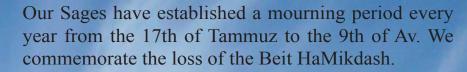


Ben HaMetzarim: The Three Weeks What Is Permissible and Forbidden?





The **Torah-Box** team provides you a clear summary of the customs to respect during that period:

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	From the 17th of Tammuz to Rosh Chodesh Av	From Rosh Chodesh Av until the week of Tisha B'Av	The week of Tisha B'Av
Washing one's entire body with hot water	✓	Forbidden for Ashkenazim	Except for a sick person
Washing one's entire body with cold water	1	1	Forbidden for Ashkenazim
Cutting and shaving one's hair	Forbidden for Ashkenazim	Forbidden for Ashkenazim	X
Cutting one's nails	1	1	Forbidden for Ashkenazim
Eating meat and drinking wine	✓	Except on Shabbat	Except on Shabbat
Washing or wearing clean clothes	✓	Forbidden for Ashkenazim	X
Ironing	√	Forbidden for Ashkenazim	X
Singing without musical instruments	✓	1	✓
Listening to recorded music and dancing	X	X	X
Buying goods for a wedding taking place after the 9th of Av	✓	X	Except if the prices are likely to increase
Buying new clothes or shoes Going to the beach and the pool	√	Better to refrain from it	X
Wearing new clothing	Better to refrain from it	Better to refrain from it	Except on Shabbat