Date: _____ Time: _____

Foot and Hand Caress

(Read out loud together and follow the steps. Fill in the blanks as you plan your sessions.)

STEP 1: _____ will take responsibility to initiate this experience and set the atmosphere. Choose a location in which the receiver can be seated or reclined in a comfortable, upholstered, high-backed chair or couch. The pleasurer should be positioned to be able to comfortably caress the receiver's feet and hands.

STEP 2: Bathe or shower individually. Wear comfortable clothes or robes. You may bring a pan of warm, soapy water to soak each other's feet if you both desire.

STEP 3: _____ will be the first pleasurer; _____ will be the first receiver.

STEP 4: Read Underlying Principles for Body Caressing in Assignment 1.

STEP 5: *Receiver:* Get comfortable in the chair or couch selected. Lie back and close your eyes. Breathe in deeply and exhale slowly several times, letting your body sink into the chair or couch. Soak in the gift of your spouse's touch. If your feet should feel ticklish, this is a positive sign of intense responsiveness. To relieve the ticklishness and help you receive the sensuous touch, focus on the sensations of the skin contact. You may need to direct your spouse to touch more firmly and/or move to a different part of your foot.

Pleasurer: You may or may not use a lotion. If you do, warm it in your hands first. With or without lotion, start caressing your spouse's foot. Get to know his or her foot through touch. *Slowly* explore the toes, arch, top of foot, ankle, and even the lower leg. Always maintain contact with the body part being caressed and inform your spouse before you move to the next part. Caress one foot and then the other. In the same manner, caress one hand and then the other. Enjoy all surfaces and parts of each hand and lower arm. Inform your spouse when you are finished.

STEP 6: You may want to take a rest or break before you reverse roles and repeat Step 5. _____ will be the pleasurer; _____ will be the receiver.

STEP 7: Write your reactions: What did you enjoy most? What was difficult? Discuss your written reactions with each other.