

Sensual Massage –

What to Expect and Top Tips for You at Home

My name is Jo Silby and I am the Owner of Optimum Body Therapies.

Optimum is a Hove based practice focused upon inclusivity and creating a safe space. I trained in a range of massage therapies in 2011/12, however after becoming more interested in the inclusivity both of clients but also intention of massages and areas of focus, I have now trained in sensual massages, where I have found my calling.

## How does Sensual Massage differ to a regular massage?

Massages, in general, have a clear benefit of calming, relaxation and reducing stress alongside its help with a range of mental health needs such as anxiety and depression. Within my specialism you are in a safe non-judgemental treatment space and are allowed to let go both in your body and mind. This allows for the ability to relax in a very different way to a regular massage,

 due to your erogenous zones being part of the massage.

In my specialism, sensual massage, there are a lot of differences to conventional massages. Unlike a regular massage where you will possibly have your chest and genitals covered, my clients are normally totally naked (maybe not the first time) as I will be massaging every inch of someone’s body, depending on what a client has requested. The other main difference is the intention and lack of judgement; clients may want to be physically stimulated and pleasured without feeling self-conscious, judged or even expected to perform sexually, which they are able to do in this specialism.

## What can Sensual Massage help with?

Sensual massages have been known to help with a range of conditions. They can help not only with the traditional reasons to seek a massage, such as reduction of stress or anxiety but also focus on the release of endorphins (the feel-good hormone). Other conditions that can also be explored and/or helped are fear of intimacy, loss of libido, trauma recovery, sensual & sexuality exploration and of course, the elevation of body confidence to give you your sass back and who doesn't want some extra sass!

## 5 top tips for you to do at home:

1. Set the scene! Dim the lights or use candles maybe some scented ones, lay out the area to look like a spa and have some relaxing music on.
2. Use a decent oil! I use Coconut Oil/Olive Oil/Grape Seed Oil. Some oils may need to be wiped off after and can also be slippery if you use a lot, so make sure you have a towel to stand on.
3. If you are feeling stiff, have a warm/hot bath and use the oils in the bath to massage yourself, warming the muscles can really help as well as massaging them. Don't slip in the bath!
4. Stimulate your muscles with a coconut oil scrub, you can buy these or make your own with Sugar, Coconut Oil and maybe add some vanilla essence.
5. Don't rush things! Take your time, massages are meant to be enjoyed... turn off the phone and make it look like you are not at home, we don't take enough time for ourselves and are generally stuck looking at our phone, have some ‘you time’.

