clitoris if that's more comfortable for you. You can again do that

00:17:38:16 - 00:17:47:02

Speaker 1

push and release technique and you can be doing similar touches to the inside on the G-spot.

00:17:47:02 - 00:17:52:02

Speaker 1

This is a great time to take a moment and allow her to tell you what's working for her.

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Speaker 1

What how she wants to be stimulated on the inside and outside. and I forget to mention you can also grab the clitoral shaft and roll it just between your two fingers, twisting it

00:18:01:19 - 00:18:06:09

Speaker 1

again like a dial that can be very, very pleasurable for certain bodies.

00:18:06:09 - 00:18:17:17

Speaker 1

All right. Next, we're going to turn up the intensity just a little bit and we can actually do something that's more familiar to most folks, which is more of a thrusting motion.

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Speaker 1

So, again, if that feels good for both of you, you can take two fingers and you can begin to thrust in and out of her body. You can continue to stimulate her G-spot. Hold still is over her clitoris in this way for the G-spot stimulation. You're making a come here motion for this motion. You can keep that come here motion.

00:18:36:06 - 00:18:53:23

Speaker 1

Or you can just be going in and out. Depending on her level of arousal. She might be really interested in like being very aggressively hard and fast penetrated, or she might like a slower, more rhythmic penetration. She might like you to keep your fingers in that come here motion

00:18:53:23 - 00:18:58:17

Speaker 1

and be more stimulating her G-spot and the way in and out.

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Speaker 1

Follow her lead, follow your gut and what is working best for her body in this moment.

00:19:04:21 - 00:19:17:10

Speaker 1

Next, we're going to go to stimulate the A-spot, which is, again, several inches towards the deepest part of the vagina, towards the back and up towards the top. You will have to stimulate. You'll have to get your fingers into her pretty deeply in order to do that.

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Speaker 1

And you'll know when you touch the spot, not because you'll feel it so much under your fingertips, but she will feel it and let you know. So ask her to tell you when you've reached deep enough that it feels really good. Now, there's an advanced technique that you can use here where you're going to make two "come here"

00:19:31:17 - 00:19:45:12

Speaker 1

motions: one on the G-spot and one on the A-spot, and then you can also use your thumb on the outside of her body. So to have this finger be all the way as deep as possible. This on the G-spot and this on the clitoris,

00:19:45:12 - 00:19:52:04

Speaker 1

again, it takes a little bit to get used to, but if you're able to do this and pull it off, it feels really, really good.

00:19:52:06 - 00:20:05:05

Speaker 1

And again, we can be doing that. Our "come here" motion on the inside and rotating our thumb here on the outside, stimulating the clitoris again, probably at the shaft, perhaps on the head if she can take that kind of stimulation.

00:20:05:05 - 00:20:16:07

Speaker 1

Now between this sensation and again, you can actually go a lot more vigorous than I'm demonstrating. You can be like using a lot of vigor, like I teach you my squirting technique and squirting masterclass.

00:20:16:09 - 00:20:23:23

Speaker 1

If that feels great, you may be really close to giving her an orgasm at this moment or through that thrusting motion in combination with clitoral stimulation.

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Speaker 1

Follow her lead, ask her if she would like more or less if she's going to reach orgasm, it's likely going to be. Now, if she reaches orgasm, you can keep going or you can begin to stop and begin

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Speaker 1

to slow the massage down heading towards completing the massage.

00:20:42:16 - 00:20:52:23

Speaker 1

Whether or not she orgasms, the next thing for you to do is ground her with stillness. If your fingers are inside of her, leave them inside of her, don't take them out. Part of grounding is the

00:20:52:23 - 00:21:05:23

Speaker 1

slow removal of touching sensation. You can take your other hand, put it over her heart, take a couple of deep breaths together, Bring her body back down to stillness

00:21:05:23 - 00:21:09:18

Speaker 1

When she's ready to, then you can exit her body.

00:21:09:20 - 00:21:20:14

Speaker 1

You can go back to giving her a little bit of touch on the outside of her vulva, maybe some grounding touch on the outside. You can come cuddle with her, maybe on the table, give her a kiss.

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Speaker 1

Don't be surprised if in combination with this sensation or potentially an orgasm that there's crying, that there's laughter, that there's some form of emotional intensity or energetic eruption.

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Speaker 1

This may trigger experiences where there wasn't such safety or where there was trauma. Again, encourage her to lead in, Lean in, stay with her, stay present. You've got this. Encourage her to turn up those feelings and let her know that she's safe to express them with you.

00:21:50:07 - 00:21:54:10

Speaker 1

Stay connected all the way till the end. I like to think of this as landing the plane.

00:21:54:10 - 00:21:59:00

Speaker 1

Make sure that you land the plane gracefully and you will

00:21:59:00 - 00:22:19:07

Speaker 1

begin to unlock deeper and deeper and deeper levels of pleasure each time as you learn her body. And it will be different every single time. But as you learn her body, you'll be able to give her this massage in ways that both feel really, really good and that expand her comfort zone and have her feel more and more deeply every single time.

00:22:19:09 - 00:22:31:15

Speaker 1

And that's it. That is the entire Yoni massage. You have all of the elements that you need to play with this, so go and play and you're going to do great.

Need Help or Have Questions?

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