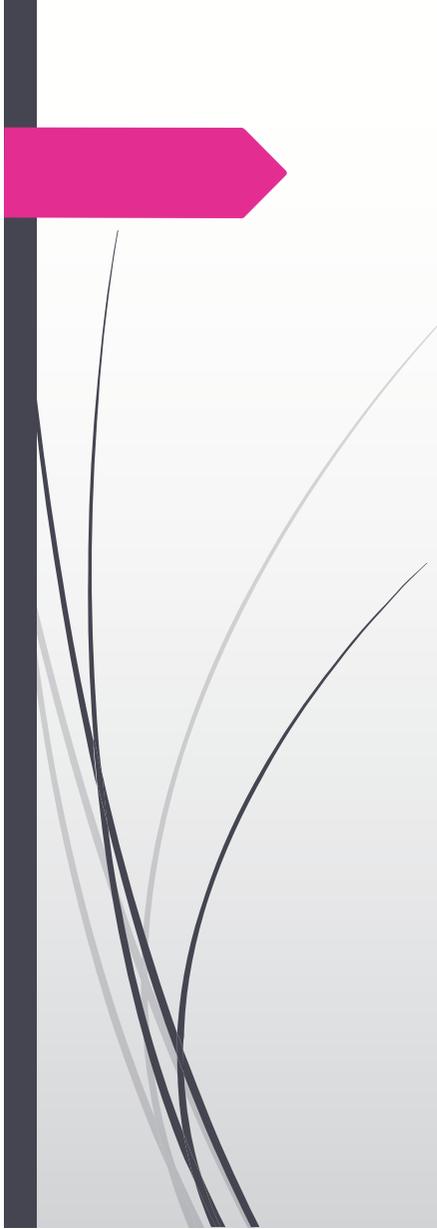


FEMALE HYGIENE IN ISLAM

PART 2





PART 2 (TODAY) COURSE OUTLINE

1. Self-Grooming
2. Masāil for Young People
3. Masāil for the Schools and the Workplace
4. General Masāil for females
5. Frequently asked questions



SELF- GROOMING (HAIR AND NAILS)

- Why does hair from certain regions need to be removed?
- Removing hair from the pubic region
- Ideal method for removing hair
- Practical method of removal
- How often to remove hair?
- Advice for first-timers and parents
- Removing hair from under the arms
- Use of deodorant
- Cutting the nails

1. Why does hair from certain regions need to be removed?

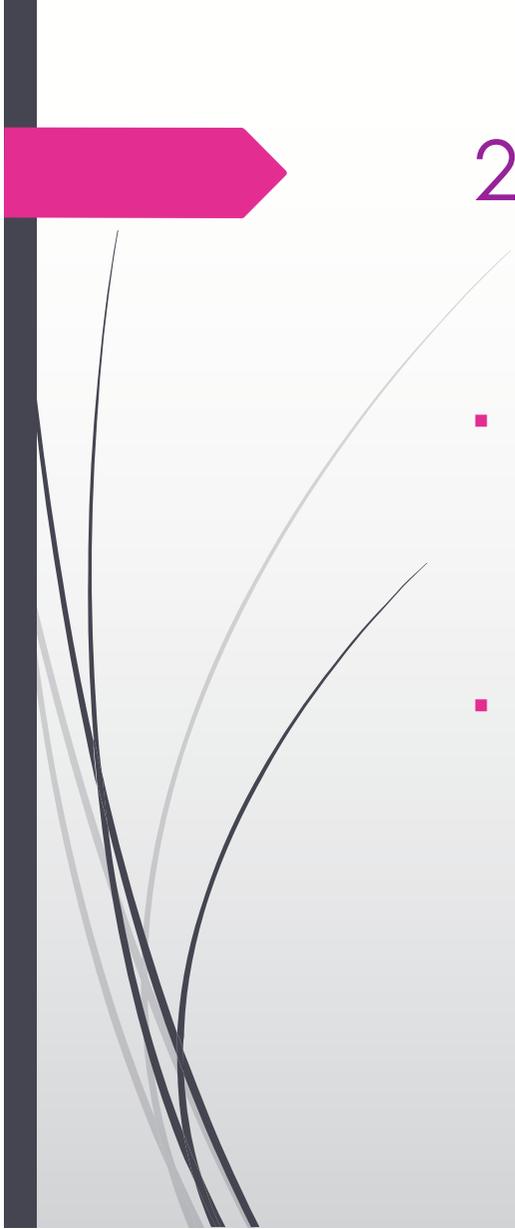
- Another integral part of cleanliness and hygiene is to remove hair from certain parts of our body.

عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
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The Messenger of Allah ﷺ said

"Five are from the Fitrah: Cutting the pubic hair, circumcision, paring the moustache, plucking the under arm hair and trimming the fingernails"

(Sunan Tirmidhi)



2. Removing Hair from the Pubic Region

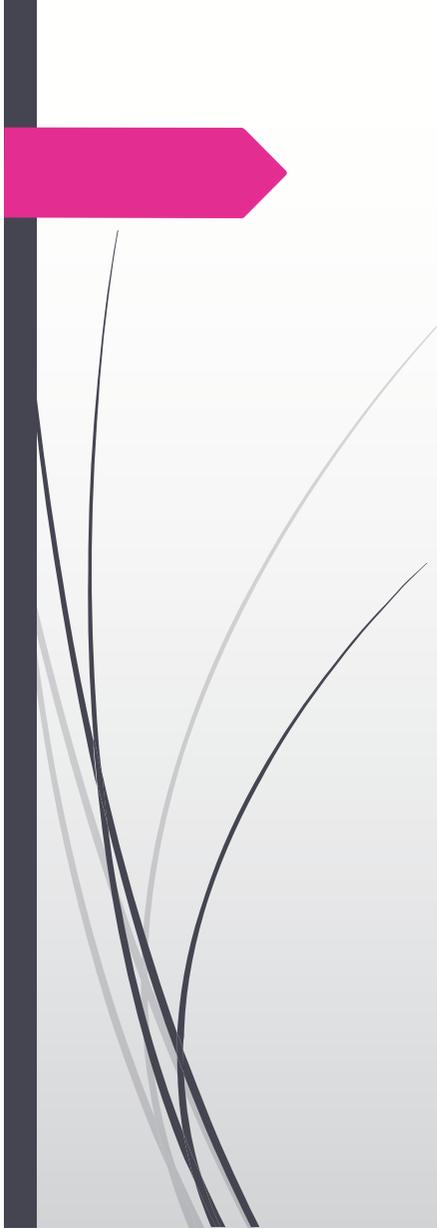
- Upper boundary = navel
 - There is a lot of misunderstanding as to what this are is exactly
 - The upper boundary is the naval however this does not mean that one should remove the hair all the way up to the naval
- Distinct Boundary between normal and pubic hair
 - There will be a distinct boundary around the pubic area, which shows the difference between normal hair and pubic hair
 - Only the pubic hair needs to be removed



3. Possible Methods to remove the Hair

- Razor
- Epilator
- Waxing
- Hair removal cream

To aid in the removal of the hair, one can use shaving foam, shaving cream, gel or soap if necessary. This will help in easing the removal of the hair. Try and use a clean blade and do not share this with anyone else.



