

How to Give Your Spouse a Real Massage

When was the last time you gave your spouse a *real*, thoroughly soul-calming, body relaxing, blissful massage? Almost everyone LOVES getting a massage. And in healthy relationships, a spouse welcomes the intimate touch of their partner.

A real massage is one that is given without ANY expectations of it leading to something more. Here's how to do it:

Preparing & Giving a Massage

1. Schedule enough time so you're not rushed.
 2. Lock the door and turn off all phones for zero interruptions.
 3. Dim the lights, light a candle(s), play soft, relaxing spa-type music.
 4. Prepare the "massage table." Any flat but comfortable surface will do.
- Use a nice smelling oil like lavender, and then give your partner the best soothing massage you're capable of giving. Remember, don't be chatty. Let them relax.

Giving a Back Rub

Rub massage oil between your hands to warm it up, and then massage their back in slow, soothing, circular motions.

Pay attention to the muscles that run parallel to the spine, the lower neck, and upper back, and the muscles that stretch from the spine to the sides. Give the lower back muscles some attention too.

Start at the base of the spine and slide your hands upwards slowly towards the shoulder blades. Do that about ten times.

Next, massage the muscles on either side of the spine in small circles. Use your thumb, or the heel of the hand, to apply light pressure where necessary or requested.

Giving a Foot Rub

Your spouse would probably LOVE a foot rub at the end of a tiring day.

Use your fingertips to knead the muscle tissue of their foot in circular motions to increase blood flow.

On the top of their foot, rub and stroke from the base of the toes to the ankle.

On the underside of their foot, run your hands from the base of the toes to the heel. Use moderate pressure to prevent tickling.

Repeat each of these strokes about ten times.

Finally, *gently* rotate the foot five times in each direction.

Giving a Head and Neck Massage

Have your spouse lie on their back. Place your fingers below the ears and gently massage the neck muscles. Then place your hands under their shoulders, slowly stroking upwards to the top of the shoulders towards the neck.

Finally, don't forget the face, especially the forehead and cheeks. Very gently, massage the forehead and cheeks in soft, circular motions.

Massage can be a wonderful solution for couples who wish for more physical touch in their marriage. The thing to remember is that massage is a gift you give your spouse *unselfishly* without expecting anything in return. It's totally fine if it leads to something more intimate as long as it's something you both want.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!