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How to Give Fabulous Foot Massages

By: [Karen Porter](#)

Foot massages can be one of life's little luxuries. And yet, they are too seldom given and enjoyed. The reason? Few people believe they know how to give a foot massage. No need to be hesitant – it's easy to give a fabulous foot massage if you just know the basics.

A great benefit of a foot massage is that you can give it to yourself whenever you like. Or, you can impress someone else and treat them with your self-practiced skills. Regardless of whether it's foot massage done solo or with a partner, getting started begins with preparing the feet for a treat.

Luxurious Foot Massage Preparation

Prepare for your feet for a foot massage by thoroughly washing and drying them. A foot soak gets them relaxed and ready for massage. A foot bath in Epsom salts or dead sea bath salts is an excellent choice. Salts contain properties that are relaxing and therapeutic to tired and weary feet.

After soaking and cleaning, dry the feet and toes thoroughly with a soft towel. Then choose almond, jojoba, or other massage oils to use for your foot massage. Pour a small amount of massage oil onto your hand and begin to massage the oil into one of your feet. When it's your turn to receive massage from someone else, you can totally relax and enjoy the massage for the sumptuous treat it is!

Fabulous Foot Massage Techniques

Generally, the top of the foot is the best place to start. Working about the toes, use slow, smooth, and gentle motions to work the oil in as you progress with the massage. Use your thumbs to massage the bottom of the foot with small circular motions. Then gradually move up toward the ankles. Alternate pressure; light pressure, then firm, working to relax the feet and get circulation flowing.

Pay special attention when massaging the soles of your feet as well. Because soles can be a bit ticklish, use firm, deliberate, stroking which will feel relaxing instead of ticklish. As you did earlier, begin with the toes and work toward the heels, moving back to the toes again, this time working the sole as you go.

Repeat these motions, from toes, sole, heel, ankle, and back again, as long as you like. A foot massage can be an extended pleasure if you desire.

Creating a Relaxing and Sensuous Environment

A relaxing foot massage can become a sensual massage that can set the tone for a romantic evening. By simply dimming the lights, or working by candlelight, you can enhance the environment and set a sensual atmosphere. You may consider using a massage oil candle which gives you two-in-one benefits.

Light the massage oil candle before your foot soak, letting the massage oil melt. Then use the melted oil for your foot massage. Let the candle continue burning, emitting it's light fragrance and melting more of the massage oil, all adding to the romantic ambiance as you and your partner trade fabulous foot massages.

Regardless of how you give your foot massage, your feet will unquestionably thank you.

Enjoy!

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Karen Porter is a writer, speaker and entrepreneur. Her company manufactures and markets high quality [massage oil candles](#) made from cocoa butter, shea butter and other natural ingredients. Available at [SkinnyDipCandle.com](#), you can enter to win Skinny Dip Candles by clicking on the [Enter to Win Massage Oil Candles](#) icon on the side menu bar.

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