

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Is it safe to use ice, mints and candle wax in the sack?"

Q I've heard about using ice cubes, breath mints and candle wax to enhance sensations during sex. Are they safe, and if so, how do I use them on my guy?

A Incorporating sexual extras into your randy repertoire is a great way to amp up your amorous activities. After all, variety is the spice of any couple's lust life. But while it's fine to use ice and mints, I'd stay away from candles. You want to have scorching sack sessions -- not scorched skin.

Speaking of heat, when you and your guy are getting sweaty between the sheets, trace his entire bod with an ice cube. Tease him into a frenzy by running it close to -- but not quite touching -- his member. If you want to treat him to even more pleasurable sensations, follow the frosty trail with your warm tongue. The cool/hot combo will send jolts of electricity coursing through his system.

Adding minty concoctions to your mattress moves is another way to give him some spine-tingling thrills he won't soon forget. Try sucking on a breath mint, or taking a sip of crème de menthe, right before you go down on him. Your mentholated mouth will make him shiver with delight.

While these sensation-boosting accoutrements can definitely fire things up in bed (you might want to have your guy return the favors), a few words of advice: Don't keep ice on any one spot for too long or you run the risk of numbing the area; anything with sugar, like crème de menthe or toothpaste, for example, should be used *externally* only (don't let anything drip too close to your genitals or your guy's); and never insert something into you or your man that was not made for that purpose.