



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Is it safe to masturbate with the water from a showerhead?"

Q Sometimes when I'm in the shower I masturbate by spraying my clitoris with the water from my detachable showerhead, but I've heard from a friend that this can be dangerous? Is it really risky?

A No, it's perfectly safe -- not to mention incredibly pleasurable, especially if your sprayer has various settings (high, low, pulsate, etc.), so you can experiment with different types of pressure. And, while it's a great way to get off when you're solo, you can also spice up sex sessions with your man by inviting him to share in your bath bliss.

Just be sure to keep the water temperature tepid. You don't want to burn that supersensitive region.

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