

תענית יג

Any washing whatsoever on **באב תשעה באב** is **אסור**.

An **אבל** is forbidden to wash at all during **שבעה** with the exception of hands and face in cold water. During **שלושים** there is a **מחלוקת** whether one may wash his whole body in cold water. Parts of the body may certainly be washed in cold water, and hot water is certainly **אסור**.

A person who undergoes two consecutive weeks of **שבעה** can wash, cut his hair and launder his clothing.

An **אבל** during **שבעה** may not launder, nor wear laundered clothes.

It is **אסור** for an **אבל** to anoint himself for pleasure. It is **מותר** to anoint one's self to remove sweat (deodorant).