

SEXUAL RETRAINING ASSIGNMENT 4

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Facial and Head 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 environment, making certain to provide comfort for both of you.

STEP 2: Bathe or shower individually. Have hair clean, dry, and away from the face. Man should be cleanly shaven or have facial hair groomed.

STEP 3: _____ will be the first pleasurer, and _____ will be the first receiver.

STEP 4: Together, reread Assignment 1, Underlying Principles for Body Caressing.

STEP 5: *Receiver:* (a) Position yourself comfortably on a bed or couch, with or without a pillow, with your head near the unobstructed edge of the bed or couch. (b) Let yourself relax with eyes closed. Breathe in deeply and exhale slowly a few times, letting your body sink into the bed or couch.

Pleasurer: (a) Sit in a comfortable chair, positioned so that you have easy access to your partner's face. (b) You may or may not use a facial lotion or cream. Close your eyes and focus on the sensation of the touch as you explore your partner's face. Caress and explore as if you are a blind person getting to know your spouse through touch. Find eyebrows, eyes, all aspects of the nose, cheeks, forehead, chin, lips. Gently, sensuously, and lovingly enjoy the warmth of your partner's face. You might avoid using a full hand; some people feel smothered and prefer their faces be touched with fingertips. Check with your spouse. Inform your partner when you finish.

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

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