

iVillage[™]
solutions for women

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

[This Week's Sex Advice](#) | [Sex Advice Archive](#)
[Ask the Carnal Counselor](#) | [Meet the Counselor](#)



"How do I shave my pubic hair?"

Q My guy wants me to shave down there. Is it safe, and what's the best way to do it?

A Shaving your pubic hair is as safe as shaving any other body part. Plus, going bare down there has certain pluses: You're more sensitive to stimulation, and the feel -- not to mention the sight -- of a manicured mane can send a guy's libido skyrocketing. Whether you do the shaving solo or make it part of foreplay and have your man help you defuzz, take it slow so you don't nick the sensitive skin.

Before you start to shave, trim the hair with a manicuring scissor. Next, take a warm bath or shower to soften the remaining pubes so they are easier to remove. (Covering the area for a few minutes with a warm, wet washcloth will also do the trick.) Then, smear on some shaving gel or lotion, but be careful not to get any inside your vagina.

When you're ready to start shaving, get into a comfortable position. You can lie on a towel with your legs spread if your guy is helping you out; otherwise, stand in the shower with one leg on the edge of the tub. Make sure you use a new, i.e., sharp, razor and hold the area taut with the hand you don't use to shave so the razor can glide easily. If you have sensitive skin, you'll lower the chances of getting ingrown hairs or razor bumps if you shave in the direction that the hair grows. You'll also have to figure out how much hair you want to remove. You can simply tidy up the region, leave a landing strip or go completely bald.

If you decide you like having a cropped private area, you may want to consider other pubic-hair removal techniques, such as waxing, electrolysis or laser hair removal. While shaving is the cheapest solution, it requires the most upkeep, and the less-than-sexy stubble that results from regrowth can be pretty itchy.

© iVillage Inc. 1995-2005. All rights reserved. [terms of service](#)