School of Sensual Massage

Courses Events Community

Massage My Man

FOUNDATION TRAINING

The starting point for women who want to develop genuine confidence and skill in giving a complete, unhurried sensual massage to a man.

6-HOUR COURSE Two personal 3-hour modules	**SLOANE SQUARE** Private Chelsea venue

APPLY FOR TRAINING	REQUEST A PHONE CALL

CONFIDENTIAL · PRACTICAL · CONSENT-LED · PERSONALLY TAUGHT

Your Foundation in Male Sensual Massage

This six-hour course is taught as two separate 3-hour modules. You learn through discussion, demonstration and direct practice with two receivers, or with a partner/friend and a volunteer. No previous massage experience is required.

Course at a Glance

DURATION	FORMAT	LEVEL	LOCATION
6 hours	2 × 3-hour modules	Foundation	Sloane Square, Chelsea

Who This Course Is For

- Women who want to become more confident, creative and attentive lovers.
- Women wanting to extend foreplay beyond a few familiar techniques.
- Single women, women in relationships and women bringing a male partner or intimate friend.
- Women considering Intermediate, Advanced or Professional Massage My Man Training.

What You Will Learn

- The psychology, physiology, biology and anthropology of male arousal.
- A structured full-body massage combining therapeutic, sensual and Foundation-level erotic touch.
- How to build arousal slowly through non-genital areas before moving to the penis and testicles.
- How to read breathing, sound, movement, erection and other responses without treating them as automatic consent.
- How to maintain your own boundaries while giving an excellent experience.
- Foundation penis massage, edging and positions that may bring the receiver to orgasm.

RECOMMENDED FORMAT	The two modules are best taken on separate days so you can absorb the teaching and return with questions. A single 5.5-hour day may be agreed when availability is limited.

Understanding Male Arousal

A good sensual massage is more than genital technique. Foundation teaches you how a man's mind, body, confidence and sense of permission interact throughout arousal.

Male Arousal Is Not Simply an Erection

An erection can appear, fade and return during massage. It may reflect stimulation, relaxation or anticipation, but it does not tell you that every form of touch is wanted. Clear prior boundaries and ongoing communication remain essential.

Build Arousal Slowly

The routine begins with conversation, therapeutic massage and sensory touch. Intimate teasing around the neck, chest, inner thighs, buttocks, perineum and groin builds anticipation before direct genital stimulation.

Read the Whole Body

Learn to notice breathing, movement, sound, muscle tone, hand pressure and stillness. These responses help you adapt pace and pressure, while calm check-ins are used whenever you are uncertain.

Edging and Control

Foundation introduces techniques that bring the receiver close to orgasm, reduce stimulation and rebuild. Edging can extend pleasure and help the giver understand the different stages of male arousal.

The Pleasure of Giving Pleasure

You learn to stay present, confident and grounded while enjoying the receiver's response. The experience remains centred on him without creating pressure on you to accept reciprocal touch or become naked.

THE CENTRAL LESSON	Technique matters, but timing, patience, observation, confidence and respect for boundaries determine whether the massage feels genuinely personal.

Foundation Elements · Opening & Therapeutic Work

Only elements marked in the Foundation column of the supplied Massage My Man chart are included below. They form the first part of the back-of-body routine.

FOUNDATION AREA	ELEMENTS TAUGHT
Opening	Head massage; overture script; towel reveal; feather sweep; gentle hand and fingertip stroking of the back.
Pressure & grounding	Whole-body pressure points; two-hand pressure down the spine; introductory finger pressure to the perineum.
Therapeutic back	Ten-minute back massage using hands and thumbs.
Giver positioning	Giver topless during Module One, if comfortable and agreed; nudity remains optional.
Underarms & upper body	Five-minute massage of the underarms and elbows, with controlled upper-body connection.
Side-body sequence	Two rounds of side-body effleurage, kneading and teasing; arm slide and body connection; breast slide down the arm through the receiver’s hands.
Leg work	Double leg effleurage; kneading both leg muscles; bicep-to-perineum push.
Back & shoulder connection	Waist-to-neck thumb pressure with body connection; breast-to-shoulder massage; finger pressure to the neck and breath on the neck.
Cross-body work	Cross-arm push and hug.

