

NURU MASSAGE

A GUIDE TO NURU BODY SLIDE



BY TRADITIONALBODYWORK.COM

Contents

PREFACE	3
INTRODUCTION	6
<i>What Is Nuru Massage?.....</i>	<i>7</i>
<i>Nuru Gel</i>	<i>9</i>
<i>Health Benefits of Nuru Massage.....</i>	<i>12</i>
<i>Safety and Nuru Massage.....</i>	<i>15</i>
<i>Precautions and Contraindications.....</i>	<i>18</i>
PROFESSIONAL NURU MESSAGE	22
<i>Legal Aspects of Nuru Massage</i>	<i>23</i>
<i>Nuru Massage, Happy Ending, and Full Service</i>	<i>26</i>
<i>Outcall Nuru Massage and Escort Services</i>	<i>28</i>
<i>Choosing Your Service Provider</i>	<i>31</i>
<i>Respect and Intimacy.....</i>	<i>34</i>
<i>Before a Nuru Massage</i>	<i>37</i>
<i>What Happens During a Session?</i>	<i>39</i>
<i>After the Nuru Massage</i>	<i>43</i>
DO IT YOURSELF NURU MESSAGE	45
<i>Nuru Massage for Couples.....</i>	<i>46</i>
<i>Nuru Massage Kits, Tools, and Accessories</i>	<i>50</i>
<i>Making Your Own Nuru Gel</i>	<i>54</i>
<i>How to Use Nuru Gel?</i>	<i>57</i>
<i>Setting the Scene.....</i>	<i>59</i>
<i>Nuru Massage Techniques</i>	<i>60</i>
<i>Difference between Sliding and Gliding.....</i>	<i>62</i>
APPENDIX.....	64