Haircuts during Shloshim

Do not get a haircut for the first 30 days of mourning. When mourning for parents, a mourner's hair should grow for three months from the last haircut but not for less than 30 days from the time <u>shiv'a</u> began. This applies to men and women, except if the woman needs to cut her hair for immersing in the <u>mikva</u>.

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