

SCHOOL OF SENSUAL MASSAGE

Couples' Erotic Elements Guide

A combined guide drawn from the Massage My Woman and Massage My Man elemental charts. The Foundation column combines Foundation and Intermediate techniques, except oral, anal, prostate and ejaculation-related elements, which appear in Advanced.

How to read: Each row shows the training level and intended receiver. "Both" means a shared technique. The chart indicates possible teaching content, not a guarantee that every element will be practised. Consent, suitability and comfort determine what is included.

COUPLES' FOUNDATION & ADVANCED ELEMENTS

ELEMENT / TECHNIQUE	RECEIVER	COUPLES FOUNDATION	COUPLES ADVANCED
Head massage	Both	●	—
Overture script	Both	●	—
Towel reveal	Both	●	—
Feather	Female	●	—
Gentle hand / finger stroking of the back	Both	●	—
Body pressure points	Both	●	—
10 minute therapeutic massage back with hands & thumbs	Both	●	—
Giver topless module 1	Both	●	—
5 minute therapeutic massage underarms and elbows	Female	●	—
Side of body x 2 Effleurage/kneading/teasing	Both	●	—
Arm slide & body connection	Both	●	—
Leg effleurage x 2	Both	●	—
Kneading of leg muscles x 2	Both	●	—
Bicep groin push	Female	●	—
Waist to neck thumb press and body connection	Both	●	—
Cross arm push and hug	Both	●	—
Figure of 8 buttock massage	Both	●	—
Side pulls	Both	●	—
Arm slide and forearm/groin push	Both	●	—
Rake stimulation	Both	●	—
External light genital massage	Female	●	—
Vaginal clasp	Female	●	—
Vaginal hand sweeping & fist rolling	Female	●	—
Demonstration of vaginal thumb massage	Female	●	—
Cover with towel & turn over	Both	●	—
Foot & ankle massage	Both	●	—
Right leg massage	Both	●	—
Left leg massage + vaginal light touch and investigation	Female	●	—
Vulva massage & reverence hold 2 min	Female	●	—

ELEMENT / TECHNIQUE	RECEIVER	COUPLES FOUNDATION	COUPLES ADVANCED
Shoulder & neck massage	Both	●	—
Figure of 8 breast massage	Female	●	—
Nipple stimulation	Female	●	—
Vaginal pull ups/hand slides and screwfist massage	Female	●	—
Arms and hand massage	Both	●	—
Lift and groin hook	Female	●	—
stimulation	Female	●	—
Demonstration of ● spot & S spot stimulation	Female	●	—
Incorporating giver's arousal	Female	●	—
Body on body massage - head to toe	Both	●	—
Body on body massage - toe to head	Both	●	—
Body on body naked slide	Female	●	—
Side pulls with breast stroking	Female	●	—
Face down vaginal thumb massage	Female	●	—
Two finger vaginal penetration	Female	●	—
Face up G-spot stimulation by student	Female	●	—
Face up S-spot stimulation by student	Female	●	—
Incorporating reciprocal touch and arousal	Female	●	—
Feather sweep	Male	●	—
Hand hold	Male	●	—
Two hand pressure down spine	Male	●	—
Finger press of perineum	Male	●	—
touching back	Male	●	—
Breast slide down arm through hands x2	Male	●	—
Bicep perineum push	Male	●	—
Breast shoulder massage	Male	●	—
Finger neck press and blow on neck	Male	●	—
Signature - Testicle stroking and hold	Male	●	—
Become fully naked	Male	●	—
Standing body to body massage	Male	●	—
Leg lift and groin massage x 2	Male	●	—
Finger grip massage testicles x 2	Male	●	—
Pull out penis and light massage x 2	Male	●	—
Firm edging penis massage	Male	●	—
Move to head effleurage back hands on buttocks	Male	●	—
Reach under and masturbate penis	Male	●	—
Groin back to shoulder slides	Male	●	—
Slide off through legs to penis massage	Male	●	—

ELEMENT / TECHNIQUE	RECEIVER	COUPLES FOUNDATION	COUPLES ADVANCED
Rear facing kneeling penis and scrotum massage	Male	●	—
Upright kneeling penis massage	Male	●	—
Receiver demonstrates his masturbation technique	Male	●	—
Pad up towel and massage penis through towel	Male	●	—
Left leg massage + gentle penis massage	Male	●	—
Figure of 8 chest massage breast over face	Male	●	—
Nipple stimulation to receiver	Male	●	—
Penis reach stimulation from head	Male	●	—
Managing givers reciprocal touch	Male	●	—
Breast / penis massage	Male	●	—
Sex toy stimulation	Male	●	—
External anal slide & teasing	Both	—	●
Back stretch and light clitoral touching	Female	—	●
Leg lift and clitoral stimulation x 2	Female	—	●
Hand on buttocks / clitoral masturbation	Female	—	●
Clitoral reach stimulation from head	Female	—	●
Nipples stimulation (oral)	Female	—	●
Face down vaginal thumb / clitoral stimulation (light)	Female	—	●
Face down vaginal thumb / clitoral stimulation (intense)	Female	—	●
Body on body with vaginal oral	Female	—	●
Body on body with anal rimming	Both	—	●
Internal anal stimulation	Female	—	●
Vaginal oral stimulation face down	Female	—	●
Vaginal oral stimulation face up	Female	—	●
Dominant / Assertive Techniques	Both	—	●
Sex toy stimulation	Female	—	●
Encouraging multi orgasm	Female	—	●
Encouraging female ejaculation - position 1	Female	—	●
Encouraging female ejaculation - position 2	Female	—	●
Dominant vaginal stimulation sitting on back	Female	—	●
Frottage	Both	—	●
Speed bump cushion clitoral / vaginal stimulation	Female	—	●
Legs stretch / push back intense vaginal stimulation	Female	—	●
Incorporating the giver being brought to ejaculation	Female	—	●
Pressure points down spine to anal tease	Male	—	●
Back stretch and anal slide	Male	—	●
Receiver taken to orgasm/ejaculation	Male	—	●
Blow and mock oral through towel	Male	—	●

ELEMENT / TECHNIQUE	RECEIVER	COUPLES FOUNDATION	COUPLES ADVANCED
Nipple oral tease from receiver	Male	—	●
Lift leg buttock stroke and anal tease	Male	—	●
Various positioning for masturbation to ejaculation	Male	—	●
Edging to orgasm	Male	—	●
Mutual oral positioning	Male	—	●
Prostate massage	Male	—	●
Practicing various oral techniques	Male	—	●
Mutual oral / face sitting	Male	—	●
Spanking	Male	—	●
Speed bump cushion penis / anal stimulation	Male	—	●
Incorporating givers taken to ejaculation	Male	—	●

Note: Some entries appear in Advanced because they were excluded from the Couples' Foundation curriculum, even where the original single-gender chart listed them at an earlier level. Advanced training may also build on Foundation skills.