SENSUAL SISTERS / COURSE ELEMENT GUIDE

Sensual Sisters

Female to Female Elemental Chart

A progression of therapeutic, arousing and erotic massage elements.

HOW TO READ THE CHART

Rows are grouped by level so each column's X marks form a continuous block.
The mapping follows the routine phases and MMW chart. Consent and receiver response guide every element.

FOUNDATION | INTERMEDIATE | ADVANCED

Routine guide: 75–90 minutes | Phase 1 75/25 | Phase 2.1 50/30/20 | Phase 2.2 30/30/40 | Phase 3 20/20/60
Percentages are therapeutic / arousing / erotic. X means the element may be taught at that level.

Female giving to female	Foundation Training	Intermediate Training	Advanced Training
Head and scalp massage	X	X	X
Feather sweep across the back	X	X	X
Fingertip strokes over the back and underarms	X	X	X
Flat-hand strokes across the back	X	X	X
Hand-hold feedback check	X	X	X
Oil application from buttocks to shoulders	X	X	X
Pressure along the spine to the coccyx	X	X	X
Back and buttock effleurage	X	X	X
Firm shoulder massage	X	X	X
Fist rolls along the neck and shoulders	X	X	X
Side-of-body massage, noticing the receiver's movement	X	X	X
Crossed-arm strokes from the base of the back towards the head	X	X	X
Elbow strokes down the sides with a body squeeze	X	X	X
Long stretch to the feet and return glide over the external vulval area	X	X	X
Back stretch	X	X	X

Element guide / continued

Foundation elements continue here before the Intermediate and Advanced groups.

Female giving to female	Foundation Training	Intermediate Training	Advanced Training
Firm petrissage of the back muscles	X	X	X
Side pulls to reveal the breasts	X	X	X
Light breast and nipple massage	X	X	X
Lower-back, sciatic-area and sacrum massage	X	X	X
Body squeeze from sacrum to shoulders	X	X	X
Figure-of-eight buttock massage	X	X	X
Arm slide from shoulder towards the groin with external pressure	X	X	X
Back-of-leg strokes from ankle to thigh	X	X	X
External vulva and labia massage with oil	X	X	X
External clitoral stimulation	X	X	X
Light surface anal touch and teasing	X	X	X
Oiled hand or fist rolling over the external vulva	X	X	X
Supported-leg position for back and thigh massage	X	X	X
Shoulder-to-groin arm slide and external groin pressure	X	X	X
Cover, short rest and reassurance	X	X	X
Foot and ankle massage	X	X	X
Calming head and scalp massage	X	X	X
Shoulder and neck chain stroke	X	X	X
Breast and nipple strokes	X	X	X
Individual breast effleurage	X	X	X
Abdominal massage with a response-led transition to external vulval touch	X	X	X

Element guide / continued

Intermediate and Advanced-only elements follow the Foundation block.

Female giving to female	Foundation Training	Intermediate Training	Advanced Training
Return to therapeutic touch if arousal is not wanted	X	X	X
Lifted-leg position for hip, thigh and groin massage	X	X	X
Individual finger, palm, hand and arm massage	X	X	X
Closing head and foot massage, thanks and time to rest	X	X	X
Metal-fork strokes over the body and perineum		X	X
Receiver-led reciprocal touch and feedback		X	X
Body-to-body effleurage		X	X
Body-weight massage with careful pressure		X	X
Hip-to-buttock pressure, breath and neck response		X	X
Internal vaginal finger exploration		X	X
Controlled insertion, responding to the receiver’s resistance		X	X
Rhythmic in-and-out stimulation with changes of pace		X	X
G-spot finger massage		X	X
Circular clitoral stimulation with alternating direction		X	X
Read arousal cues and adjust, pause or return to therapeutic touch		X	X
Thigh-to-chest position with under-buttock touch		X	X
Combined clitoral and external anal stimulation			X
Oral and rimming positioning, if agreed			X
Vibrator use			X
Build, pause and resume arousal to support orgasm			X
Support orgasm and possible female ejaculation			X