

MESSAGE AWAY MEN'S BODY ISSUES

By Rob Schout. MySolTouch Men's Health. Fall 2025



Male Self-Consciousness

Men are body-conscious, or rather, to be more exact, men are body-self-conscious. Men worry about aging. Worry about their weight. Worry about how they look at the gym, how they look in comparison to other men, and how they look to the people they are attracted to. Men have body issues. They are just too proud to admit it to others. Secretly, when they look in the mirror, get looked at by others, or simply think about how they look as they drive or move through the day, men think about their body.

Men think about

- Weight
- Aches and pains
- Height
- Fatigue
- Skin and blemishes
- Attractiveness
- Penis function and size
- Health challenges

No matter what a man may say out loud about how tough he is or how he doesn't care what others think, it's not true. Men wonder whether they look okay and whether they'll be judged. Massage, especially with a male bodyworker, helps men address self-consciousness head-on.

All men are accepted and respected by masseurs right off the bat, because the male bodyworker 'gets it'. He understands precisely how a man feels, thinks, acts, and reacts. M2M (male to male) bodywork and massage provide a man with a safe, non-judgmental space to strip down, be respected, and have his body, mind, and spirit honored.

Bodywork/Massage creates a safe space for a man to be his complete self

Half of the male population who seek massage, seek it from a male masseur. There is an understanding that

- a man instinctively knows the male body,
- a male masseur may be stronger and will be able to change pressure during the bodywork session,
- a man will be proficient with sports massage or deep tissue massage,
- a male masseur will offer a safe space in which to be nude without worry,
- men, once they get to know each other, can talk freely about anything on their minds without shame, and
- caring masseurs offer total acceptance, and no judgments will be made man-to-man.



This is true for male bodyworkers, life coaches & therapists. At MySolTouch™ men are assured that they are in good hands.

Seven reasons for working with a male bodyworker/masseur

A male bodyworker/masseur...

1. Always understands and fosters a strong mind-body connection within other men
2. Encourages and builds self-acceptance, self-assurance, and positive body image
3. Ensures and guarantees emotional and mental safety during sessions
4. Helps men overcome internal bias about other men and phobias around other men
5. Promotes male self-care, self-dignity, and self-love
6. Counteracts society's conditioning of men and the messages about other men
7. Provides an oasis for men who live in touch deserts

If you're a man who knows himself, who knows that he...

- lives and has been raised in touch deserts and realizes he needs touch to feel human, cared for, and wants to learn to be okay with touch,
- is self-conscious about his body and desires body acceptance and acceptance of his whole self,
- has fears about being labeled or mislabeled in some way because he wants a massage or goes to male masseurs,
- has biases and phobias about men, race, orientations, sexuality, and who wants to overcome them,
- feels alone and wants brotherhood with other men,

...then, seek a male bodyworker/masseur.

Male bodyworkers/masseurs have already walked the path that many men are on.

Male bodyworkers/masseurs have already dealt with and have gained wisdom about the things that matter to other men. They have come to know, accept, and embrace their manhood in the wholeness, fullness, and maturity possible for men. They have walked the path that many men are on. They have dealt with the phobias and biases. They have embraced the wholeness of their minds and emotions and now support other men.

About the author: Robert Schout

Rob is a bodywork specialist, certified master life coach, clinical social worker, business consultant, and author. He is an advocate for holistic men's health and well-being, encompassing the wellness of body, mind, emotions, culture, and sexuality. Through MySolTouch™ – Bodywork for Men, Rob offers men a respite from the outside world and the cultural conditioning that men go through. He provides a safe, supportive, rejuvenating, and welcoming experience, both physically, emotionally, and mentally, in the Wilmington, DE area. Rob is available for massage appointments, men's events, retreats, and life coaching. www.mysoltouch.com

