

Can Masturbation Really Make Your Skin Better?

That's what Amber Rose is saying.

BY KORIN MILLER, October 12, 2016



Amber Rose isn't exactly known for holding back, and her latest comments are no exception.

In a new interview with *Glamour*, *The Amber Rose Show* star jokingly said that masturbation is the key to her glowing skin. "I wish I had the time to masturbate every day in reality, but I don't," she says. "I say a lot of those things on [*The Amber Rose Show*] because I am very sex-positive. I do say those things in a way where I am very serious, but it's also a joke."

But is there actually something to this? New York City dermatologist Doris Day, M.D., author of the upcoming book *Skinfluence*, says there might be. "An orgasm is so good for your skin," she says. "It's partly hormonal, partly vascular, and partly neurological." And an orgasm is an orgasm, whether from P-in-V sex or masturbation, she points out, so whatever way you prefer to get down may give your skin a boost.

The after-glow may stick around for an hour or two, but Day says repeatedly having orgasms can potentially have a lasting impact on your skin. (She compares it to how exercise burns calories in the moment but also boosts your metabolism.)

However, keep in mind that there's no hard scientific evidence, says Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai.