



#### MASSAGE CANDLE SHEA

Natürliche und vegane Massagekerze auf Basis von fair gehandeltem Kokosöl und fair gehandelter Sheabutter. Sie kombiniert auf einzigartige Weise romantisches Kerzenlicht mit sinnlicher Massage in einem Produkt.

Einfach den Docht der Kerze anzünden und brennen lassen bis der Brennteller sich verflüssigt. Die Flamme löschen, etwas warten und das angenehm warme Massageöl sanft einmassieren. Die verwendeten Inhaltsstoffe bringen ideale Gleiteigenschaften mit sich und sorgen für angenehm geschmeidige und strahlende Haut.



#### MASSAGE OIL OLIVE

Natural unscented, lubricating massage oil based on Fairtrade olive oil. If desired, it can be scented with your personal choice of essential oils. The skin absorbs the oil very slowly. Due to the high content of oleic acid, olive oil has a regenerating effect. It is particularly suitable for dry and scaly skin. Olive oil is known to have warming, anti-inflammatory properties and can increase blood circulation.

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#### MASSAGE OIL TOGETHER

Natural, vegan massage oil made from Fairtrade argan, apricot kernel, almond, and olive oil. Promotes blood circulation and muscle relaxation – a massage with this combination of high quality oils is bliss for skin and soul. Leaves the skin well moisturised, smooth and supple. The oil is rich in fatty acids, vitamin E and A and minerals which have a beneficial effect on the outer skin layers, improve its complexion and counteract signs of early aging. Grape seed oil promotes relaxation, the skin can regenerate, regaining elasticity, and firmness.



#### LUBE & MASSAGE GEL GREEN TEA

Natural, water-soluble body care product suitable for massages and as a lubricant. The pleasant and gentle vegan formula with Fairtrade green tea helps to relieve physical tension and to regenerate the skin. Green tea has been known in Chinese medicine for centuries for its rejuvenating and healing effects. This product is condom compatible. Does not affect the vagina's pH balance.

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## Massage Guide



## MASSAGE

Massage is one of the oldest remedies and relaxation rituals of mankind. The kneading, rubbing, pressing, and stretching of the skin, connective tissues, and muscles not only has a positive influence on the body but also on our psychological well-being. In addition to improving blood circulation and eliminating physical tension, it has been proven that massage also improves mental well-being and helps to relax the mind. The special thing about massage is that it appeals to many different senses simultaneously by the targeted use of stimuli (touch, pressure, stretching, warmth, scents, and acoustics) which can help you to relax physically and mentally and / or to ease sore / aching muscles to relieve pain. Depending on the desired effect of a massage, different techniques are used, resulting in a variety of different types of massages. Although the boundaries are fluid and different types of massages often flow into each other, three categories of massage can be distinguished:

### 1. DIRECT MASSAGE

The skin or musculature is massaged exactly where a problem is present. These include, for example, the classic massage, also known as Swedish massage, sports massage, lomilomi massage, lymphatic drainage, shiatsu massage, etc. These types of massage are acknowledged as being successful and beneficial; they work with the anatomy and physiology of the body.

### 2. REFLECTIVE MASSAGE

A holistic approach to mental and physical relaxation in which the body is treated as a whole rather than a specific area. Accordingly, the origin of pain is not usually at the place where

the pain is located and instead of dealing with a specific problem promotes reflective massage a state of physical relaxation and mental balance achieved through, for example, reflex arcs or zones, meridians, or the qi. Reflective massage includes massage techniques such as acupressure, wellness massages, reflexology, ayurvedic massages, cupping therapy etc.

### 3. INDIVIDUAL MASSAGE

There are of course also massage types where parts of the first two categories are included, but where sensual pleasure and enjoyment stand in the foreground. These include partner massages at home or erotic massages such as kamasutra, tantra or tao.

No matter what type of massage you choose and what elements of professional massages you will be able to include in your private treatment, our guide will give you valuable tips on how to make your massage as relaxing and pampering as possible.

### PREPARATION

- Take your time; massages are rituals of staying in the present moment, of rest and of relaxation. There is no room for stress or time pressure. A massage must be calm and relaxed.
- Cut your fingernails and remove any jewellery (including watches).
- A peaceful atmosphere is a must. Relaxing music, dimmed light, or candlelight create a relaxed atmosphere. Clutter, unorganised piles of clothing, and distracting electronic devices such as laptops and cell phones are taboo.
- Eliminate sources of noise and ensure a warm room temperature. Warmth is the secret of a relaxing massage. If one is freezing, it is not possible to completely relax.

- Professional tip: warm up a towel on a heater or in the dryer and wrap it around your partner.
- A warm cloth placed over the eyes of your partner helps him / her to relax completely.
- If possible, avoid massaging on an extra soft mattress or a waterbed. A stable support is more comfortable and spares the joints.
- Do not massage injured or irritated skin. Massage is completely to be avoided in case of rashes, bone fractures or acute inflammations.

### THE MASSAGE

- Make sure that the parts of the body which are not being massaged are covered. To completely relax is not possible if one is freezing.
- Use a high-quality massage product that has good lubricating properties and which nurtures the skin at the same time: e.g. the FAIR SQUARED Massage Oil Together.
- Never pour massage oil directly from the bottle onto the skin, as this can be a cold and unpleasant surprise. First, warm the oil in your own hands or use a massage candle (such as the FAIR SQUARED Massage Candle Shea).
- During massage it is important to avoid unexpected and surprising movements. Be sure to keep contact between you and your partner with at least one hand whenever you move from one part of the body to another or to switch spots by replacing one hand with the other. Closeness and warmth create trust and a feeling of security, which is directly associated with relaxation and being able to trust and let go.
- Begin the massage ideally with the partner lying on his / her stomach. Start off by massaging the shoulders, neck, arms, hands and let the massage wander from the back to the legs

and down to the feet. Most people experience tensions in the neck and back. These should of course ideally disappear or diminish through the massage, but always execute extra caution when massaging these areas – especially in the area of the neck and spine.

- Start each massage movement gently and increase the pressure slowly when you notice that the spot is relaxed. However, keep in mind to ask the one being massaged whether the pressure is found to be pleasant as it is highly individual.
- Which parts of the body you choose to massage is up to you. All that is found enjoyable and pleasant is fundamentally okay. Continuously check in with your partner and ask about his / her well-being.
- Continuous repetitions of the hand movements are important. Symmetrical, slow movements create peace and harmony. Avoid surprising and fast movements during a massage.
- The use of the thumbs, the balls of the hands, and the fingers can easily change the hand movements and achieve a particularly intense effect.

**CAUTION:** Should the massage turn into a sensual and erotic adventure, the massage oil of the candle should not come into contact with condoms! The oil damages the rubber and the condom can break, instead use a lubricant such as the FAIR SQUARED Lube & Massage Gel which is suitable for massage as well as for the usage of condoms during sexual intercourse.