

# SHABBAT: CREAMS AND OILS

## Shabbat: Squeezing, Dabbing, and Smearing Medicinal Creams

You may squeeze a tube of cream on Shabbat, but you might not be able to use the cream on Shabbat for other reasons—consult a rabbi.

**NOTE** Smearing creams or ointments is permitted only in life-threatening situations. Otherwise, you may not smear cream on skin on Shabbat (or a Jewish festival) even using a shinu'i such as using the back of your hand or a toe.

Dabbing is permitted, but only when you are permitted to use medicine for that purpose.

**EXAMPLE** You may dab cream on Shabbat for a bee sting.

**REASON** The pain from the sting will affect the entire body.

**EXAMPLE** You may not use cream for a mosquito bite.

**REASON** It is only a local irritation.

**NOTE** You may not smear cream for either condition.

## Shabbat: Massage Oils

You may rub olive oil, almond oil, and other massage oils onto your skin for the purpose of massage, but you may not use such oils for moisturizing rough or dry skin.

**REASON** Moisturizing rough or dry skin is a type of healing/refu'a.