

The Partner Caress Exercises*

For each of these exercises you will need 15 to 20 minutes for each person. Eventually you can incorporate all of these exercises in one hour if you like, but in the beginning it's best to spend a lot of time in just one area. You will be surprised at how much intimacy, awareness, sensation and arousal you can create by doing these exercises.

Here are the general instructions for each of the exercises:

1. Move slowly and use light touch. This is not a massage where you are trying to knead muscles.
2. Touch for your own pleasure and pay very close attention to your own sensations. What does your partner's skin feel like? What do your fingertips and hands feel?
3. If you are receiving touch, stay focused on the sensations you feel. If you get distracted, just gently guide your mind back to your partner's touch. If there's a touch that bothers you in some way, *gently* tell your partner that you want him/her to change the touch.
4. Only verbally communicate to indicate pleasure or a preference to change touch. Otherwise stay silent.
5. If the person receiving touch starts to fall asleep, lightly tap your partner's shoulder. The goal is to stay fully awake and aware of all sensations.
6. If you get bored or distracted, slow down the touch to half the speed and focus awareness on each sensation.
7. Get in as comfortable position as possible. Usually this will be lying down for both of you. For the person touching, it might be easiest to lie down on your side next to your partner until you have to move to reach the lower legs and feet.
7. The goal is not orgasm or for these exercise to end in having intercourse; however, if you both feel like having sex, by all means, indulge!

Face Caress

You may be fully clothed, partially clothed or completely nude for this exercise. For the partner who is touching, begin touching lightly your partner's head, hair, forehead, cheeks, eyelids, nose, lips, neck and throat. Move slowly to each area. Experiment with using tips of fingers, knuckles and your whole hand. Notice temperature and sensations. For the person being touched, relax all your muscles (not only the ones in your face but your arms, legs and genitals). You can do this by focusing on breathing and paying attention to the light touch. Notice the sensations you're feeling. If either of you become aroused, just breathe in the arousal and let it fill your entire body.

Back Caress

Have baby powder on hand as it can increase the sensual arousal of the caress. This will be done fully in the nude. For the person doing the touching, start from back of the head and *slowly* (remember, you should be taking 15 to 20 minutes per person) caress the head, the neck, shoulders, back, butt, thighs, all the way down to the toes. Notice sensations and what you see and feel. Touch for your own pleasure. Do not worry about performance or getting the

touch just right. For the person receiving touch, focus on the sensations and keeping your body relaxed. If either of you feel aroused, breathe in the arousal throughout your entire body.

Front and Genital Caress

Have baby powder, a towel and mineral oil on hand and do this exercise fully in the nude. You may want to have even more time for this exercise. Start with a few minutes of caressing the back as a way to warm up the body and focus both of you. Keep one hand on your partner at all times so you don't startle your partner. Lightly caress from the face down to the toes. Sprinkle baby powder to enhance sensation. After you reach the toes, move back up to the genitals. At this point, use the mineral oil and a towel if necessary. Spend a few minutes caressing the genitals. If you have a female partner, move very slowly and lightly, touching the outer vaginal lips, the clitoris and the inside of the vagina, feeling all parts of the vagina. If you have a male partner, touch the scrotum, the perineum (the space between the testicles and the anus), the shaft of the penis and the head of the penis, including the frenulum which is the highly sensitive space where the head and the shaft of the penis meet. Touch for your own pleasure and sensation and do not worry about what you're partner is feeling or thinking. As the person receiving touch, focus on the sensations and relaxation. Tell your partner gently if a certain touch is bothersome and ask him to shift his touch. If either of you become aroused, let the arousal flow through your body by breathing it in and relaxing into it. Just enjoy it.

*These exercises are adapted from Barbara Keesling's, *Sexual Pleasure: Reaching New Heights of Sexual Pleasure and Intimacy*. I highly recommend getting this book for much more information and exercises to increase desire, pleasure, skill and intimacy.