

# Introduction to Havdala

Havdala is said after Shabbat, Jewish festivals, Rosh Hashana, and Yom Kippur. Shabbat havdala is more extensive than after Yom Kippur and Jewish festivals.

Shabbat havdala consists of:

1. **Beverage:** Wine, Grape Juice, or Chamar Medina  
Wine is always the preferred beverage for all havdalas because it is prestigious.
2. **Spices**  
The extra soul we are given on Shabbat leaves after Shabbat is over, so we sniff a pleasant odor to cover for that loss.
3. **Flame**  
The Shabbat havdala flame commemorates that Adam HaRishon (the first man) created fire after the first Shabbat.