Foundation Does Not Mean Mechanical

Colin teaches these elements as a continuous sequence. You learn how to move around the table, manage oil, maintain posture and let each stroke prepare the body for what follows.

CLOTHING & NUDITY	The student may remain clothed, become partially clothed or become naked only if she chooses. This decision is discussed before the receiver arrives and can be changed at any point.

Foundation Elements · Sensual & Erotic Work

The second part of the Foundation routine develops from buttock, groin and perineal teasing into testicle and penis massage, edging and optional orgasm.

FOUNDATION AREA	ELEMENTS TAUGHT
Buttocks & anal teasing	Figure-of-eight buttock massage; external anal slide and teasing; side pulls; pressure points down the spine finishing with an anal tease; back stretch with anal slide.
Groin connection	Arm slide and forearm groin push; leg lift and groin massage on both sides.
Testicle techniques	Signature testicle stroking and hold; finger-grip testicle massage on both sides.
Sensory stimulation	Rake stimulation; light penis exposure and massage on both sides.
Edging	Firm edging penis massage; changing pace and pressure to build and reduce arousal.
Body connection	Optional full nudity; head-to-toe body-on-body massage; toe-to-head body-on-body massage; groin-to-shoulder slides.
Penis massage positions	Reach-under masturbation; slide through the legs to penis massage; rear-facing kneeling penis and scrotum massage; upright kneeling penis massage.
Receiver insight	The receiver may demonstrate his own preferred masturbation technique so the student can observe individual rhythm and pressure.
Optional orgasm	At Foundation level the face-down sequence may finish by taking the receiver to orgasm and ejaculation, if wanted and agreed.

What Is Not Included at Foundation

The face-up massage sequence, management of reciprocal touch, additional ejaculation positions, oral techniques, prostate massage, spanking, dominant or assertive techniques, sex toys, frottage and giver-focused ejaculation belong to Intermediate or Advanced Training.

Your Two-Module Progression

Each module combines discussion, demonstration, guided practice and direct feedback from Colin and the male receiver.

MODULE ONE · BACK-OF-BODY FOUNDATION

DISCUSSION · 45 MINUTES	Male sexuality, arousal, communication, boundaries and how women and men may experience sexual touch differently.
DEMONSTRATION · 45 MINUTES	Colin demonstrates selected parts of the routine and explains positioning, pressure, pacing and the move from therapeutic to sensual touch.
GUIDED PRACTICE · 75-90 MINUTES	You give the back-of-body sequence step by step, including agreed Foundation testicle and penis techniques, edging and optional orgasm.

MODULE TWO · CONSOLIDATION

REVIEW	Discuss what you noticed, what felt natural and which areas need more explanation.
SECOND RECEIVER	Repeat and refine the Foundation sequence on a different male receiver, or on your partner/friend depending on the option selected.
FEEDBACK	Receive direct, constructive feedback about touch, pace, pressure, confidence and communication.

Why Different Receivers Matter

Men vary in sensitivity, preferred pressure, pace, body shape, erection pattern and response to edging. Practising with different receivers helps you avoid assuming that one technique works for every man.

Course Options & Costs

Choose the receiver arrangement that best suits your circumstances. Every option includes the complete six-hour Foundation Training.

OPTION 1	£850	**Two male volunteer receivers.** Two separate 3-hour modules, each with a different vetted male volunteer.
OPTION 2	£800	**Your male partner or intimate friend plus one male volunteer.** Combines relationship-based learning with experience of a different receiver.
OPTION 3	£1,000	**Mixed-gender practice.** One male and one female volunteer receiver across the two 3-hour modules.

Included With Your Training

INCLUDED	DETAILS
Before	Detailed agendas, receiver information, presentation and preparation guidance.
During	Personal coaching, practical tuition, individual correction, oils, towels and refreshments.
After	Certificate of completion and an optional follow-up conversation with Colin.
Community	Sensual Connect membership, including the Students' Video Tutorial Group and Students and Volunteers Group.