4. Practical Method of Removal (Waxing)

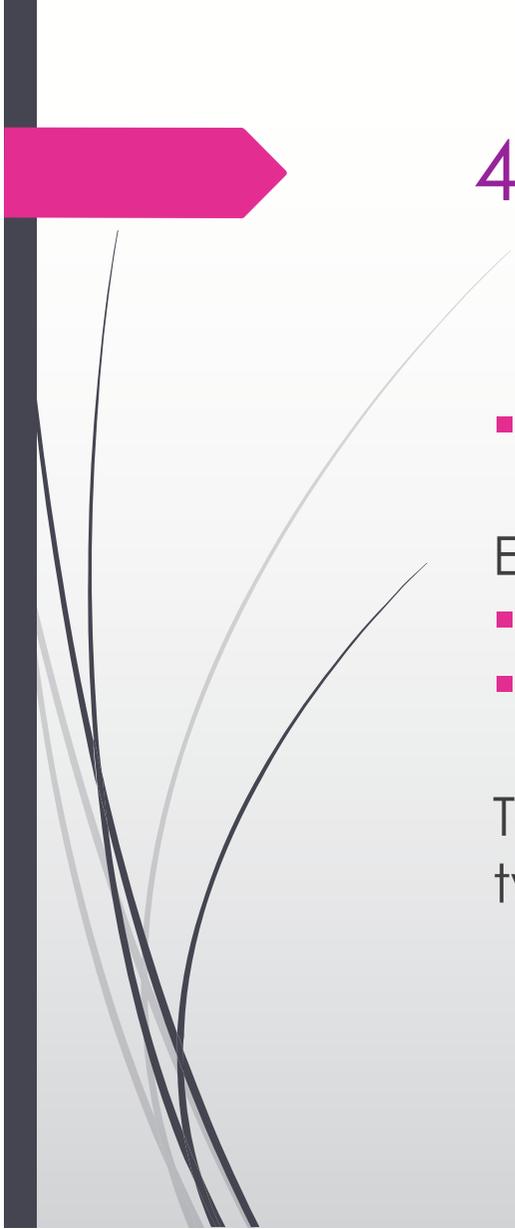
- Be cautious when using wax as wax sticking to the body might render your wudhu/ghusl incomplete
- Using baby oil to remove stickiness is very helpful

Wax is of different types:

- Hard wax – this requires peeling off the wax using your fingers
- Soft wax – this requires using a piece of fabric to remove the wax
- Ready made wax strips

Application:

- Apply warm wax to the cleaned area in the direction of the hair growth
- Once slightly cooled, pull away in the opposite direction i.e against the hair growth



4. Epilator

- This is an easy and fast method of hair removal

Epilators of different types:

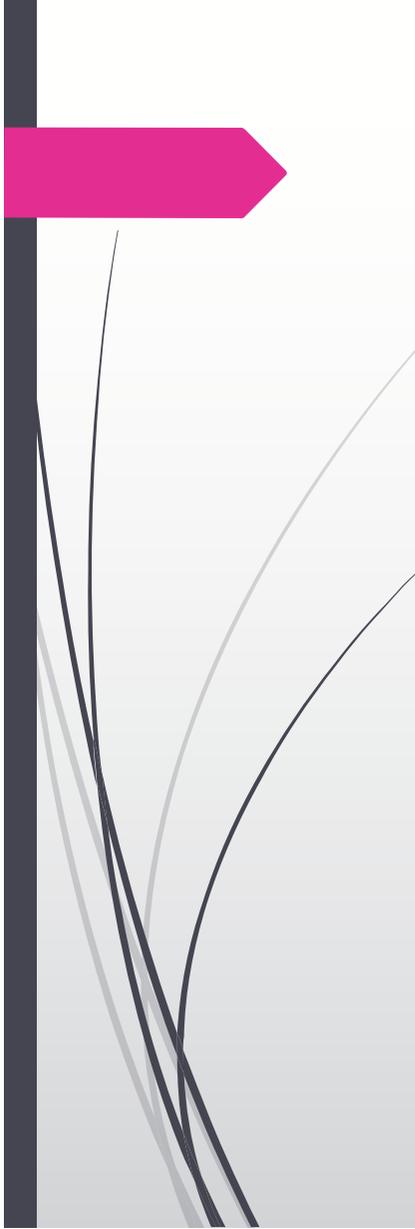
- The coil
- The tweezer

The coil has proven to be more painful and therefore the tweezer option would be recommended



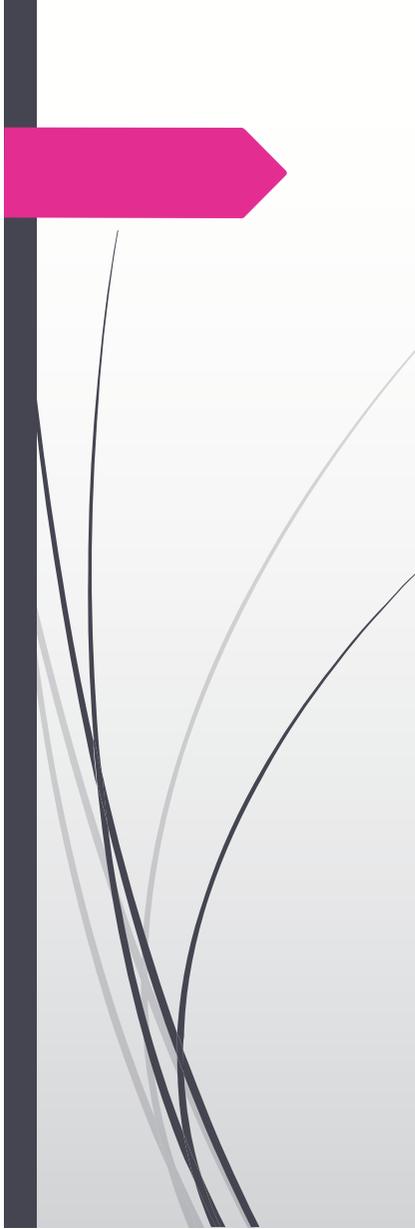
4. Hair removal cream

- These are come in many different brands. Finding the right one is a matter of individual preference.
- Precaution must be taken when using this product as it can cause skin irritation



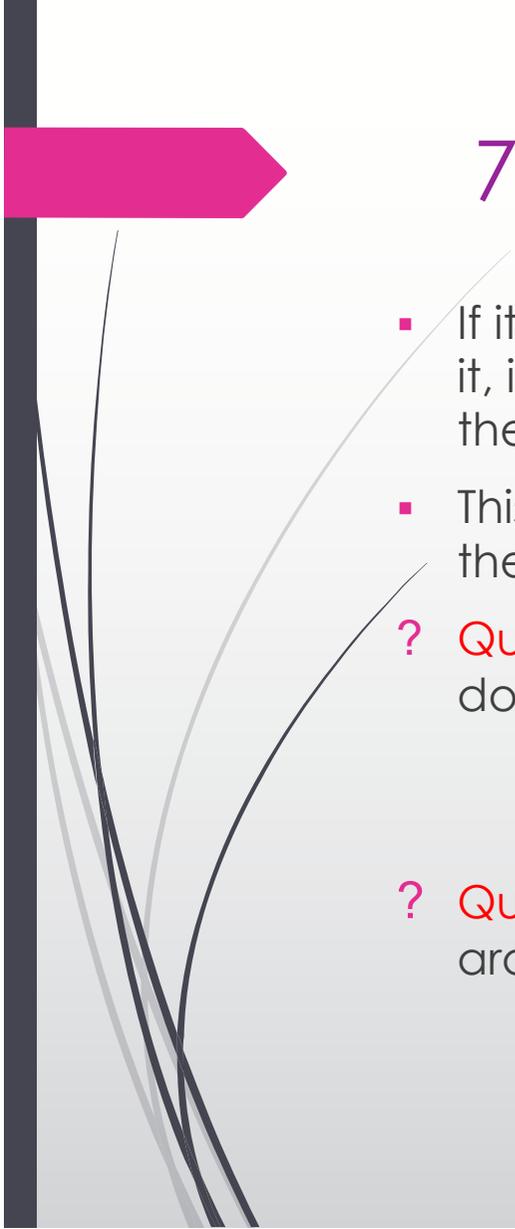
5. Clean the Ghusl Area (shower or area where hair has been removed)

- Once you have finished removing your hair, there will be hair left in the Ghusl area, whether that is your bath or your shower tray.
- Make sure you wash away all of the hair. If there is a lot of hair then it would be better not to wash it down in drain hole as it can cause a blockage, so instead collect it and dispose of it inside a bin.
- Then if there are a few small hair lefts, these can be washed away.
- We need to ensure that the area is left in a state where the next person does not have to clean it before using it



6. Frequency of Removal

- It is recommended that this hair be removed at least once a week, preferably whilst performing the ghusl for Jum'a (Friday prayer) which is sunnah.
- If not every week then every fortnight
- The maximum time period one can leave their hair is **40 days** however this is only recommended for people who have extremely slow hair growth.
- One must not leave their hair to grow longer than the length of a **grain of rice**.
- If a person does not remove their hair within 40 days, then they will be sinful



