

## **How to Give Her a Head Massage**

### **"Mess with her head" in four simple steps**

In a girl's mind there's a big difference between being "sensual" and "sexual." Being sensual means showing you care about her feelings. Being sexual means you care more about how she feels (nudge nudge).

"Sensual" scores big points for sensitivity, kindness and thoughtfulness. These qualities turn girls on far more than groping, grabbing and slobbering. So next time your girlfriend has a headache, prove you're the sensitive type and give the poor girl a decent head massage. Who knows? She may thank you for it later.

The massage should last at least 8 to 10 minutes. Perform each move for at least 1 minute.

By the time you've run through each step twice, she should feel much better -- and you'll have a reputation for being good with your hands.

#### **Step 1.**

Have her lie on her back on the floor. You sit cross-legged at her head. Gently press your fingertips all over her scalp -- top, back and sides -- without pulling her hair. (Hair-pulling does not impress.) This relaxes the muscles that contract during stress.

*Bonus points:* Put on some of her favorite mellow music, even if it makes you want to barf. Dim the lights.

#### **Step 2.**

Have her turn her head to the left. While applying light pressure, slide your thumb down the right side of her neck from behind her ear to the tip of her shoulder.

Do this several times, then have her turn to the right and repeat this on her left side.

#### **Step 3.**

*Lightly* pinch her upper right trapezius muscle (it's just above her shoulder, under her ear) with your thumb on top.

Apply light pressure and gently pull the muscle toward you. Repeat on the left.

Did we say *light*? Nothing dampens a massage mood faster than having her say, "Ow! Not so hard!" Ask her if she wants to press harder. She'll tell you.

#### **Step 4.**

Have her turn her head to the right. With your thumbs and forefinger, gently knead the large muscle that runs down the side of her neck.

(It's called the *sternocleidomastoid*, and it's worth 680 points in Scrabble.)

Repeat this on the left side. You can also use this move to ease your own headaches.