

Kiss of the Romantic

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ROMANTIC WORKSHOP #18

THE EROTIC FOOT MASSAGE

This romantic workshop will guide you through the methods of giving an erotic foot massage to your sweetie. Your feet are the hardest working part of your body, and as such they are most appreciative of some tender loving care. Also, a little known fact is that a well performed foot massage will stimulate the libido of the foot massage recipient. Researchers have found that the brain's center for the feet is directly adjacent to the center for the sex organs. So if you feel a need to pamper your partner, and/or you would like to seduce him or her too, then read on.

Let us begin with a word on lotions and massage oils, because a foot massage without a good lotion or oil will not achieve the erotic effect that you may be trying to accomplish. And what, you may ask, constitutes a good lotion or oil? Inexpensive lotions have not only inexpensive ingredients, but some of them actually have ingredients that are toxic to you. You should conduct a careful search for reputable makers of these products. Read the label and be informed. One that I have used is lavender Aromatherapy.

For preparation you should set an ambience with candles and soothing background music. Begin your massage without lotion and gently rub the feet and toes to warm them up. Spend at least two minutes on each foot with this rub. Dispense a generous amount of lotion to the palm of your hand and work it with both hands to warm it up a bit more. Gently rub this warmed lotion into the skin of one foot. Add more lotion as needed to saturate the entire foot. The key to making this an erotic foot massage is that you keep the foot you are working on wet with lotion. In this way the recipient's brain center for the foot's nerve endings are receiving a lubricated message. That is interpreted by your brain as being erotic in nature.

The longer you massage and keep it from drying out, the more erotic it becomes.

Once you have the foot well saturated, you can begin with various foot massage techniques. The techniques listed here can be used in any sequence or combination. Ask the recipient of your attentions to speak out when she or he finds a particular technique more enjoyable, and then spend more time with that technique.

Climbing the ladder – With the bottom of the foot facing you, wrap your hands around the foot and massage the foot with your thumbs. Start at the heel and work your way up to the toes as if your thumbs were climbing a ladder. Reverse direction back to the heel then repeat.

The palm jack – Use your open palms on the top and bottom of the foot to slide up and down the foot. Make sure the lotion is not dried out when using this technique.

The toe roller – Use your fingers and thumbs to massage each toe with a slight rolling motion. Start with the big toe and work towards the little toe.

The arch squeeze – With your thumbs on the top outer sides of the foot, gently squeeze the bottom of the foot with your fingers to flex the whole foot.

The double ender – Use one hand to rub the heel and back of the heel while the other hand rubs the top and bottom of the foot just below the toes. The upper foot hand should use an opposing pressure between the thumb and fingers while the lower foot hand should utilize all of the palm side of your hand.

The outside crawl – Using both hands, one on each side of the foot, massage the edges of the foot between thumb and fingers.

The toe jack – Use your fingers and thumbs to gently glide up and down each toe, one at a time. Again, start with the big toe and work your way toward the little toe.

Try your best to give each foot equal treatment. You should spend at least twenty minutes on each foot to get full erotic effect. Finish on one foot before moving on to the other. Your partner will not want you to stop because this foot massage will make the whole body feel exquisite!