

# 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.