School of Sensual Massage

Courses Events Community

Sensual Sisters Courses

QUESTIONS & ANSWERS | Women learning to give sensual massage to women



These questions and answers are intended for women considering the Sensual Sisters Experiential, Foundation and Intermediate courses. Some details vary by level, so please check the current course brochure and ask Colin about anything not covered.

Q1. Who are the Sensual Sisters courses designed for?

For adult women who want to become more knowledgeable, confident and creative when giving sensual massage to other women. You may be lesbian, bisexual, heterosexual, questioning, single or in a relationship. No particular identity or previous experience is required.

Q2. Do I need previous massage experience?

No. I teach progressively, beginning with relaxation, whole-body massage, communication and confident touch before introducing more intimate techniques appropriate to your chosen course.

Q3. Whom will I practise on?

I can arrange an adult female volunteer receiver who has agreed to take part in practical training and provide feedback. Alternatively, you may ask to bring your female partner or a female friend who wishes to receive the massage. Arrangements are confirmed in advance.

Q4. Will the female volunteer be naked?

Nudity may form part of practical demonstrations and massage, according to the exercise and what the receiver has agreed to. Any intimate touch is discussed beforehand; she can change her mind at any time.

Q5. Do I have to be naked while giving the massage?

No. You may remain clothed throughout the course. Being undressed is never a requirement for learning to give a massage.

Q6. Will I learn about female anatomy and the natural arousal process?

Yes. We explore female anatomy, relaxation, anticipation, sensitivity, communication and how physical and psychological arousal can vary from woman to woman.

Q7. Will the female volunteer become sexually aroused?

She may, particularly during agreed intimate exercises, but arousal is individual and never guaranteed. We rely on clear communication, not assumptions about body language or physical responses.

Q8. What if I become sexually aroused while giving the massage?

It can happen in an intimate learning environment and need not be embarrassing. Arousal does not create an expectation of reciprocal touch or sexual activity. We maintain the agreed educational boundaries.

Q9. Will I learn intimate genital massage techniques?

Sensual Sisters Foundation introduces intimate external touch where explicitly agreed. The Intermediate course builds on Foundation with more connected, reciprocal and body-to-body techniques. The precise intimate elements taught depend on the current course syllabus and consent of everyone involved; please consult the course content chart.

Q10. Will I learn how to help a woman experience orgasm?

I teach attentive touch, pacing and communication that may support pleasure and arousal. Orgasm is not guaranteed, and it should never become a performance target.

Q11. Will I learn about female ejaculation?

We can discuss female ejaculation as part of female sexual response and answer questions about it. Whether particular practical techniques are included depends on the course syllabus and agreed boundaries; ejaculation is neither universal nor a measure of satisfaction.

Q12. Will I learn to give pleasure without penetration?

Absolutely. Whole-body massage, relaxation, anticipation, external touch and communication can all be deeply fulfilling without penetration.

Q13. Can the female volunteer massage or touch me in return?

Not automatically. In some Intermediate exercises, reciprocal touch may be part of the agreed learning objectives. Any touch directed towards you must be discussed and consented to separately. You can decline touch at any time.

Q14. Will Colin demonstrate the techniques before I practise?

Yes. I explain and demonstrate where appropriate, then guide you as you practise. As your confidence develops, I increasingly observe and offer constructive feedback.

Q15. Can I bring my girlfriend, wife, partner or female friend?

Yes, subject to confirming the course format. Learning with someone you know can be especially helpful for understanding her individual preferences and building confidence together.

Q16. Can sensual massage help if my female partner has lost interest in sex?

It can provide a gentle way to reconnect without the pressure of intercourse or orgasm. Desire can also be affected by health, medication, menopause, stress and relationship circumstances; the course is educational rather than a guaranteed treatment.

Q17. Is the course suitable for women of any age?

Yes, for adults aged 18 and over. Techniques and positions can be adapted for comfort, mobility and confidence.

Q18. What are the different course levels?