7. Advice for first timers and parents

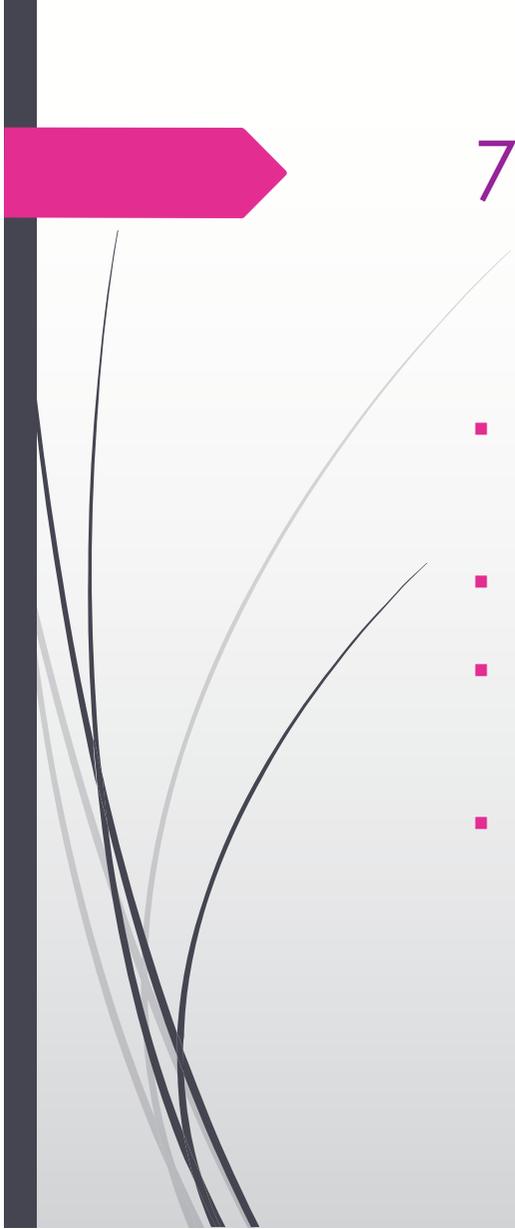
- If it's the first time you have ever tried to remove the hair and there is lots of it, it would be better to trim outside the shower or bath or you could block the drain.
- This can be done with a trimmer or some scissors, but again be careful if it is the first time you are doing this

? **Question:** If a person has become Bāligh (mature) but has no growth there, does she still need to shave the area?

Answer: No, only when the hair starts to grow should one start to remove it

? **Question:** What is the ruling for removing the hair from the rear region around the anus?

Answer: If the hair can be removed without difficulty then it is Mustahab (desirable) to remove this hair



7. Advice for first timers and parents

- Parents should advise children on how to remove hair by talking to them
- Equip them with all necessary equipment
- Make them feel comfortable enough so that they can talk to you yet modesty should be kept in mind
- Read up on this topic online - there are plenty of online forums and websites packed with advice.

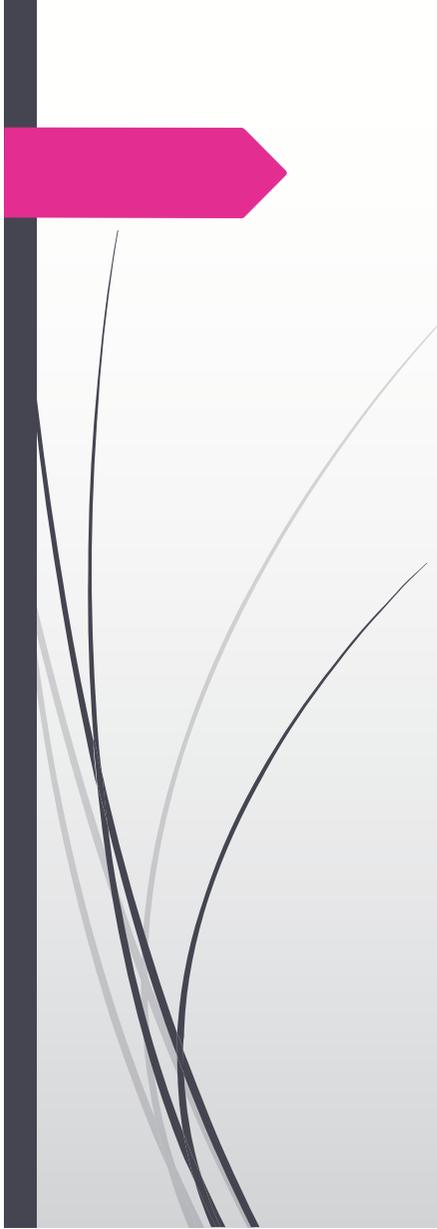
8. Removing Hair from Under the Arm Pits

- Another area from which hair needs to be removed is the arm pits. The removal of hair from under the armpits, is also part of Fitrah and mentioned in the same Hadith

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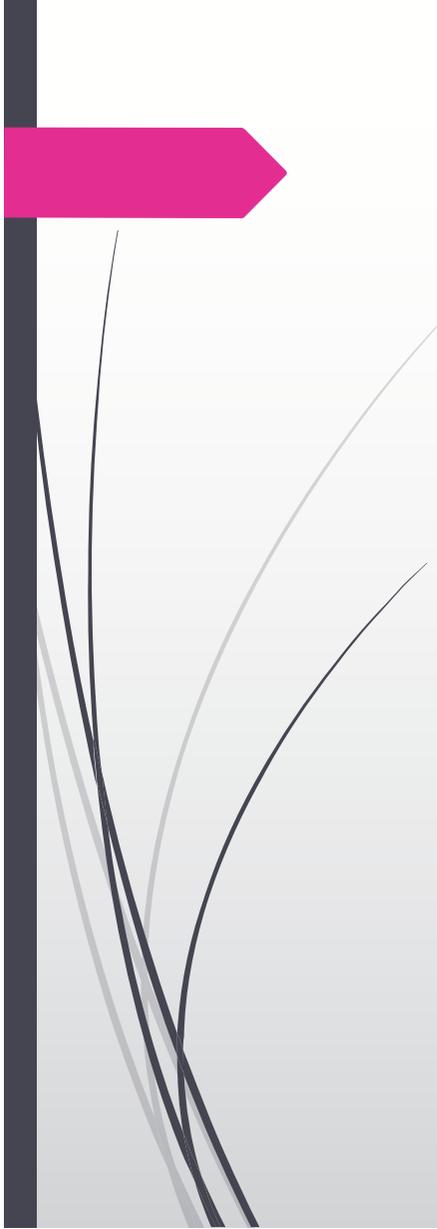
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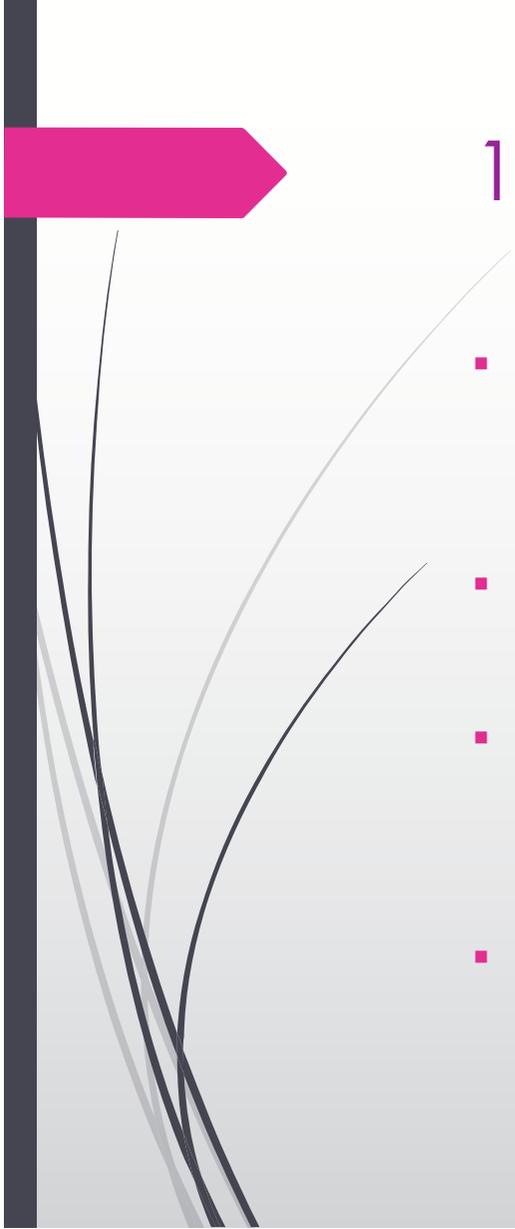
8. Removing Hair from Under the Arm Pits

