

Enhance physical sensation, emotional
intimacy, pleasure & satisfaction.

Sensual Touch



Couples explore each other's bodies, giving and receiving sensual pleasure through non-goal-oriented touch. These exercises promote intimacy and relaxation, while reducing the anxiety and mental distractions that block the full enjoyment of the sexual experience.

Benefits of Sensual Touch

- Non-erotic touch promotes emotional intimacy + feelings of relaxation and bonding
- Strengthens abilities to be both an active giver, and a passive receiver
- Prevents spectating, allowing you to “get out of your head” and be fully present in the moment
- Decreases performance anxiety, expectations, and judgments
- Causes a heightened awareness of all senses
- Expands capacity to experience erotic pleasure throughout the whole body, from head-to-toe
- Promotes bonding and closeness, with enhanced communication
- Encourages exploration of new paths to pleasure
- Turns the mind off so the body can turn on
- Helps interrupt power struggles
- Reduces fear of touch leading to sex
- Decreases “failures”, inhibitions, and sexual avoidance

When couples avoid sex, they may stop touching which increases tension and isolation leading to relationship dissatisfaction.



- Set aside 60 minutes or more of uninterrupted time
- Create a private, quiet space without distractions
- Clothing is optional
- Take turns as giver and receiver
- Start slowly – taking turns as an attentive giver, and passive receiver of touch
- Begin with sensual touch of the hands, feet or face
avoid breasts and genitalia during the initial sessions
- Don't massage – light, sensuous strokes activate nerves and sensory receptors, while deeper massage activates muscle tissue
- Enjoy the physical sensations, without attempting to create a sexual response
- Avoid verbal communication (unless you need to communicate discomfort or pain)
- Be mindful, compassionate and empathetic
- Focus attentively on physical sensations
- And remember...

*Sensual touch is the foundation
of sexual pleasure!*

