



Tantric Massage: 12 Outstanding Lessons On How To Master and Practice a Sensual Tantric Massage (tantric massage, tantric meditation, tantric magick)

Sarah Watson

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Have you ever wondered about tantric massage and what it could do for you? Many have heard of it before, but have found it a 'taboo' subject due to misunderstanding what the massage is about and what it entails. In reality, if you want to relieve stress, improve the bond between you and a lover, or even improve your sexual relationship, tantric massage is the answer.

Tantric massage has been shown to provide a number of health benefits, some of which may seem a bit surprising. A lot of these benefits arise from the release of tension experienced by massaging the muscles and soft tissues. Tantric massage is not like a deep tissue massage where you find yourself sore and in pain the next day. It is the complete opposite, and leaves you in a happy, calm and relaxed state.

There are a few different hand techniques required to master the art of tantric massage, yet very few tools are required. Do you know what they are? Would you like to? Tantric massage is not difficult once you know how, and once you try it, you will not regret it at all.

Some of the lessons in this book will include:

- Creating the right atmosphere
- Feather strokes, kneading techniques
- Health benefits
- How to massage your man
- Oils and lubricants
- What is tantric massage?

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