

Ben HaMetzarim: The Three Weeks

What Is Permissible and Forbidden?

Our Sages have established a mourning period every year from the 17th of Tammuz to the 9th of Av. We commemorate the loss of the Beit HaMikdash.

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

	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	✓	✓ <i>Forbidden for Ashkenazim</i>	✗ <i>Except for a sick person</i>
Washing one's entire body with cold water	✓	✓	✓ <i>Forbidden for Ashkenazim</i>
Cutting and shaving one's hair	✓ <i>Forbidden for Ashkenazim</i>	✓ <i>Forbidden for Ashkenazim</i>	✗
Cutting one's nails	✓	✓	✓ <i>Forbidden for Ashkenazim</i>
Eating meat and drinking wine	✓	✗ <i>Except on Shabbat</i>	✗ <i>Except on Shabbat</i>
Washing or wearing clean clothes	✓	✓ <i>Forbidden for Ashkenazim</i>	✗
Ironing	✓	✓ <i>Forbidden for Ashkenazim</i>	✗
Singing without musical instruments	✓	✓	✓
Listening to recorded music and dancing	✗	✗	✗
Buying goods for a wedding taking place after the 9th of Av	✓	✗	✗ <i>Except if the prices are likely to increase</i>
Buying new clothes or shoes Going to the beach and the pool	✓	<i>Better to refrain from it...</i>	✗
Wearing new clothing	✓ <i>Better to refrain from it...</i>	✓ <i>Better to refrain from it...</i>	✗ <i>Except on Shabbat</i>

