

Relaxation, pleasure and healing:

A yoni massage can help your woman to relax, heal or enjoy her body in various pleasures, either once or twice all at a time. It's best if you have no intention of getting anywhere, just allow anything to happen as it comes naturally in every moment.

Useful utilities:

- Natural oil or lubricant – might need testing for tolerability beforehand.
- A firm pillow under her pelvis makes it easier for you.
- Latex gloves if your hands are rough, or for safer sex.

Yoni massage tips:

- ✓ Heat the room well: 23° C or more.
- ✓ Have a cover ready that tolerates oil (e.g. large towel or lungi).
- ✓ Provide a relaxed position for your woman and check every now and then. Also see to your own comfort.
- ✓ Warm up your hands by rubbing the palms quickly against each other.
- ✓ Start with touching her whole body, e.g. long strokes or one hand on her heart, one on her belly or both.
- ✓ Whenever you touch her, put all your attention and love into your hands.
- ✓ Never penetrate her yoni quickly or suddenly.
- ✓ Vary all grips as to number of fingers, pressure or velocity.
- ✓ Feedback: Not every woman means to show if she likes or enjoys what you do. Talk to her beforehand and find out if she's more of a quiet enjoyer.

1. WARM-UP OF THE YULVA



Place your hand palm facing downwards across the whole vulva. Apply light pressure so she can feel your hand well.

2. LIP SALUTATION



Went both your hands to the right and left of the Venus lip. Radiate warmth and security.

3. LIP AVOWALS



Take each of the Venus lip between your fingers and massage it softly.

4. MY LIPS ARE SEALED



Press the Venus lip together with your thumb and shift them against each other, alternating.

5. LIP DANCE



Press the Venus lip together with the inner sides of your hands (palms facing downwards), slightly lift and move them.

6. BLOWING KISSES



Grasp the inner and outer Venus lip independently, massage them tenderly, also pull, press and fold slightly.

7. SPARKING FIRE



Press the inner and outer Venus lip together with the outer sides of your hands (palms facing upwards) and rub them quickly but softly against each other as if sparking a fire.

8. GATE KEEPER



Place your hands (palms facing downwards) near the Venus lip and apply pressure.

9. BUTTERFLY WINGS



Part the Venus lip with your forefingers and move them gently in all directions. It should feel like a slight stretching and open the yoni. Move as softly as a butterfly.

10. VENUS DELIGHT



Use two fingers to slide along the inner and outer Venus lip in slow long strokes from top to bottom, either separately or simultaneously. A single finger can rest on the clitoris or the mons pubis.



Message Yoni Guide

Mike Jess



Massage Yoni Guide:

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