# SHIV'A: BATHING

## Bathing during Shiv'a

An *avel* should not bathe for pleasure and should only wash hands (to elbows), face (to collarbone), and feet (to the knees). If the *avel* is sweaty, smelly, or dirty, he or she may wash other body parts as needed.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com