



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Why is rimming pleasurable, and is it safe?"

Q Sometimes when my guy goes down on me, he licks my anal opening. Why does it feel so good, and is it safe?

A Your backside is packed with supersensitive nerve endings, so licking the area -- also known as rimming or anilingus -- can be incredibly arousing. However, this hidden hotspot is a breeding ground for bacteria and is also a primo transmission zone for hepatitis A.

Experts recommend that you and your guy use a dental dam or condom, or place a nonmicrowavable plastic wrap over the area. But chances are you aren't going to want to do that. So at the very least make sure you wash your back door thoroughly with soap and water before getting busy.

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