- By removing hair from under the armpits, one removes a lot of smell and bad odour as it is one of the areas where we sweat a lot
- Remove in the same manner as the pubic hair however, it is recommended that it be plucked with tweezers rather than shaved (Epilators are like electronic tweezers)
- Otherwise removal using a blade or cream is allowed
- What should be removed? The area where the texture of the hair is different to the other hair. All of this hair should be removed
- The time scales are the same as they are for removing the pubic hair
- The best practice would be to remove the hair every Friday when one does Ghusl for Jumma (Friday prayer)



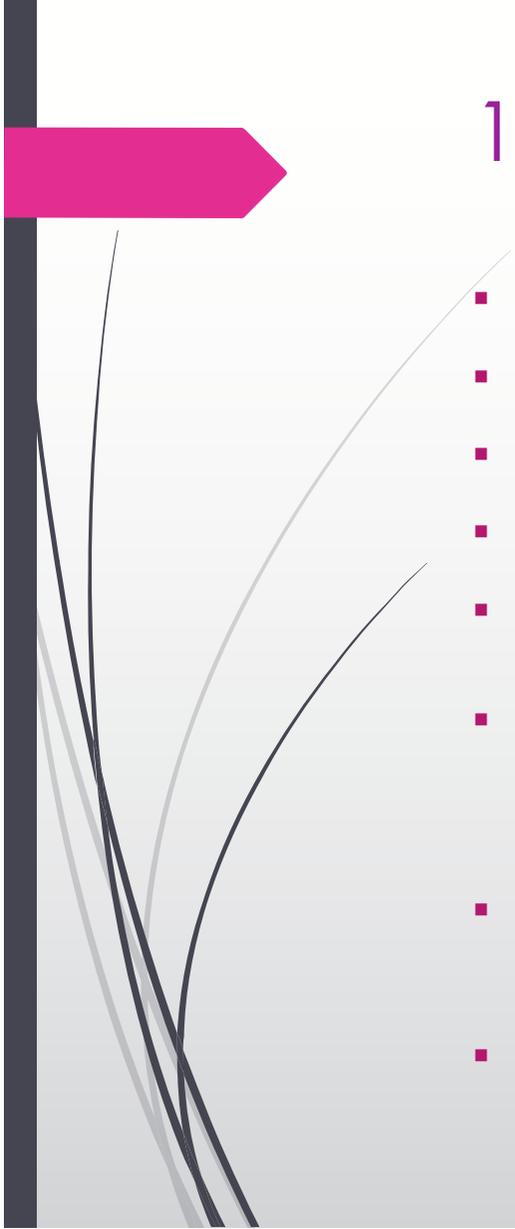
9. Practical Method of Removal (Shaving)

- Use soap or shaving foam on hair
- Use a clean blade
- Shave the right armpit first, from top down
- Then shave the left armpit from top down
- Wash both armpits
- Repeat if necessary
- Clean the Ghusl area
- Clean blade before putting it back



10. Avoid odour

- As we are growing up and our body goes through physical changes, sometimes we cannot tell how bad we smell.
- So every morning, after we have had a shower make sure we use deodorant.
- If we have done some physical activity or exercise then again make sure you get showered and put on clean clothes.
- Undergarments should be changed daily



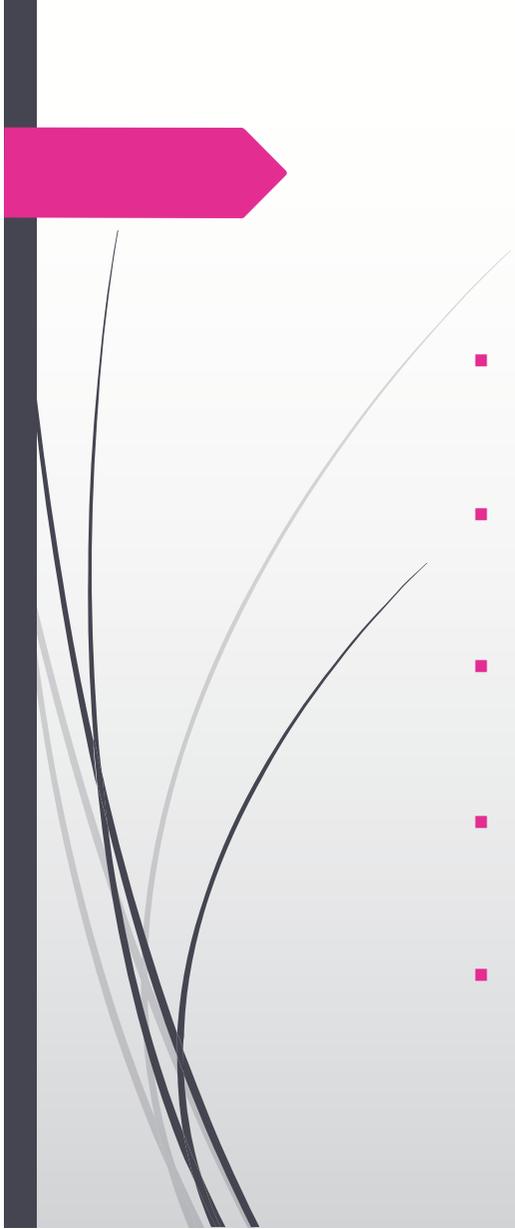
11. Paring/Cutting Nails

- Cutting nails are also a Sunnah of our Prophet Muḥammad ﷺ.
- They are also counted as part of our 'Fitrah' or pure nature.
- Recommended that a person cut their nails once a week
- Don't grow to such a length that dirt begins to collect
- Method of cutting nails - It is preferable to clip the finger nails in the following manner:
 - Start with the index finger of the right hand and clip towards the little finger. Thereafter, start with the little finger of the left hand and clip towards the thumb. And finally clip the thumb nail of the right hand.
- For toenails - A person should start clipping her toenails from the small right toe and end at the small left toe.
- DON'T BITE YOUR NAILS!



MASĀIL FOR
YOUNG
PEOPLE

1. Advice for young people



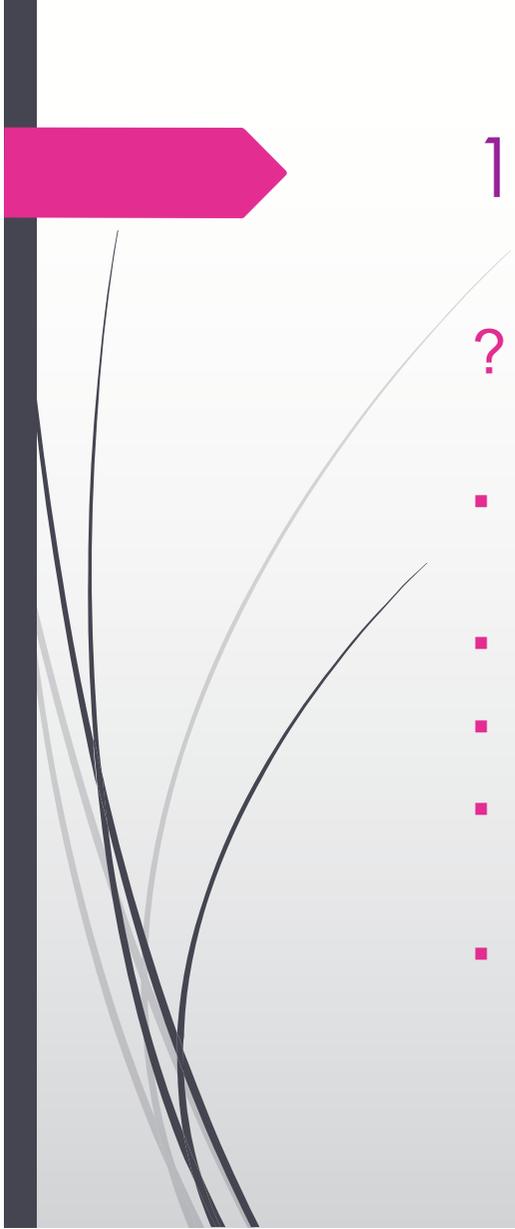
Advice for young people

- Have enough spares - underwear, towels, bed sheets, pyjamas, etc
- If you know how to use your washing machine, then wash your clothes yourself
- If you need anything, don't be afraid to ask your parents with modesty
- Ask them how best to dispose of unclean clothes/bedding
- Stay in a clean state at all times



