

## Forget the Mile-High Club: Are You a Member of the Terry Robe Club?

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There are two types of people in this world: those who love massages and those who don't. As a subset of those people, there are two *more* types: Those who get frisky after a couples massage and those who keep it PG. (Bring up the subject with a group of girlfriends over brunch and you'll find out real fast who's on which team.) Wonder what really goes on behind closed doors in those couples massage rooms? We asked two spa directors to tell us everything.



First, a little background on how men got into the room to begin with: It's believed that couples massages got their start, "Years ago, when men were not as accustomed to indulging in spa treatments—this was a way for wives and girlfriends to get them in the door," says Ava Hennessey, spa director at the [Aqua Spa in the Delano Hotel](#) in South Beach, Miami.

These days, couples massages are one of the most popular spa treatments—"By far," says Hennessey. And many couples find indulging in a massage together to be a form of foreplay—almost as good as a wine-filled meal at a swanky restaurant. This isn't super surprising: Generally, couples who are springing for a massage for two are on vacation or celebrating a special occasion, so they're already in a "why not?" kind of mood. Then, there's the naked factor; a majority of people are totally nude under those robes. "First time spa-goers tend to be a little more modest than a spa regular," says Hennessey, but most people opt to go naked. "Gentlemen are decidedly more uninhibited," adds Catherine Warren, spa and leisure director of the [Eau Palm Beach Spa](#) in Florida.

After that, there's dim lighting, relaxing music, and candles. Add a blissful 50 minutes (or more) of clearing your mind, melting away tension, and breathing in aromatherapy oils, and it's no wonder that, by the end of the treatment, a lot of people are in the mood for, um, *more*.

"Massages are intended for relaxation, but some people get turned on and that's only natural," says Hennessey. Once the treatment wraps up and the therapists exit the room, couples greet each other totally relaxed—and nude. When you're minimally clothed, your skin's glistening with oil, and you're already halfway to nirvana mentally, a quick kiss can escalate pretty quickly.

But what exactly can you get away with in a massage room with two therapists waiting outside the door? "I have heard some pretty funny stories in the 17 years I've been in the business," says Hennessey.

In some cases, it's just a very quick and heated make-out session: "I had a couples massage with an ex very early on [in the relationship], before we'd even had sex," says Natalie, 30. "Afterward, I walked over to kiss him, and while we were making out, I let my robe slip open a little—that was the first time we saw each other naked. I grazed my hand against him, but we didn't really *do* anything."

But many other couples do end up going for the full monty. In a lot of luxe spas, couples treatments can be booked in a private suite complete with showers, so you'll have some predetermined alone time after your treatment. (At Eau Spa, for example, "Twosomes often reserve our spacious couples garden villas for privacy, says Warren.) "I've had sex after a couples massage a few times," says Anna, 31, who points out that being on the Pill is obviously a big helping factor to such spontaneity. "Once we had our own private dressing room and shower, so after our massage we had a quickie in the shower, then got dressed and left."

But couples who tempt fate in a regular treatment room are generally interrupted after several minutes with either a gentle knock, or the sound of a therapist deliberately clearing her throat in order to remind you to come get your glasses of lemon water already. "That happened to me once," says Leigh, 28. "After a massage, I was really relaxed and happy and there was my boyfriend, naked. With no words we just stood up and started making out, and after about 30 seconds, I wrapped one leg around him and we started having sex with our robes still draped over our shoulders. I guess I was making too much noise because I heard one of the therapists make a very deliberate, slow cough and we immediately started giggling and rushed to tie our robes back on."

Does any of this sound familiar? Or are you totally surprised? Well, time to fess up. Are you a member of the Terry Robe Club or not? Weigh in below in our poll:

**Have you ever hooked up after a couples massage?**

Yes

No

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