



AT HOME MASSAGE TIPS FOR COUPLES

A creative guide to staying connected using healthy touch.



THINGS YOU'LL NEED

- **Yoga or floor mat for clothed massage** (If practicing unclothed, you can use a massage table or bed with linens, etc).
- **Pillow + blanket**
- **Music**, pick a favorite shared playlist for relaxation!
- **Consent, self awareness, and communication.**
- **BONUS PROPS** (not required to start practicing): *Extra pillows, bolsters, hand and/or foot cream, massage oil, essential oils, heated flax packs if desired (some items for sale @Amara).*

Pro tip! Avoid using jojoba or grapeseed oils for massage as they may stain linens/clothing!

DECIDE WHO WILL GIVE AND WHO WILL RECEIVE THE MASSAGE

Set special time aside to connect for giving/receiving massage. Be sure to trade back at some point so that both partners can both give AND receive, as both have special benefits.

DISCUSS BOUNDARIES + PREFERENCES

It's important that partners communicate with one another. Where will the massage take place (yoga or massage mat, massage table, a bed or comfy chair is great for foot massage!, etc), what body areas (if any) are off limits, will it be clothed or unclothed, what pressure is preferred?

PRACTICE SAFELY AND OFFER FEEDBACK

Practice safe body mechanics when giving and receiving massage. Check in with one another throughout as needed and if something is uncomfortable (for either party), STOP. Deep pressure is not necessary to accomplish relaxation benefits. Start with giving a 10-15 minute massage and see how you both feel. As you build stamina you can extend your sessions.

WATCH ONLINE MASSAGE VIDEOS AND TRY THE THREE BASIC MASSAGE MOVES

Start your journey by trying the three basic massage moves on your partner: light compression, motion palpation (gentle rocking), and kneading (petrissage). Subscribe to the Amara Massage YouTube Channel to watch the accompanying demo video of techniques!