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*.

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