



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"I get too wet during sex"

Q Recently, I've been getting so unbelievably wet during sex that we have to stop and actually dry off! It's gross. Help!

A Despite your qualms, lubrication is essential for enjoyable sex. Not only does it ease penetration, allowing your man to thrust more vigorously, it boosts your below-the-belt sensitivity, increasing your chances for a mind-blowing orgasm.

Vaginal wetness varies from woman to woman and from one sexual encounter to the next. There are several possible reasons your lube level has increased. If you've recently started or stopped using the birth control pill, or switched to a new one, hormonal fluctuations could be the cause. Your degree of wetness can also be dictated by the different stages of your menstrual cycle. Many women produce more fluid during ovulation. But, most likely, you're becoming so lubed because you're superaroused, and that's nothing to be embarrassed about. In fact, your guy is probably patting himself on the back for knowing how to push all of your buttons in bed.

If, however, you're getting so wet that your partner's penis slips out of you, or if you're not feeling enough friction during sex, have him wear a condom. If he already does use rubbers, suggest a textured one to increase sensation.

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