

Islamic Hygiene

According to
Qur'an and Sunnah

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

Truly, Allah loves those who turn unto Him in repentance
and loves those who purify themselves.

(Qur'an 2:222)

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ
يَرْجُو اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

Indeed, in the Messenger of Allah you have a good example to follow
for him who hopes for (the Meeting with) Allah and the
Last Day, and remembers Allah much.

(Qur'an 33:21)

Action from the Fitra

Cleaning our Teeth



Taking Care of our Hair



Looking in the Mirror



Clipping our Nails



Using Perfume



Taking a Bath



Shaving Pubic Hair



Removing Underarm Hair



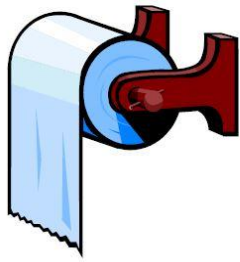
Trimming the Mustache



Washing our Hands



Washing after using the Toilet



Islamic Hygiene

Shaykh Salih al-Fawzaan

1) **Cleaning One's Teeth:** Using the *siwaak* (2) is a highly recommend *Sunnah*. There are many *aḥaadeeth* that mention the Messenger of Allaah (salallaahu ‘alayhi wa sallam) encouraged the use of the *siwaak*. The *siwaak* cleanses the mouth and removes foul odors. Using it is from Islamic etiquette.

The Messenger of Allaah (salallaahu ‘alayhi wa sallam) said: **If it wasn't for the fact that I do not want to cause hardship on my nation, I would have ordered that the *siwaak* be used for every *wuḍoo*.** [Bukhaaree]

2) **Moisturizing One's Hair:** It is recommended to moisturize one's hair every other day, just as the Messenger (salallaahu ‘alayhi wa sallam) would do. (3)

3) **Looking at One's Self in the Mirror:** It is recommended to look at one's self in the mirror when he finishes cleaning and beautifying himself. One looks in the mirror because there is a possibility that something needs to be adjusted or tweaked. Thus, one looks in the mirror before going out to meet people. This is the *Sunnah*. The Messenger of Allah (salallaahu ‘alayhi wa sallam) used to look in the mirror (4).

4) **Using Delightful Fragrances** (5): This is done because all of the Prophets did so. It is also done so that a person's scent is pleasant, not offensive. So, he applies fragrances when he generally goes to prayer, and specifically when he goes to Friday prayer (*al-Jumu'ah*). He also uses delightful fragrances in the circles of remembrance and when he goes to gatherings.

5) **Shaving the Pubic Hair:** It is recommended to remove the hair from one's pubic area. This can be done by any means that serves the purpose. This is also from the ways of the Prophets.

6) **Trimming the Mustache Closely:** So, one does not let his mustache grow long. Likewise, he does not shave it completely because that is

considered a form of disfigurement. He leaves its origin. This is because the Messenger (salallaahu ‘alayhi wa sallam) did not command us to shave it completely; rather, he ordered us to trim it closely (6). This is a form of beautification for men.

[7]: **Trimming One’s Nails:** From the way of the Prophet is to trim one’s fingernails and toenails, they are not to be left long. Leaving them long is considered ugliness and a resemblance to predatory animals (7).

[8]: **Removing One’s Underarm Hair:** One also removes the hair from his underarms by any means that serve the purpose. This is because leaving hair to grow under the arms is ugly, and it causes an unpleasant odor.

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Footnotes:

(1) Ṣālih al-Fawzān, Explanation of *Akhṣar al-Mukhtaṣirāt*, vol. 1, pp. 75-83, abridged in places, [*Dār al-‘Āsimah*]

(2) [TN]: Likewise, a toothbrush

(3) Abdullāh b. Mugaffal narrated: “The Messenger of Allāh, prayers and peace upon him, prohibited us from tending to our hair, except for every other day.” [*Abī Dawūd* #4159, Authenticated by: al-Albānī]

[TN]: Faḍālah b. ‘Ubayd, narrated: “The Messenger prohibited us from too much luxury.” [*Abī Dawūd* #4160, Authenticated by: al-Albānī]

(4) Ibn ‘Abbās narrated: “When the Messenger of Allāh, prayers and peace upon him, looked in the mirror, he would say: **‘All praise is due to Allāh, He who beautified my figure and adorned on me that which was not adorned on others.’**” [*Musnad Abī Y’alā* vol.4/pg. 487]

(5) [TN]: Women do not wear fragrances in the presence of non-mahram men.

(6) Ibn 'Umar narrated: The Messenger of Allāh, prayers and peace upon him, said: **“Trim the mustaches closely and grow the beards.”** [Bukhārī and Muslim]

(7) Narrated Anas ibn Malik: A time limit has been prescribed for us for clipping the moustache, cutting the nails, plucking hair under the armpits, shaving the pubic hair, **that it should not be neglected far more than forty nights.** (Sahih Muslim)

[9]: **Wearing Clean Clothes:** Allah says in Surah Al-Muddathir 74:4 **“And purify your garments”** and in Surah Al-A'raf 7:31 **“O Children of Adam! Take your adornment (by wearing clean clothes) when praying and going around the Ka'bah ...”**