The three-hour Experiential Session is an introduction. Foundation comprises six hours, normally two private three-hour sessions, and develops a complete massage sequence. Intermediate builds on Foundation with deeper connection, reciprocal touch and supervised techniques. Please ask me about any further training or professional pathway currently offered.

Q19. Can I train to give female-to-female sensual massage professionally?

Please discuss your aims with me. We can consider the training and professional skills you would need, but completion of a Sensual Sisters course alone should not be taken as a professional qualification.

Q20. Is the course confidential, and can I decline anything?

Yes. Privacy and consent are central. You and the receiver may decline any activity or stop at any time. I will explain how any application details or images are shared before doing so.

Q21. Can I request specific techniques to be shown?

Yes, please tell me what you hope to learn. I can explain what fits the course and agreed boundaries. I do not teach role-play or BDSM techniques.

Q22. Can I request a particular age or type of female volunteer?

You may mention a preference, but I cannot promise a particular age, appearance or type. Volunteers are selected from those available and willing, and I will try to take reasonable preferences into account.

Q23. Who will see my application photo?

If a volunteer-matching process requires your photo or basic application details to be circulated to registered female volunteers, I will explain that process to you. Please check the current application privacy information before submitting.

Q24. What type of photo should I include?

A clear, recent, clothed photograph showing your face is best, ideally looking towards the camera. You may send more than one for selection.

Q25. Do I have to complete the course within a certain period?

The normal Foundation and Intermediate formats each consist of two three-hour modules, generally completed within one month. For combined or additional training, confirm the timetable and current cancellation policy with me before booking.

Q26. If I cannot complete the course within the agreed period, is there a fee reduction?

Normally no. Please contact me as soon as possible if illness, bereavement or another unavoidable circumstance prevents completion; exceptions may be considered by agreement and in accordance with the booking policy.

Q27. What happens if my period starts early? Must I cancel?

No. Unless you experience discomfort, pain or simply prefer to postpone, we can usually continue. You do not need to undress, and we can concentrate on clothed practice, positioning, communication, whole-body techniques or demonstrations without intimate contact. We can rearrange any elements you would rather practise another day.

Q28. What if the female receiver has her period?

We discuss her comfort and preferences first. With her agreement, the lesson can focus on non-intimate massage or other elements of the syllabus, or we can rearrange particular exercises. Nobody is expected to receive intimate touch during menstruation.

Q29. Will it be awkward if I am heterosexual or have never touched another woman intimately?

Not at all. You do not need to identify as lesbian or bisexual, and you do not need prior female-to-female experience. The course is about learning respectful, confident touch, not proving your sexual orientation.

Q30. Do I have to kiss, receive intimate touch or participate sexually?

No. Your role as a student is to learn and practise the agreed massage techniques. Kissing, reciprocal intimacy and any activity outside the lesson plan are never assumed or required.

Q31. What if I feel self-conscious about my body?

That is a common concern. You can remain dressed, discuss your comfort in advance and progress at a pace that feels manageable. The focus is on learning rather than appearance.

Q32. Can the course help me explore attraction to women without committing to a sexual experience?

It can offer a structured educational setting in which to understand touch and your own comfort levels. It is not a test of your sexuality, and you never have to participate in any activity to establish an identity.

Q33. What about menopause, vaginal dryness or sensitivity?

We can discuss comfort, changes in sensitivity and practical adjustments. Appropriate lubricant may help with some forms of touch, but painful contact should never be continued. Persistent pain or symptoms deserve advice from a qualified clinician.

Q34. What hygiene and health precautions are followed?

Clean hands, short nails, fresh linens, suitable massage products and clear communication are important. Please disclose relevant allergies or health concerns before the session. We avoid intimate contact if there are symptoms suggesting an infection or any painful or irritated area.

Q35. Can I stop or change my mind during an exercise?

Yes, at any point, without having to justify your decision. Consent is ongoing, applies to each person separately and can be withdrawn immediately.