

How to perform *Ghusl*

The full bath that purifies the whole body, step by step

WHEN GHUSL IS FARD

Before you can pray again

- After **janabah**: marital relations, or a discharge of sexual fluid while awake or asleep (a wet dream).
- When **menstruation** (haid) ends.
- When the bleeding after childbirth (**nifas**) ends.

SUNNAH GHUSL

Times it is *recommended*

- Before Jumu'ah
- On the mornings of both Eids
- Before putting on ihram for Hajj or Umrah
- For pilgrims, on the Day of Arafah

THE THREE FARD OF GHUSL · HANAFI

Miss one and the ghusl is not done

1

Rinse the whole mouth

2

Rinse the nose up to the soft bone

3

Wash the whole body, so not a hair's breadth stays dry

BEFORE YOU START

Let the water reach the skin

- Take off anything that blocks water: nail polish, wax, glue, thick paint.
- Move rings and earrings so water gets underneath.
- Make the niyyah (intention) in your heart. Say Bismillah before you enter the bathroom, not inside it.

FOR SISTERS

Braided hair

If your hair is braided, you do not have to undo the braids, as long as water reaches the roots of all the hair. Loose hair is washed fully.

SAHIH MUSLIM 330

COMMON MISTAKES

Check these each time

- Forgetting to rinse the nose properly. In the Hanafi school it is fard in ghusl, not only sunnah.
- A dry spot left on the body: the navel, the back of the heels, behind the ears, or under a tight ring.
- Nail polish left on. Water cannot get under it, so the ghusl is not complete. (Henna and mehndi are fine.)
- Worrying that a shower does not count. It does, as long as the mouth and nose are rinsed and the whole body gets wet.



The Sunnah *way*, in order

As described by 'A'ishah and Maymunah, the wives of the Prophet ﷺ

1

Wash both hands

Wash your hands up to the wrists three times.

SAHIH AL-BUKHARI 265

2

Wash the private parts

Wash the private parts with the left hand, and wash off any impurity on the body.

SAHIH AL-BUKHARI 265

3

Make wudu

Make a full wudu, as you would for Salah. If water gathers under your feet, leave the feet for the end.

SAHIH AL-BUKHARI 248

4

Rinse mouth and nose well

These are fard in ghusl. Gargle unless you are fasting, and sniff water up to the soft bone of the nose.

HANAFI

5

Water over the head

Pour water over your head three times, working it into the roots of the hair with your fingers.

SAHIH AL-BUKHARI 248

6

Right side, then left

Pour water over your right shoulder three times, then over your left shoulder three times.

7

Wash the whole body

Rub the body so water reaches everywhere: the navel, behind the ears, the armpits, between fingers and toes.

HANAFI

8

Wash the feet

Step away from where the water collected and wash both feet, if you left them in step 3.

SAHIH AL-BUKHARI 274

GOOD TO KNOW

- After a complete ghusl you may pray without a new wudu, unless something breaks it.
- Use water carefully, even in the bathroom.

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