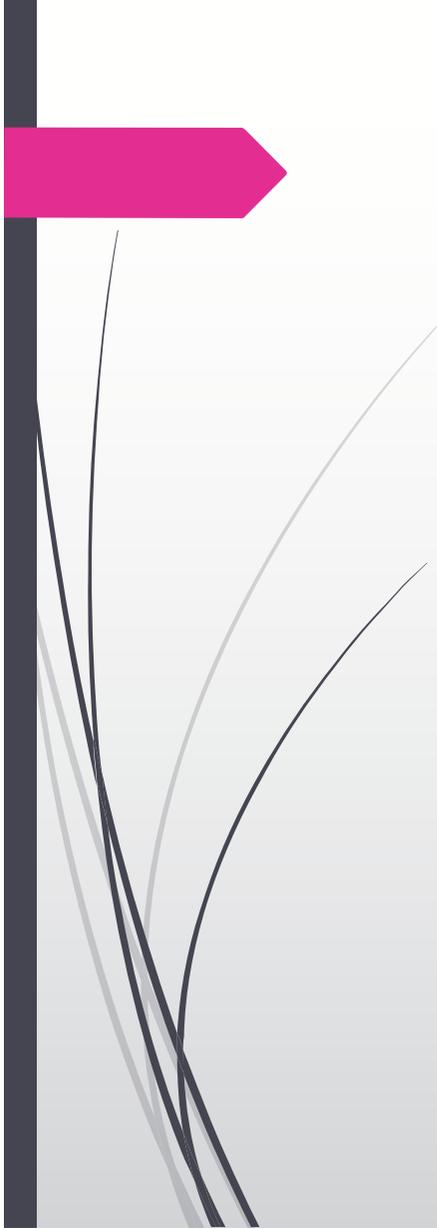
MASĀIL FOR THE SCHOOLS AND THE WORKPLACE

1. Reading ṣalāt at School or College
2. Common questions



1. Reading ṣalāt at School or College

- ? Performing Wuḍu at school – if you can't wash your feet what can you do?
 - If you live nearby, go home during break or lunch and perform Wuḍu
 - If you can keep your Wuḍu, do it before you go to school
 - If the school has a disabled toilet, ask if you can use it
 - If the school has a first aid room with a sink, ask if you can use that
 - If there is no way to wash the feet then use Khuffain



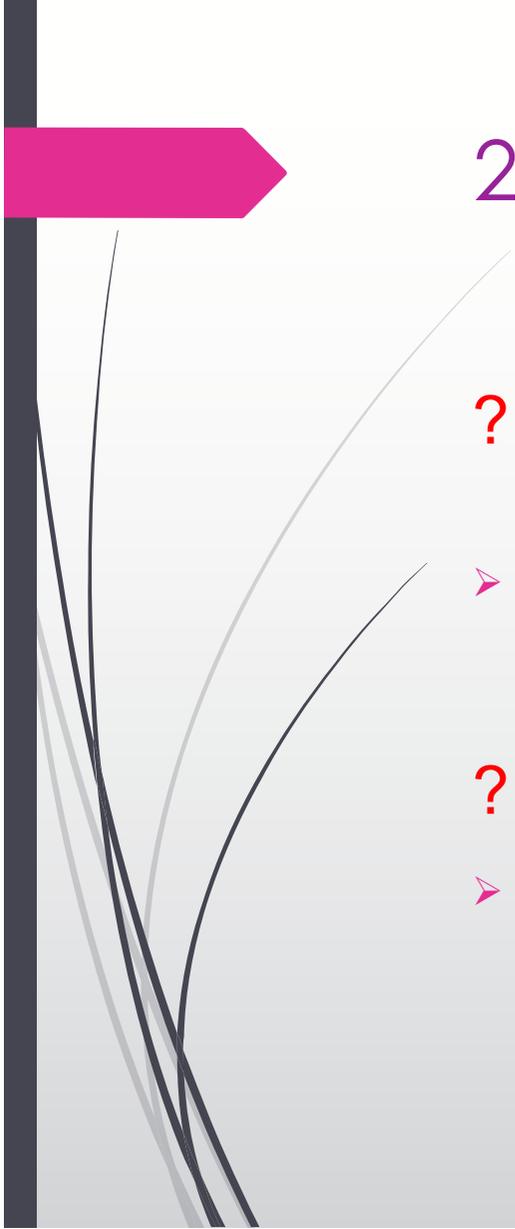
1. Reading ṣalāt at School or College

Reading ṣalāt at School

- Cleanliness & Safety
- Finding a Place to Pray ṣalāt
- Reading the whole ṣalāt

Sharing a Prayer room with Brothers:

- Do not use the prayer room at the same time with brothers if time permits
- If not, then be sure to read at the back and not in line with the males as this may nullify ones salat



2. Common questions

? Question: I only had tissue to clean myself, can I still read ṣalāt?

➤ Answer - In principle, for urine it is best to use both water and tissue, the second best option would be to use water only, and then the lowest stage is that of just using tissue.

? Question: Can I perform ṣalāt in uniform?

➤ Answer - Yes, as long as it is modest and covers up all the areas that are supposed to be covered in Salah.



GENERAL MASĀIL FOR FEMALES

1. Makeup and Contouring
2. Botox
3. Hair styling
4. Awra
5. Oral health
6. Self-presentation



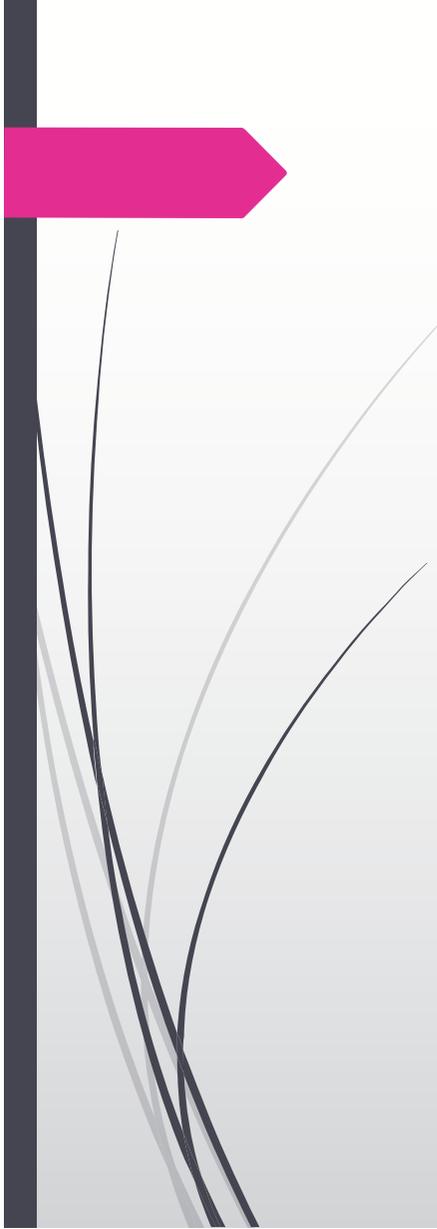
The promise of Shaytaan

وَأُضِلَّتْ لَهُمْ وَآمَنَّا بِهِمْ وَآمَرْنَاهُمْ فَلْيَبْتِكُنَّ آذَانَ الْأَنْعَامِ وَآمَرْنَاهُمْ فَلْيُغَيِّرُنَّ خَلْقَ اللَّهِ

(النساء 119)

