SHLOSHIM: DAILY LIFE

SHLOSHIM: BATHING

Bathing during Shloshim

For the first 30 days, a mourner should not bathe for pleasure in hot water and should only wash hands (to elbows), face (to collarbone), and feet (to the knees). If sweaty, smelly, or dirty, he or she may wash other body parts even during *shiv'a*. Lukewarm water may be used after *shiv'a* ends.

SHLOSHIM: CLOTHING

Clothing during Shloshim

Do not wear newly purchased clothing during the first 30 days of mourning (*shloshim)*. You may wear new clothing from the end of *shiv'a* if someone else wears them somewhat before you do.

NOTE Restrictions on newly purchased clothing end after:

- the year of mourning for those mourning for parents, and
- 30 days for those mourning for other relatives.

SHLOSHIM: HAIRCUTS

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 *shiv'a* began. This applies to men and women, except if the woman needs to cut her hair for immersing in the *mikva*.

SHLOSHIM: KIDDUSH

Kiddush Club during Shloshim

A mourner during *shloshim* (or the rest of the mourner's year) may eat at a *kiddush* on *Shabbat* after *shacharit* if he is expected to be there (for example, if he is a regular member of a "*Kiddush* Club") because you may not display mourning in public on *Shabbat*.

SHLOSHIM: NAIL CUTTING

Nail Cutting during Shloshim

Do not cut your nails for the first 30 days of mourning.

EXCEPTION Women mourners may cut their nails before going to the *mikva*.

SHLOSHIM: SHAVING

Shaving during Shloshim

If you shave regularly (can be every day or a few times each week), you may shave after 30 days but not within 30 even if for non-parent and certainly not for a parent. If you normally grow a beard, you may not shave until 3 months have passed since the last time you trimmed your beard (and as long as it is more than 30 days from the day *shiva* began for the parent).
In case of a large financial loss, consult a *rabbi*.

NOTE A large loss is subjective to the individual's actual wealth and also to that person's perception of what is a large loss

SHLOSHIM: GETTING MARRIED

Wedding during Shloshim

Do not get married during the first 30 days of mourning, but you may get engaged.

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