



Halachos of
PERSONAL CARE
ON SHABBOS

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Please note that the material presented is not meant to be a comprehensive guide to the halachos of Personal Care on Shabbos. In any case of question or doubt a Rabbi should be consulted.

Halachos compiled by Rabbi Binyamin Walfish
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For questions or comments, please contact us at
info@halachayomiforwomen.com

Halachos of PERSONAL CARE ON SHABBOS

Two weeks of Halacha Yomi are
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לע"נ ביילא בת יצחק

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Day 1

Introduction: This month we will learn relevant *halachos* that pertain to personal care on Shabbos. The *halachos* that follow cover many very common scenarios that arise on a weekly basis. We will cover (in order):

- A) *halachos* pertaining to hair care (including shaitels)
- B) *halachos* of cosmetics
- C) *halachos* pertaining to oral hygiene
- D) *halachos* pertaining to general hygiene

שו"ע ס' שכב ס"ב-ג', פוסקים או"ח ס' רמב



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Day 2

It is prohibited to squeeze out wet hair on Shabbos. However, according to most authorities, one is permitted to gently pat their hair dry with a towel on Shabbos. It is also permitted to loosely wrap a towel around wet hair in order to dry it. A common application of this *halacha* is when one bathes close to the onset of Shabbos and finds that when Shabbos begins, their hair is still wet. In such an instance one may use a towel in the aforementioned ways to dry their hair on Shabbos (to be continued).

מ"ב ס' שכו סקכ"ה, שש"כ פי"ד סקכ"ב



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Day 3

A wet towel is **not** considered *muktzah*, and may be moved on Shabbos. However, one may not hang up the towel so that it should be dried (i.e. on a drying rack). One is permitted after using the towel to return it to its regular location (i.e. a hook) even though it will dry there.

שו"ע ס' שא סמ"ח, שש"כ פי"ד סקכ"ה



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Day 4

Although washing one's hair on Shabbos is prohibited, one is permitted to apply a little water to some of their hair on Shabbos. For example, Sarah may put a little water on her frizzy hair on Shabbos in order to flatten it. She may even pat it down, provided that she does not squeeze out water from the hair by doing so.

שו"ע ס' שמ"ב ס' שכו סקכ"ה כד ס"א



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Day 5

Generally speaking, it is prohibited to use a hairbrush to brush one's hair on Shabbos. However, a hairbrush with soft bristles (i.e., a baby brush) may be used to brush one's hair in a gentle manner. One who wishes to use such a brush should ideally designate it to be used exclusively on Shabbos and not during the week. Under all circumstances, hair may not be combed on Shabbos.

שו"ע ס' שג סכ"ז, מ"ב סקפ"ז



Day 6

Ideally, one should refrain from brushing a shaitel with a regular hairbrush on Shabbos. A hairbrush that may be used to brush one's natural hair on Shabbos (i.e. with soft bristles and designated for Shabbos, see above) may be used to brush a shaitel on Shabbos.

שש"כ פי"ד סקנ"ב



Day 7

It was previously mentioned that a hairbrush that does not have soft bristles may not be used on Shabbos. Consequently, it is considered a *muktzah* item and is subject to the limitations of *muktzah*.

שש"כ פי"ד סק"נ



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Day 8

Any action that one knows will certainly cause hairs to fall out is prohibited on Shabbos. Scratching one's hair is permitted on Shabbos, provided that doing so does not certainly cause hairs to fall out. One who knows from experience that hairs always fall out when they scratch their hair, is prohibited to do so on Shabbos.

שו"ע ס' שכט סרמ"א ס' שג סכ"ו ד"



Day 9

Braiding or unbraiding either natural hair or hair of a shaitel is prohibited on Shabbos. Parting hair with one's hands is permitted on Shabbos.

שו"ע ורמ"א ס' שג סכ"ו



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Day 10

One may not curl hair on Shabbos in a way that will cause the hair to stay in the curled position. This applies to both placing curlers in one's hair and simply curling hair with one's hand. Curlers may be placed in a shaitel on Shabbos if they are merely maintaining the existing style of the hair. Curlers are permitted to be removed from a shaitel on Shabbos.

קובץ הלכות פמ"א סכ"ג



Day 11

One may gather together loose hairs and tie them in a ponytail on Shabbos. Additionally, a woman may put up her hair with pins or clips etc. on Shabbos. As previously mentioned, one should be mindful that any action that will certainly cause hairs to fall out is prohibited on Shabbos.

שש"כ פי"ד סקנ"ג



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Day 12

One may not spray hair or a shaitel on Shabbos with hairspray in order to maintain or enhance its shape.

בה"ל ס' שג סכ"ז, שש"כ פי"ד סקנ"ו



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Day 13

If dust or dirt got into one's hair on Shabbos, it is permitted to shake out the dust etc.

However, if an article of clothing got dusty or dirty, it may not be shaken out on Shabbos.