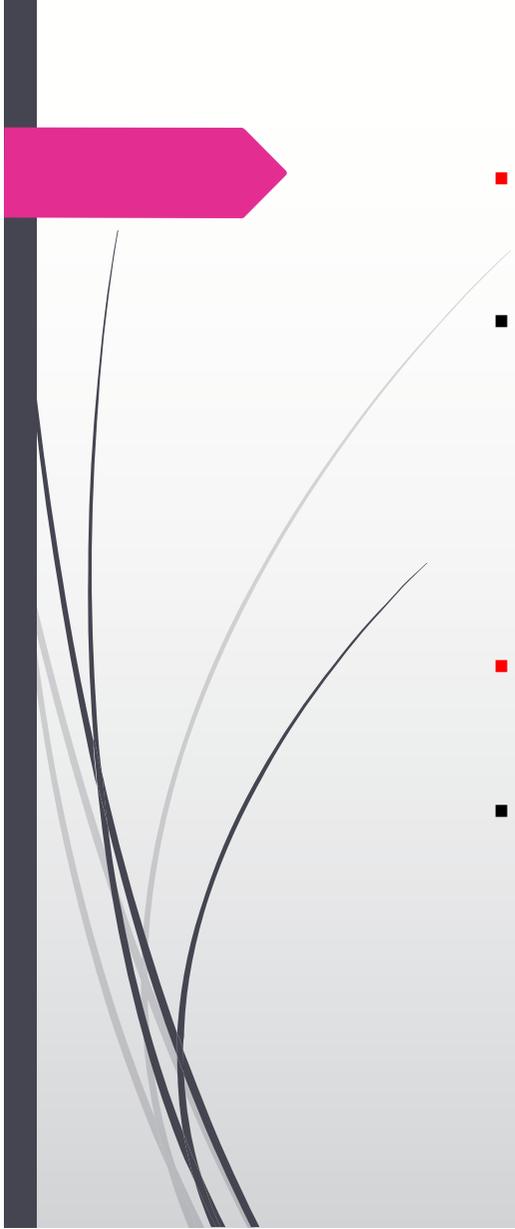
and I will lead them astray and give them [false] hopes, and prompt them to slit the ears of cattle,

and I will prompt them to alter Allah's creation.'



1. Makeup and Contouring

- **Makeup and contouring**
- When applying makeup, one should make sure she is not causing deception. Hence, she should not contour her face to highlight/make it seem that she has features that Allah has not created her with (example high cheek bones)
- **False eyelashes and lash extensions**
- These can not be used as they are attached using glue which is a barrier for water touching the skin in wudhu/ghusl.
- Furthermore, these are not permissible due to the element of deception present in them
- **False nails and nail extension**
- The same rule applies because of the glue

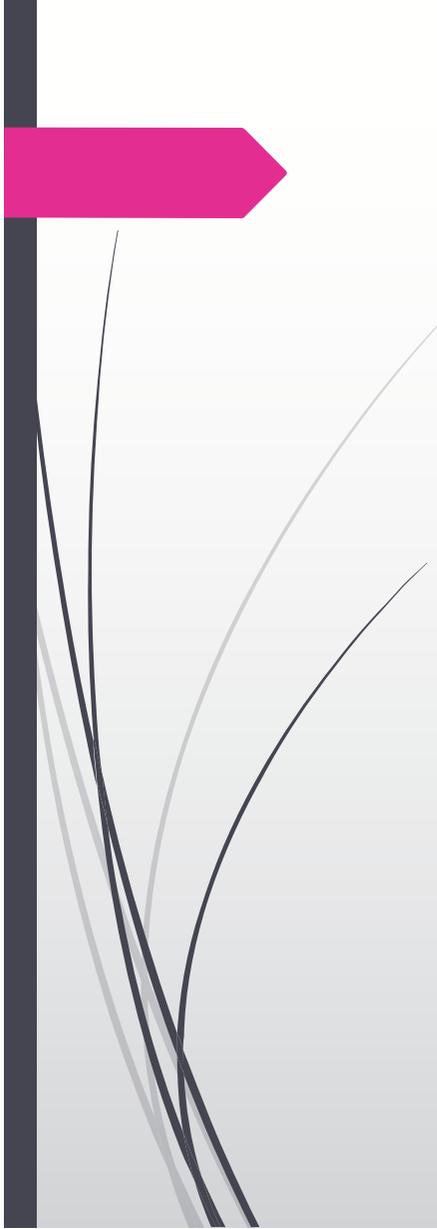


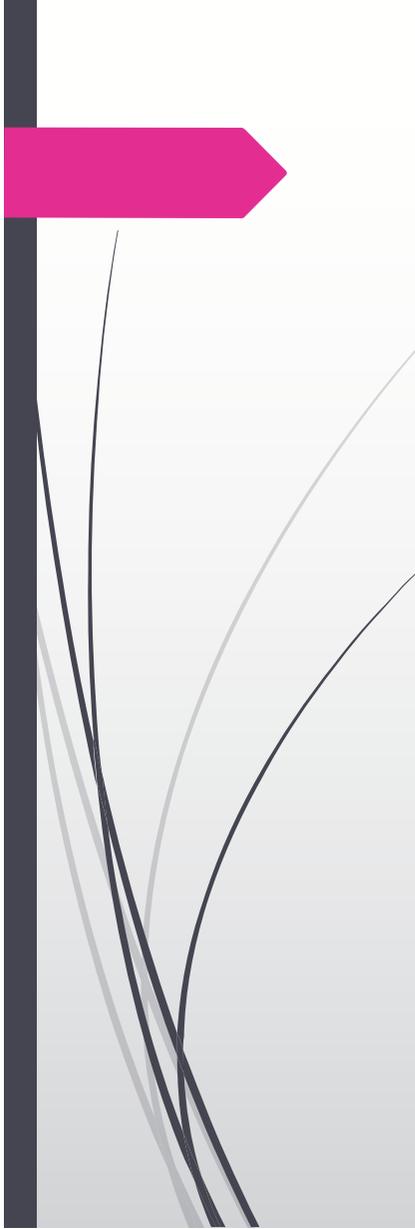
- **Haram ingredients (especially lipsticks)**

- Makeup products which contain haram ingredients are **impermissible** to use. If you are unsure regarding whether these products containing animal ingredients undergo an essential change, then avoid them until you can confirm with a qualified scholar. There are many alternative body care products one can find that do not use animal ingredients.

- **Plastic surgery**

- The general ruling with regards to cosmetic surgery is that of **impermissibility**, for it involves mutilation of one's body (muthla) and changing the nature created by Allah (taghyeer khalq Allah). However, in genuine cases of extreme abnormality, there is a dispensation of permissibility, for necessity makes prohibition lawful.

- 
- **Non-surgical means that change face**
 - These include lip fillers, botox etc as they fall under the same rule of 'changing the creation of Allah' and deception
 - **Visiting beauty parlours/salons**
 - Make sure these are female only
 - Care should be taken when waxing – no treatment between the navel and thighs can be undertaken at these salons
 - Hadith – curse exposure of thighs

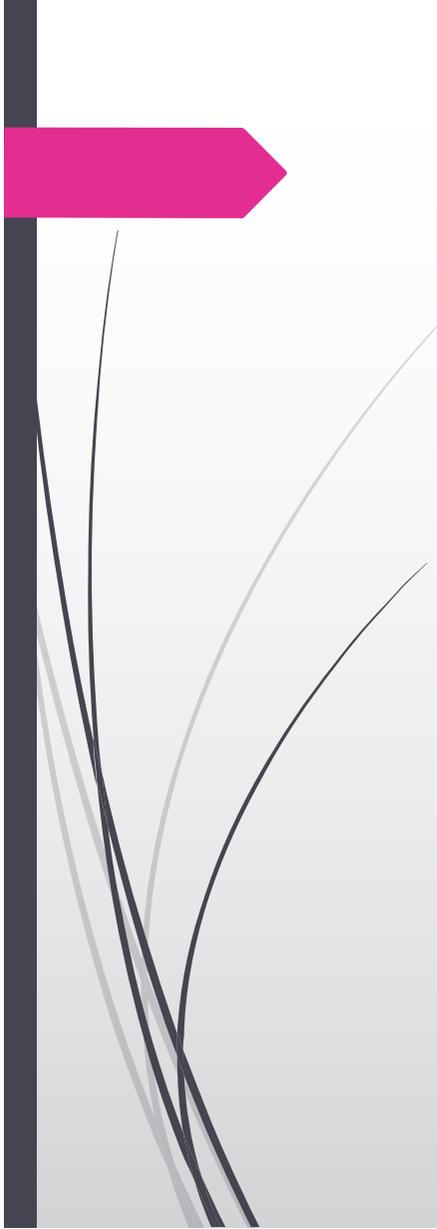


- Plucking of eyebrows

It is **not permissible** for one to pluck one's eyebrows. Consider the following Hadeeth:

