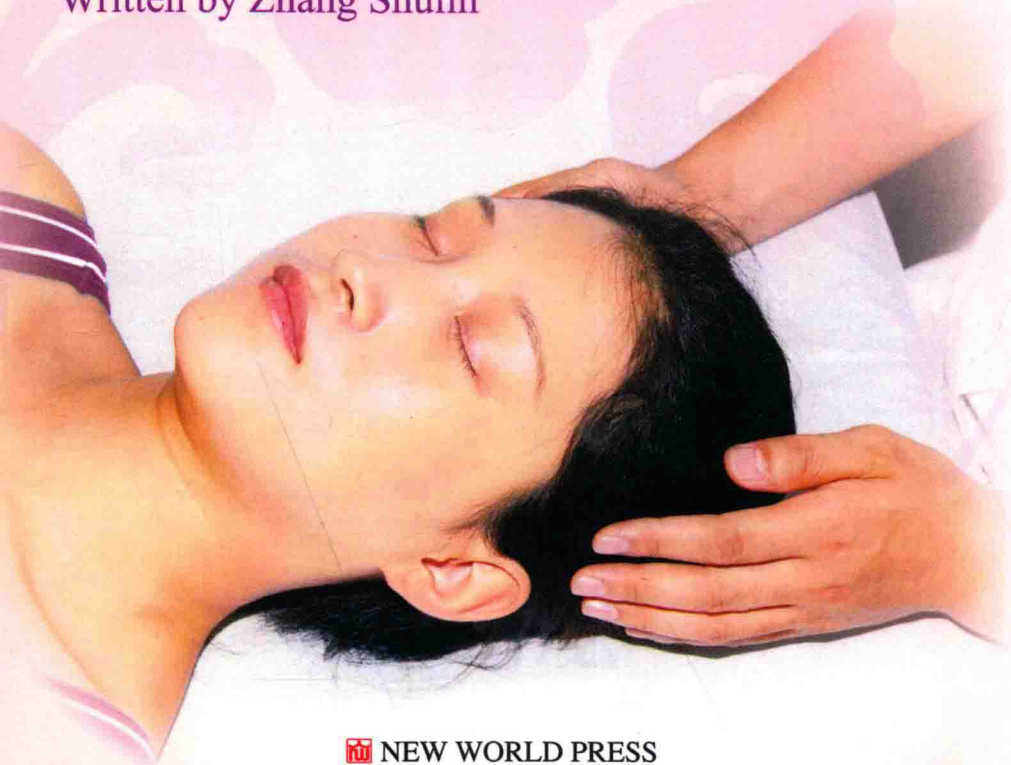


# Healthcare Massage for Your Partner

Written by Zhang Shulin



 NEW WORLD PRESS

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**First Edition 2014**

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## Preface

Massage has a long history in China, it is an important part of Chinese traditional culture. By applying a series of manipulations including pressing, rubbing, pushing, grasping, kneading, foulage, pinching, and lifting, massage aims at soothing muscles, preventing diseases, prolonging life and beautifying the features. Chinese medical massage is acknowledged by people because of its unique effectiveness. As for massage between partners, though not originated in China, its manipulation essence is still within the category.

The massage between partners mentioned here is different from professional massage in hospitals, it is a simplified version for ordinary people. No specific training is required, and it only needs partners' care for each other as well as a general knowledge of massage as introduced in this book. Hence, the techniques don't need to be absolutely accurate, basic manipulation is enough.

As a new health care concept, massage between partners is one of the best ways to ease fatigue, relieve pains and discomfort, adjust minds, improve looks and bring each other closer. It is a flexible and convenient way since the time and location of massage are not limited

thanks to the special relation of the partners.

At present, a lot of adults are in the so called "sub-health" state, though not guaranteed to cure the diseases, massage between partners could definitely help to relieve and improve the common pains and discomforts, contributing to correct the body state from being sub-health.

