

# When Haircuts and Shaving Are Forbidden

Here are the times when men and women are forbidden to get haircuts and men are forbidden to shave, including their necks (from most severe restrictions to least):

## Most Severe Restrictions

- Mourner for parents (no shaving for the first 30 days and no haircut until three months after his or her previous haircut).

**NOTE** If mourning for other relatives, you may get a haircut after 30 days.

- From Saturday night before Tish'a B'Av until the evening after Tish'a B'Av.
- Chol ha'moed.

## Next Most-Severe Restrictions

Shiv'asar B'Tamuz (17th of Tamuz) until the evening after the Shabbat preceding Tish'a B'Av.

## Least-Severe Restrictions

During 33 of the 49 days of counting the omer (sefirat ha'omer); that is, either from the second day of Passover until Lag Ba'Omer (33rd day of the omer) OR from Rosh Chodesh Iyar until the day before Shavuot, according to your custom.

**NOTE** Conditions that may allow leniency are if you might lose your job or otherwise lose a large sum of money.