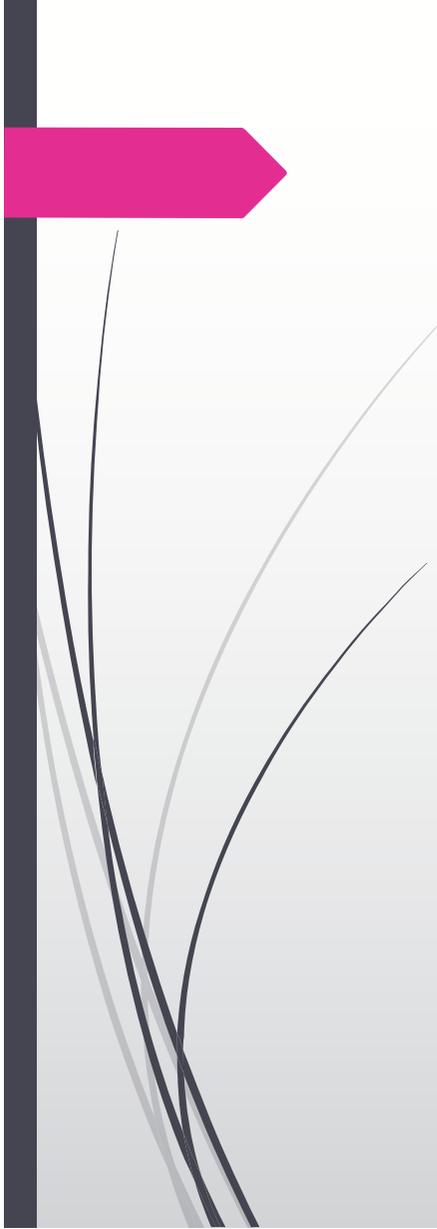
Rasullullah (SallallahuAlayhiWaSallam) said:

“Allah has cursed those women who practice tattooing, request tattooing be done for them, those who pluck the eyebrows, those who request that their eyebrows be plucked and those who create spaces between their teeth artificially to look beautiful, such ladies have changed what Allāh has created.” (Saheeh Muslim, Hadeeth #3973)



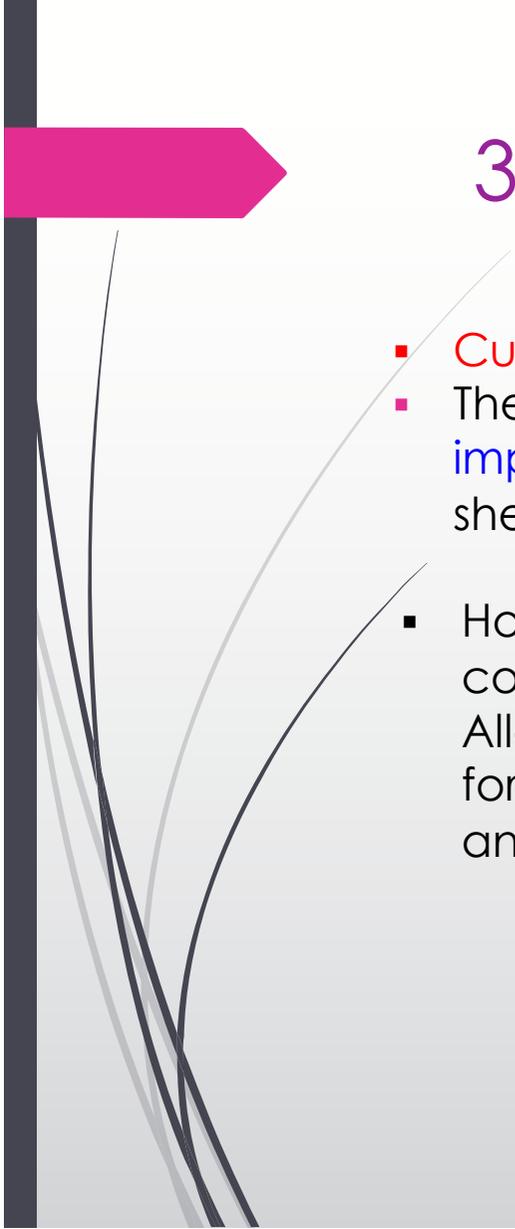
- Removal of other facial Hair

It is permissible for a female to remove her facial hair except the eyebrows and eyelashes. The hair from the upper lip and below the chin may be removed. In fact it is **mustahab** so that she does not resemble a man or look unsightly



2. Botox

It is **not** permissible to use an impure substance to beautify oneself. Since Botox is impure because of the use of enzymes from pig's milk, it will be impermissible to use it for purely beautification purposes.



3.1 Hair styling

- **Cutting & Trimming Hair on head**
- The Fuqahaa (scholars of jurisprudence) have ruled that it is **impermissible** for women to cut their hair. If a woman cuts her hair she will be sinful and accursed.
- However, if a woman trims her hair slightly in a way that she did not contravene any of the above two reasons, then this would be (and Allah knows best) permitted. In other words, there are two conditions for this permissibility, and they both should be understood properly, and not misused or taken out of context.

Conditions for permissibility:

1. There should be no imitation of non-Muslim Women,
The hairstyles adopted by kuffar and non-Muslim women, such as flicks, perms, fringes, etc... will not be allowed.
Cutting the hair from the front will also be incorrect.

عَنْ ابْنِ عُمَرَ قَالَ : قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَنْ تَشَبَّهَ بِقَوْمٍ فَهُوَ مِنْهُمْ

رواه أبو داود

Whoever imitates a people is one of them

2. There should be no imitation of men

Cutting the hair in any way that resembles the hair of men is unlawful (haram), as mentioned previously. Therefore, if a woman cuts her hair from the lower end slightly in order to equate the level of the hairs, then this will be permissible.

لَعَنَ رَسُولُ اللَّهِ ﷺ الْمُتَشَبِّهِينَ مِنَ الرِّجَالِ بِالنِّسَاءِ، وَالْمُتَشَبِّهَاتِ مِنَ النِّسَاءِ بِالرِّجَالِ
رواه البخاري

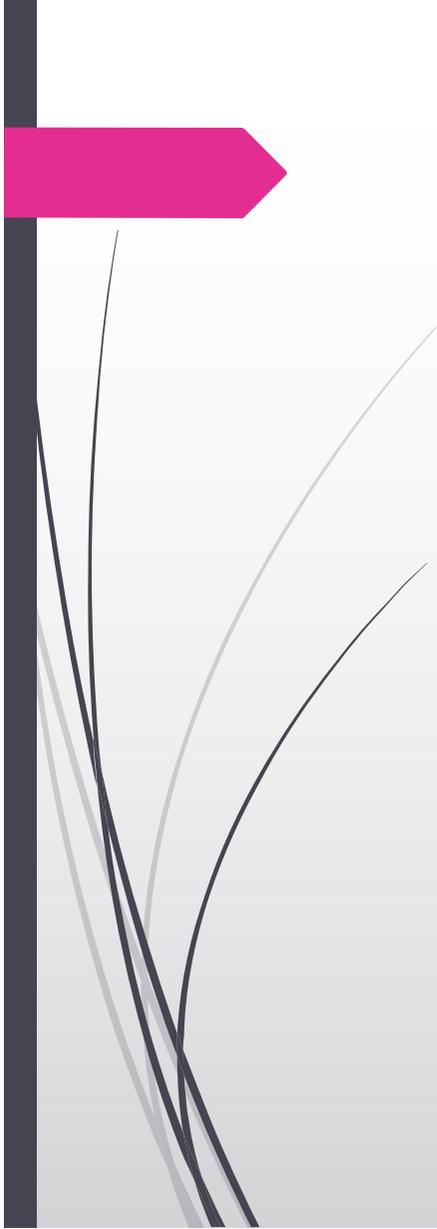
The Prophet ﷺ cursed men who imitate women and women who imitate men

3.2 Hair styling

و في المسلم ان رسول الله ﷺ قال

صنفان من أهل النار لم أرهما بعد : رجال معهم سياط كأذناب البقر يضربون بها الناس ، ونساء كاسيات عاريات مائلات مميلات على رؤوسهن كأسنمة البخت المائلة ، لا يدخلن الجنة ولا يجد ريحها ، وإن ريحها ليوجد من مسيرة كذا وكذا

“There are two types of the people of Hell that I have not seen yet: men with whips like the tails of cattle, with which they strike the people, and **women who are clothed yet naked**, they will incline (people towards them) and they will be inclined, with something on their heads that looks like the **humps of camels**, leaning to one side. They will **never** enter Paradise or **even smell its fragrance**, although its fragrance can be detected from such and such a distance.