The *halacha* classifies a shaitel as an article of clothing. As such, if one's shaitel got dusty or dirty it may not be shaken out on Shabbos.

ספר ל"ט מלאכות ע' תש"ח



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Day 14

We have previously discussed a number of *halachos* that apply to hair care on Shabbos. Any Shabbos restriction that applies to one's natural hair also applies to the hair of a shaitel, as well as to the hair of a doll.

שש"כ פי"ד סקנ"ח



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Day 15

Thus far we have discussed the *halachos* pertaining to care of one's hair on Shabbos. We will now move on to discuss *halachos* pertaining to cosmetics and the like. Generally speaking, make-up (i.e., blush, eye-liner, etc.) may not be applied on Shabbos. This applies even when the make-up will fade within a short amount of time and does not become well absorbed in one's skin.*

* Note: There currently exist a number of products that are advertised as "Shabbos makeup". One should consult with a Rov regarding the propriety of using a particular product.

שו"ע ס' שג סכ"ה, שש"כ פי"ד סקס"ה



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Day 16

Make-up and the like are permitted to be rinsed off of one's face on Shabbos.

ארחות שבת פט"ו סקנ"ט



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Day 17

Lipstick may not be applied on Shabbos. This restriction applies even if one applied lipstick earlier - on erev Shabbos. Even clear lip gloss may not be applied on Shabbos.

שו"ע ס' שג סכ"ה, שש"כ פי"ד סקס"ג



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Day 18

It was previously mentioned that lipstick may not be applied on Shabbos. In addition, chapstick or Vaseline may not be applied on Shabbos.

שו"ע ס' שג סכ"ה, שש"כ פי"ד סקס"ג



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Day 19

Nail polish may not be applied on Shabbos. This includes clear nail polish.

שו"ע ס' שג סכ"ה, שש"כ פי"ד סקס"ג



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Day 20

Nail polish may be removed using nail polish remover on Shabbos, however, one may not pour the liquid onto a tissue; instead, it must be poured directly onto the nails and then rubbed using a tissue or cotton ball, etc.

ארחות שבת פט"ו סקנ"ט



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Day 21

We have previously learned about the restrictions that apply to the use of many cosmetic items on Shabbos. Any item that may not be used on Shabbos is considered *muktzah* and must be treated accordingly.

שש"כ פי"ד סק"נ



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Day 22

For the past week we have discussed *halachos* pertaining to cosmetics. We will now discuss some *halachos* pertaining to hygiene, first oral and then general.

It is prohibited to brush one's teeth with toothpaste on Shabbos. Preferably, one should not even brush their teeth with a toothbrush that is wet with water or wet with mouthwash on Shabbos*. Brushing one's teeth with a dry toothbrush is permitted on Shabbos.

*Unless one is using a special toothbrush uniquely designed for Shabbos use.

שו"ת אגרו"מ או"ח ח"א ס' קיב



Day 23

It is permitted to use a toothpick or floss-pick on Shabbos. This is provided that one's gums do not usually bleed when doing so. The same *halacha* applies to flossing with standard dental floss on Shabbos. However, one may not detach floss from the roll on Shabbos.

שש"כ פי"ד סקל"ט



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Day 24

Mouthwash may be used on Shabbos. One who wishes to dilute the strong taste of mouthwash should first pour some mouthwash into a cup and subsequently add water to it, rather than first placing water in the cup and subsequently adding the mouthwash to it.

שש"כ פי"ד סקמ"א והערה ק"י



Day 25

One who wears braces may not put wax on them on Shabbos to prevent them from poking their mouth

קובץ הלכות פמ"ב ס"ה



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Day 26

It is permitted to spray deodorant or perfume on one's body (or hair) on Shabbos. However, one may not spray an article of clothing (or a shaitel) with perfume etc. on Shabbos.

שש"כ פי"ד סקל"ו וסקנ"ז



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Day 27

Stick deodorant may not be applied on Shabbos

ארחות שבת פי"ז סקכ"ד



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Day 28

One may not rinse their hands with a bar of soap on Shabbos. According to most *poskim*, liquid soap is permitted to be used on Shabbos (to be continued).

רמ"א ס' שכו ס"י ומ"ב סק", ארחות שבת פי"ז סכ"ז



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Day 29

It was previously mentioned that the majority of *poskim* permit the usage of liquid soap on Shabbos. Some, however, are stringent and do not use liquid soap on Shabbos unless it has been diluted. One who follows the stringent approach is permitted to dilute liquid soap on Shabbos itself by adding water to it. One may even shake the soap bottle in order to mix the water and soap well with each other.

שש"כ פי"ד סקי"ח



Day 30

Weighing and measuring are generally prohibited on Shabbos. As such, one may not use a scale to weigh oneself (or another) or measure one's height (or the height of another) on Shabbos.

שו"ע ס' שו"ס"ז



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Mazel Tov
on completing a month
of Halacha Yomi!