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If you'd like to step up your game in the bedroom this Valentine's Day, try some new massage tips and tricks that'll have him begging for more. Patty Brisben, one of the world's leading relationship experts and founder of Pure Romance, shares her tips on giving a memorable massage.

Tip 1: Take it from the top

Scalp and head massage releases feel-good endorphins that bust stress and tension. It's quite easy to learn the basics, too. Start by warming some massage oil in your hands (olive oil will work just fine) and then rotate the tips of your fingers over your man's scalp in small circles as though you were washing his hair. Start at the sides of the head, close to the ears, then move towards the top of the head. Remember to keep your movements slow and gentle. Tugging on his hair is a guaranteed mood killer.

Tip 2: Accessorise

The biggest massage must-have right now is the massage glove. They come in funky faux fur, waterproof silicone and plastic, and some even have vibrating fingers. Fur and silk gloves are great for an ultra-light, teasing touch, while plastic massage mittens come with nubs that give a deeper massage. Vibrating gloves don't come cheap, but they're guaranteed to be a whole lot of fun to use.



Tip 3: Getting warmer

Heat relaxes muscles for a deeper massage and loosens any knots while getting the blood flowing. It helps also helps with pain. Recreate the effect of a hot stone massage at home using a heat pack like Pure Romance's heart-shaped Heart Massager – perfect for your Valentine. Another great warmer is a massage oil candle. Made from eco-friendly soya, they melt to produce oil that's very close to body temperature. Choose one that will release sensual aromatherapy oils like sandalwood and patchouli to get him in the mood.

Find Pure Romance's range of massage products here www.pureromance.co.za

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- Experiment with new positions
- Use toys to enhance the experience
- Watch porn together
- Talk dirty and perform oral sex
- All of the above

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