Lets break the Hadith down:

We will be focusing on the attributes that will be found in women's dress sense closer to the day of judgement.

1. 'Women that will be clothed yet naked' - meaning the clothes worn would be such that it will reveal parts of the body or it will be so fitted that the shape of the body is apparent, hence inclining ghayr mahram towards them.
2. 'They will have humps on their heads that resemble those of a camel'

Meaning that they will wear/style their hair in such a way that it will form a hump at the top of their heads.

The punishment for such women?

Nabi ﷺ says: **They will not enter Jannah, nor smell the fragrance of Jannah**



The fragrance of Jannah

In another hadith it is mentioned

وإن ريحها ليوجد من مسيرة خمسين عاما (رواه ابوداود)

The fragrance of Jannah lasts the length of travelling for 50 years

Meaning that such a woman (who wears clothes yet is naked, and who styles her hair like the hump of a camel) will be further than the distance that can be travelled for 50 years, from Jannah.

May Allah protect us



4. Awra

- Awra – what is the minimum a women should be covered?
- In the presents of Muslim females:
 - From the navel to below the knee

However in todays time, one should be extra cautious and should protect their modesty.

- In the presents of non-muslim females:
 - A women should cover her whole body excluding her hands, face and feet

5. Miswak

عن عائشة - رضي الله عنها - عن النبي صلى الله عليه وسلم قال:
السواك مطهرة للفم، مرضاة للرب
(رواه ابن ماجه)

Miswak cleanses the mouth and pleases the Lord



Benefits of the Miswak

Apart from the most important benefit – pleasing our Lord- the Miswak contains many other countless benefits. Here are just some:

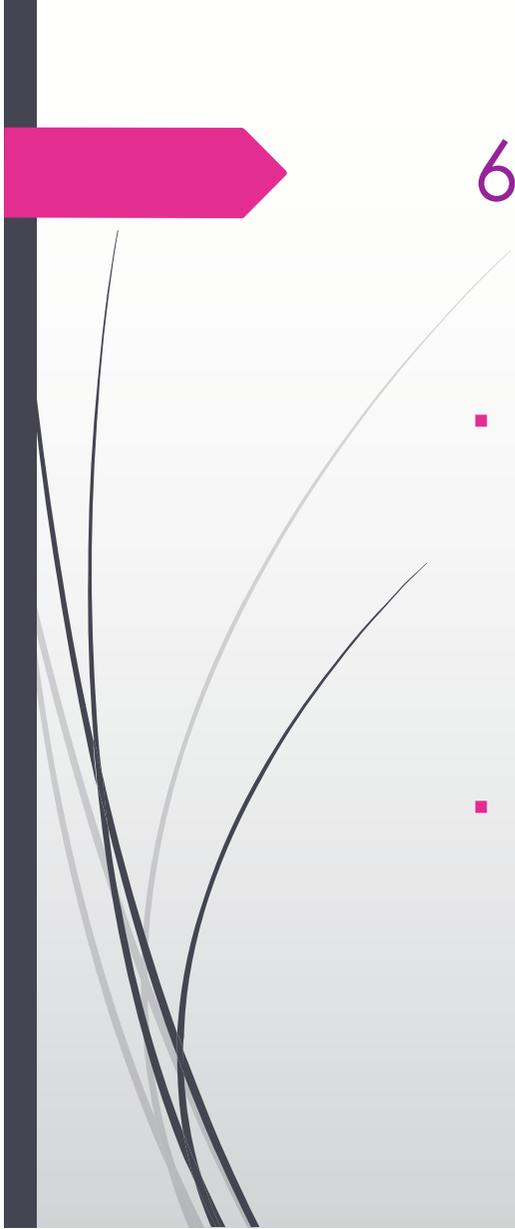
- ✓ Makes reading the kalima on ones deathbed easy
- ✓ Increases the reward of salat 70 times
- ✓ Protects Against Plaque Build up and tooth decay
- ✓ Whitens the teeth
- ✓ Removes Bad Breath
- ✓ **Prevention against cancer:** research shows that they contain antioxidant enzymes like peroxidase, catalase, and polyphenol oxidase that have anticarcinogenic properties, consequently reducing your risk of developing cancer



How to hold a Miswak

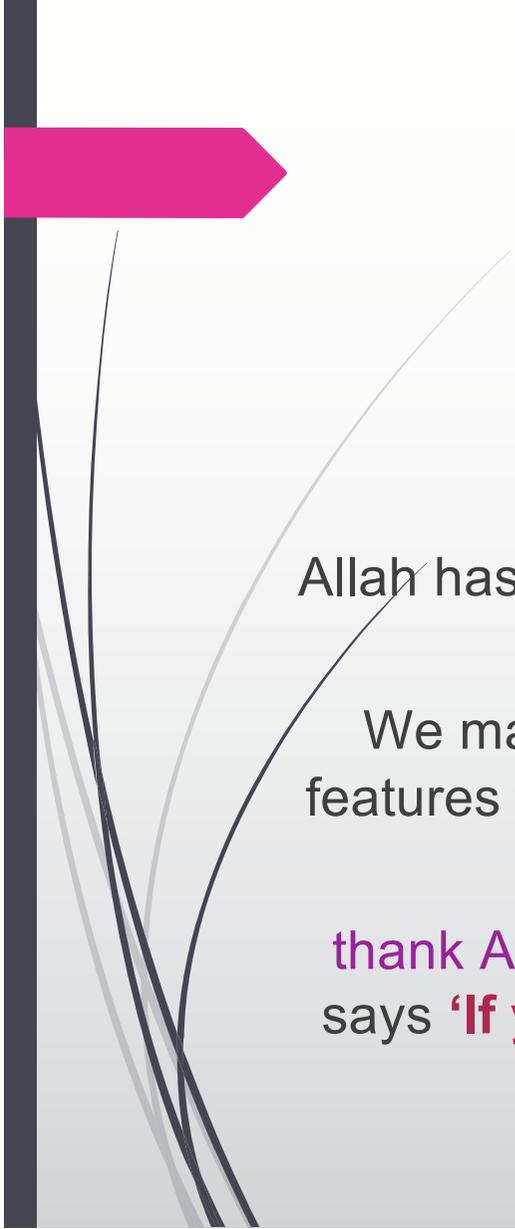
Abu Dawud, mentions two sunnah methods of holding a miswak:

1. Index, middle and ring finger on the top and the baby finger and thumb at the bottom.
2. Baby finger up, ring and middle finger down, index finger up and thumb down.



6. Self-presentation

- Rings/Jewelry
 - Rings that are not 100% real silver or gold is not allowed
 - Sterling silver is allowed
 - Nail polish ('halal' nail polish)
- Adorning oneself when leaving the house (rules for mixed gatherings/female only gatherings)



A Beautiful reminder

Allah subhanahu wata'ala says in surah Tin (The fig):

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

We certainly created man in the best of forms

Allah has created every one of us beautiful, 'In the **best** of forms', each one of us are different and beautiful in our own way.

We may have features that others may envy, just the way others have features that we envy, but rather than trying to manipulate ourselves so we may have such **temporary** features,

thank Allah for what he has given us - for He (Allah subhanahu wata'ala) says '**If you thank me I will increase you**'. So thank Allah for the **beauty** He has given you and He will increase that **beauty**.