



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Can I use household products as lube?"

Q Is it safe to use things like petroleum jelly, whipped cream, cooking oil and body lotion as lubricant?

A It's great that you're thinking of new ways to spice up your sack sessions, but stay away from items that are not specifically made for below-the-belt lubrication. The chemicals used in things like scented body lotion can cause vaginal irritation or even infection. Ditto for hard-to-wash-off oil- and petroleum-based products (like petroleum jelly), which trap bacteria. Plus, they can cause latex condoms to deteriorate, leaving you at risk for pregnancy and STDs.

Your best bet for slippery action? Use water-based lubrication intended for your down-there domain. For more info, check out ["How do I use lube during sex?"](#) in the Carnal Counselor archives.

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