

Massage Exercise

You need to do this exercise **at least twice this week** with your partner.

Arrange a time when you both are available (maybe in the evening after little one is in bed).

It is YOUR task to choose a day to do this and check with her that that time is OK and arrange a different time day that is suitable if you chose an inconvenient time.

You're going to give each other a short basic shoulder / neck massage in seated position. (This is a non sexual exercise)

On the first time, you go first and massage her and after around 15 mins, swap so she massages your shoulders.

This is a seated massage so one person is on the sofa and the other is sat on the floor between your legs. It is fine for the TV or music to be on.

The person seated on the floor is to strip the top half of their clothes off but wrap up everywhere else to stay warm.

Use oil or lotion and massage onto bare shoulders.

15 mins each way.

NOTES:

Avoid massaging the spine area.

You can go on youtube to look for massage techniques to get some ideas.

Invite the other person to let you know if you are doing it too hard, too soft or how to do it so it feels better.

It could be good to show your partner this page.