

00:00:06:18 - 00:00:22:11

Speaker 1

Woo hoo! Look at you. You know now how to give an epic yoni massage. You know, about the various types of touch and dimensions of touch. You know, about the order of operations. And you have seen me do the demo. Let's talk about some other things that may come up while you're in the area.

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Speaker 1

Number one, the anus.

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Speaker 1

Now we have an incorporated the anus into this massage, and it is entirely possible and sometimes very desirable to do so.

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Speaker 1

Any time there were touching the anus, we're going to be really particular about not going from the anus to the vulva and vagina because

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Speaker 1

we don't want to spread any germs and bacteria.

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Speaker 1

the most common cause of urinary tract infections is bacteria, particularly E.coli from the anus, traveling into the vagina, into the urethra and up the urethra, causing an infection. So note on the anus, be very cautious,

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Speaker 1

maybe put a glove on one hand and that hand is only going to touch the anus.

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Speaker 1

Now, anal massage can feel incredible.

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Speaker 1

I recommend that you think about the anus using the clock technique. So

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Speaker 1

there's 12 hours on the clock.

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Speaker 1

You may incorporate any of the massage touches that we're incorporating, especially on the clitoris, onto the penis. Move slowly and think about moving around the clock. The anus is really cool in that often you can really feel it relax underneath your fingers and massaging the anus can be a great way to move towards anal sex.

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Speaker 1

But if she has tightness there, if she's had hemorrhoids there, or if she's just generally got a constricted pelvic floor doing an anal massage, even just on the outside can be incredible. You

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Speaker 1

can follow the same order of operations as we are going to on the vagina itself, only inside of the anus where you are massaging in again, 360 degrees or all hands on the clock with your finger.

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Speaker 1

Now, if she has ever experienced hemorrhoids, hemorrhoids are essentially a vein that has gotten between the two sphincters of the anus poking out in between the two sphincters and causing discomfort and bleeding. You can, especially if you are moving very slowly and intentionally and giving an inner anal massage actually work on those hemorrhoids gently with a fingertip and just sort of like massaging those veins back into place, sort of giving them some pressure so that they can exit the space that they've poked into.

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Speaker 1

Now, if she has particularly bad hemorrhoids or a lot of pain,

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Speaker 1

you may want to consult with someone who does scar tissue remediation. You can look up one of my mentors, Ellen Heed. She trains practitioners. Her practitioners operate all over the United States and all over the world, and they can give this kind of massage directly to her.

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Speaker 1

But I personally believe that hemorrhoids are very curable. I had one myself.

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Speaker 1

Ellen cured it for me with just this massage.

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Speaker 1

She also uses and recommends castor oil. And we're going to talk about how to do scar tissue remediation on the vulva and on the anus using castor oil. So castor oil is an ancient oil. The Egyptians used it.

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Speaker 1

It's frequently used to regrow hair. It can be put on our eyebrows to encourage hair to grow back. And one of the cool things about castor oil is that it is the most

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Speaker 1

anti-inflammatory oil, and it can be absorbed very easily by the vulva and by the anus. And you literally can melt scar tissue right underneath your fingertips.

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Speaker 1

So whether she has scar tissue from maybe a sexual encounter that caused her to rip

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Speaker 1
in episiotomy,

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Speaker 1
even a

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Speaker 1
C-section delivery as opposed to a vaginal delivery, can leave scars on and around the body. So if you notice that there's some bumps, maybe it feels a little bit like pebbles or like gravel, or maybe they feel a little bit like blueberries inside of her body.

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Speaker 1
Those are scars.

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Speaker 1
Sometimes they occur as sort of piano wires, like a straight line that

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Speaker 1
feels a little bit

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Speaker 1
tight. All you need to do in order to help to reduce and even alleviate that scar tissue is use castor oil on the body with a little bit of pressure. Scars do need to be worked a little bit right.

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Speaker 1
We've got to sort of like rub out the scar. We've got to soften the scar so that the castor oil can be absorbed. Once that anti-inflammatory oil gets absorbed, the body often is able to heal scars immediately. It's

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Speaker 1
really cool. It's not like a scar that you see on the skin. You can't rub castor oil just into a scar and have it disappear instantly in the vulva, the vagina and the anus.

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Speaker 1
You actually can.

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Speaker 1
It may take more than one session, but some castor oil, some

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Speaker 1
firm touch shouldn't hurt it. Maybe a little. Just uncomfortable at times shouldn't hurt. You will actually be able to reduce scarring. And please feel free to look up more information on using castor oil for scar tissue remediation. Not everyone can tolerate castor oil. It can cause an allergic reaction in some women.

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Speaker 1

You are going to want to test it on a part of her body, sensitive part of her tissue beforehand. If it causes

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Speaker 1

discomfort. Wash it off with an oil based soap. It's a very thick oil. It

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Speaker 1

sticks very easily to the body. And so you're going to want to use an oil based soap.

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Speaker 1

This is also true If you're doing a lot of

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Speaker 1

castor oil, you're using it on a regular basis.

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Speaker 1

The body can become sensitized to it.

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Speaker 1

Just wash it off, Do your own research. If that's something that you're interested in

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Speaker 1

learning more about. There are great resources online, but it truly is as simple as it sounds. Loving Touch Castor oil, Scar tissues gone.

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Speaker 1

All right. Last note is on incorporating toys.

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Speaker 1

After the massage that I've taught you in the order of operations that I have shared with you, you can incorporate vibrators.

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Speaker 1

You can incorporate other toys into the massage. I recommend if she's very sensitive, you can put a hand over her first and then use a vibrator on your hand that will allow your hand to transfer the sensation of vibration into her body.

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Speaker 1

You can use the sort of magic wand style vibrators that the big head. They're very, very strong and rumbly.

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Speaker 1

If you have one of those, they can feel really great. But any vibrator,

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Speaker 1

small, big, medium, whatever vibrator she likes best

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Speaker 1

can be used and be incorporated into the massage. You can put that on her clit while you're doing internal massage work. It can increase the chance of her having an orgasm by quite a bit.

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Speaker 1

So if you're both comfortable with bringing some toys into the massage, especially after you have some experience and at the end of the massage, you have

00:06:24:02 - 00:06:30:01

Speaker 1

my permission and my encouragement to incorporate toys. If it feels right for both of you, I highly recommend that you try it.

Need Help or Have Questions?

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