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.

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