OMER PERIOD: RESTRICTIONS

OMER PERIOD: FORBIDDEN ACTIVITIES

Forbidden Activities During Omer Period

These are forbidden during the chosen *omer* period:

- Haircuts
- Shaving
- Listening to any music, even pre-recorded
- Getting married.

OMER PERIOD: PERMITTED ACTIVITIES

Buying Clothes Allowed during Omer

You may buy and wear new clothes during *sefirat ha'omer*.

Cutting Nails Allowed during Omer

You may cut your nails during *sefirat ha'omer*.

Saying SheHecheyanu Allowed during Omer

You may say *she'hecheyanu* during *sefirat ha'omer*.

Swimming Allowed during Omer

You may swim during *sefirat ha'omer*.

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