A 50% deposit secures the agreed dates. Payments may be spread across up to four instalments depending on the timetable; a 2.5% interest and administration charge applies.

Personal Tuition—and Your Next Stage

Colin teaches from extensive practical experience, combining psychosexual understanding with a direct, supportive and down-to-earth approach.

Your Tutor

Colin Richards is a Sex & Intimacy Engineer, Somatic Sensual Masseur and educator. He has worked full-time in this field since 2005, supporting more than 10,000 clients. His work has featured in national media, including Channel 5 and Cosmopolitan, and is supported by more than 320 five-star reviews.

Continue to Intermediate Training

Foundation gives you the complete back-of-body starting routine. Intermediate develops the face-up massage, additional genital and ejaculation positions, management of reciprocal touch and further edging skills.

Continue to Advanced Training

Advanced adds more specialised oral, prostate, dominant, toy-assisted and mutually erotic techniques. These are deliberately excluded from Foundation so you can first become confident with structure, consent, pacing and core penis/testicle massage.

Professional Training

Women who intend to offer sensual massage professionally can continue through Intermediate and Advanced before completing Launch Pad business preparation and supervised professional practice.

What Students Say

> *“Perfect course for me. Very, very enjoyable. Excellent balance between discussion and learning practical skills, taught by an experienced practitioner with real enthusiasm and obvious passion. I found giving the massage to the volunteer quite an emotional experience, and I felt very privileged.”*
>
> ***— Chris, past Foundation & Intermediate student***

Application & Booking Process

The application helps Colin understand who you are, why you want to take Massage My Man Foundation Training and what you hope to gain. Submitting it does not mean you are making a booking.

1 **REQUEST AND COMPLETE THE APPLICATION**
Outline your motivation, receiver preference, experience and any questions.

2 **DISCUSS YOUR AIMS**
Colin contacts you to discuss suitability, expectations, boundaries, preferred option and dates. A free 15-minute call is also available.

3 **REVIEW THE EXPLICIT COURSE INFORMATION**
You receive full details of the therapeutic, sensual and erotic elements. This may include explicit educational images so you can make an informed decision.

4 **AGREE THE OPTION AND DATES**
Choose Option 1, 2 or 3 and agree dates for the two 3-hour modules.

5 **SECURE THE COURSE**
Read the cancellation terms. A 50% deposit confirms the dates; the balance is due the day before Module One unless an instalment plan is agreed.

YOUR APPLICATION IS NOT A BOOKING	It simply outlines who you are and why you want to take the course. Colin will speak with you before dates or payment are confirmed.

Booking Terms & Contact

Booking and balance. A 50% deposit secures your place. The remaining balance is due the day before training begins.

More than 72 hours' notice. Cancel at least 72 hours before Module One and you may receive 75% of the deposit back, or transfer it to a new start date within 12 weeks.

Postponement within 2-3 days. The deposit can transfer only if a new start date is provided within seven days and training begins within 12 weeks.

Within 24 hours or non-attendance. The full deposit is lost. A missed module cannot be repeated or refunded without at least 24 hours' notice.

Pausing or withdrawing. Genuine health issues or significant personal circumstances may allow training to be paused with evidence. Remaining modules must be completed within 12 months. No refund is issued after training has begun.

Completion period. The two Foundation modules should normally be completed within one month.

Get in Touch

Apply online	Complete the Massage My Man application
General enquiry	Send an enquiry
Free phone call	Request a 15-minute call
Email	colin@intimacymatters.co.uk
WhatsApp / Call	+44 (0)7966 522 696
Location	Sloane Square, Chelsea, London SW1X 9DE
Website	schoolofsensualmassage.co.uk

For adults aged 18+. All practical learning takes place in a professionally guided, consent-based environment. School of Sensual Massage is the educational platform of Intimacy Matters, led by Colin Richards.