

Mayonaise Rubbing

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Rubbing mayonnaise on one's body is the act of using the food condiment mayonnaise as an emollient to soothe the skin^[1]. The mayonnaise is most often applied to areas of the human body that have hair, such as the scalp or chest region. This act is usually performed at home by a single male (often a bachelor), or in conjunction as a healing process with a significant other or a life partner.

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History

Mayonnaise rubbing has recently begun to be accepted in public life, as there has been increased discussion and discourse about the practices and techniques. This is especially true in larger, mid-west college campuses and universities, where student athletes often apply mayonnaise to sunburned skin. Modern times have also seen an increase in the amount of mayonnaise used in a single application; although only a small amount is necessary to fully coat the skin and receive the benefits of a mayonnaise rubbing, most practitioners are quite liberal with their dosage amounts.

The most common position to rub mayonnaise is to sit reclined on a couch or love seat and to apply the mayonnaise only to the chest region. The person usually sits on top of a towel or sheet so that the excess mayo does not leak on to the sofa once it becomes runny. Depending on the temperature and time of day, a typical session may last about 30 minutes, followed by a warm shower to fully cleanse the body of the oily residue from the mayonnaise. Academic studies have found that mostly unmarried men practice mayonnaise rubbings; conversely, one particular study found that a significant number of women surveyed do not engage in this activity. This may be because of the social awkwardness of applying mayonnaise to the

skin, as well as the fact that mayonnaise can irritate the areola region of the female breast.

Because oil is the major ingredient in mayonnaise, the act of rubbing it on the human body has many salutary benefits. The addition of eggs as an emulsifier allows the oil to remain in contact with the skin for longer periods of time without running off or drying too quickly. The oil in mayonnaise is noted to improve hair follicle robustness and improve the overall sheen of the hair it comes in contact with. It is important, however, to fully remove the mayonnaise once the application session has ended, as mayo can go rancid quite quickly.

Mayonnaise is also known as a great remedy for removing pediculosis ^[2]. Although mayonnaise does not kill lice, it acts as a smothering agent that aids in finding and removing the parasite by hand.

It should be noted that mayonnaise should not be rubbed on skin that has been severely damaged or burned. The oil in the mayonnaise may trap heat and compromise the integrity of the skin, which may lead to an infection ^[3]. It is safe to apply cool and sterile mayonnaise to a lightly sunburned area to provide temporary alleviation of pain. Once the mayonnaise reaches room temperature, wash away it way with cool water and repeat.

References In Popular Culture

- Although there is a stigmatization attached to rubbing mayonnaise on one's chest, several slang terms and neologisms have been created, including **chest-aise** and **man-aise**. The practice of sitting for an extended period of time (two to three hours) with mayonnaise on your chest has been called a **mayonaide**.
- The hallmark of mayonnaise rubbing in pop culture occurred in 1994 cult-film, *Revenge of the Nerds IV*.
- Mayonnaise rubbing and the term mayonnaise chest should not be confused with the sexual act of mayonnaise stomach.
- Japanese bath houses now offer mayonnaise as a treatment for businessmen and wayward travelers.

See Also

- Emollient

References

1. ^ Pat Morrison (1979). *That Amazing Ingredient: Mayonnaise*. CPC International. pp. 33-56.
2. ^ "Pediculosis-head lice Fact Sheet". 2007. <http://dhfs.wisconsin.gov/communicable/factsheets/PediculosisHeadLice.htm>. Retrieved on June 06 2007.
3. ^ "10 Useless or Even Dangerous First Aid Myths". 2006. <http://ririanproject.com/2006/10/25/10-useless-or-even-dangerous-first-aid-myths/>. Retrieved on October 26 2006.

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