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Couples Massage-You Rub My Back and I'll Rub Yours

By *Andrea A. Firth*



James Kizzie shows Orinda residents Jennifer and Mike Vigo the techniques of a good massage.
Photo A. Firth

A good massage is an exhilarating experience, and who isn't up for a little more excitement in his or her life? We all deserve a good rub down to relax those tense muscles, soothe the aches and pains, and alleviate the stress that we harbor in our bodies. But time and resources typically prohibit most from the benefits of a rejuvenating massage at the end of each long work week. For those with a partner, Orinda-based massage therapist James Kizziee may have the answer-couples massage.

A certified massage therapist for over 18 years, Kizziee conducts couples massage sessions teaching clients how to employ his massage techniques on each other. "About 15 years ago, I had a female client who wanted to get her husband a massage for his sore back. She was concerned that he would not be comfortable with a male massage therapist," explains Kizziee. "So I suggested that she let me show her how to do the massage," he adds. Couples massage has been an integral part of Kizziee's massage business ever since.

Kizziee, whose six foot two inch frame and broad muscular physique contrasts with his smooth voice and easy-going manner, provides a good balance of technical training while keeping the couples sessions fun and relaxing. His in-home massage practice, which covers a 200-square mile radius stretching from Sacramento to San Jose and Danville to Pacifica, has been growing consistently among Lamorinda residents.

Orinda natives Mike and Jennifer Vigo, who have been individual massage clients of Kizziee for over five years, recently worked with him on couples massage. "My husband's back always hurts, and I never felt that I was strong enough to help him out," explained Jennifer, a petite woman, as she followed Kizziee's verbal directions and mimicked the hand strokes he simultaneously used on Mike's back. Although she seemed slightly nervous at the outset, Jennifer was quickly put at ease and became comfortable with the process as Kizziee moved about the table and guided her through the steps of the massage. Mike, this session's beneficiary, said little and may have been so relaxed that he fell asleep.

After the first couples massage session, Kizziee recommends that the newly trained masseuse provide his or her partner with a daily massage for seven days. In the next session the roles are switched and the massage recipient learns to give the massage. He notes that the massage can be whole body or confined to the neck, shoulders, or feet.

Kizziee is quick to point out that there is nothing sexual about his practice of couples massage. However, he does believe that it can enhance relationships. With Valentine's Day coming up, will flowers and chocolates do the trick? Or perhaps you will treat your partner to a soothing massage? Kizziee can be reached at 925.798.8898.

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