Meanwhile, survey shows that partners who are used to give each other massage are less anxious, violent or hostile, and they are more positive towards life. The caring massage filled with love can bring more delight and enhance the feelings between partners.

Let us bring our beloved ones the most tender and caring comforts through soft massage. Taking half an hour each day for each other can help building up a different and exciting relationship.

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## Chapter One

### *General Knowledge about Partner Massage*

LIFE'S truly a journey, and the journey is not always easy. Sometimes it's downright tough. Sometimes it's downright scary. Sometimes it's downright beautiful.

When things don't go as planned, it's easy to feel like you're lost. But when things do go as planned, it's easy to feel like you're home.

And when you're home, you know exactly where you are. You know what you need. You know what you want. You know who you are.

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## What are the benefits of partner massage?

- Effectively relieving common little discomforts to achieve self-treatment and health care;
- Adjusting and improving body functions to timely correct the state of “sub-health”;
- Promoting blood circulation to strengthen metabolism and maintain vitality.
- Enhancing endocrine balance to promote excretion of toxins and waste to promote immunity and prevent diseases;
- Relaxing the body to soothe the muscles and alleviate fatigue;
- Improving sleep quality to regain vigor;
- Improving gastrointestinal functions to strengthen appetite;
- Effectively promoting the recovery process of chronic diseases such as strain of lumbar muscles, shoulder periarthritis, leg pain, cervical spondylosis, arthritis, hemiplegia, abnormal leucorrhoea, hyperplasia of mammary glands, prostatitis, and also contribute to the rehabilitation for patients after surgeries and radiation;
- Partners can give each other massage on some sensitive parts such as breasts and the perineal region, and they can also help with the treatment on some andrological and gynecological diseases including impotence, prostermia, sexual apathy, and vaginal spasms, so as to strengthen the reproductive and sexual functions

as well as increase feelings towards each other.

- Local massage can help you to get rid of excess fat so as to keep fit. Meanwhile, it can assist to drain the wastes of the skin to enhance the vitality and skin elasticity.
- To bring more pleasure and comfort to your sex life (Fig. 1-1).



Fig. 1-1

## When Is not a good time?

- When there are open soft tissue damages;
- When there are infectious diseases, such as bone tuberculosis, erysipelas, osteomyelitis, suppurative arthritis;
- When there are some contagious diseases, such as hepatitis and phthisis;
- When suffering from hemorrhagic disorders, such as hematuria, hematuria and traumatic bleeding;
- When there are skin lesions, such as scalds, ulcers, and dermatitis;
- When suffering from a tumor, early stage fracture, or amputation;
- Waist, abdomen and hip of pregnant women;
- Women experiencing menstruation;
- Elderly and weak body, over fatigue, empty of full stomach, hangover, severe heart disease and other critical conditions (Fig. 1-2).



Fig. 1-2

## ❁ What to prepare?

- When applying massage, the room needs to be warm, quiet and cozy with a comfortable and warm light. You can use the scent of essential oils if you wish.
- You can do the massage on your bed if it is not too soft. Otherwise, you can do it on a mattress or blanket on the floor. Besides, some small pillows are needed in case you need to put them under the head, knees, pelvic bone or ankles during the massage;
- You can prepare a towel to cover the body.
- A little bottle of oil will help the massage. Usually, you can choose



those that would be absorbed slowly such as almond oil, sunflower oil, or coconut oil. When applied in cool weather, you can slightly heat the oil in hot water. It is better to rub the oil on your palm rather than directly drop it onto your partner's body

- Go to the rest room before the massage. Take off jewelries such as rings and bracelets. Your fingernails should not be too long.
- Light soft music can help creating a comfortable atmosphere (Fig. 1-3).



Fig. 1-3

## ❁ What are the common manipulations?

### ❶ Long pushing

#### Technique

Place both hands close to each other on your partner's body and slowly move them forward. Use your palm or palm root to apply stable pressure (Fig. 1-4).

#### Locations

Body parts with a relatively large area, such as the back, legs or arms.



Fig. 1-4