



**Umrah** consists of **four essential practices**. Firstly, you change into the **Ihram garments** before reaching the **Miqat**, perform **two Rakahs of Salah**, and make your **Niyah** as the Miqat approaches, thereafter reciting the **Talbiyah** frequently. Secondly, you perform **Tawaf al-Umrah** around the **Kaaba**, followed by **two Rakahs of Salah**, preferably near **Maqam Ibrahim**. Thirdly, you do **Sa'i** between **Safa and Marwa**. Lastly, you **shave (Halq)** or **shorten (Taqsir)** your hair, allowing you to leave the state of Ihram and complete your Umrah...

## Ihram

### Physical Purity

Before donning the **Ihram garments**, attend to your personal hygiene by trimming your nails and removing hair from your armpits and below the navel. Next, perform **Ghusl**, a highly emphasized Sunnah for those entering the state of Ihram. If Ghusl isn't feasible, performing **Wudhu** will suffice. Men can apply **Attar** or perfume to their heads and beards, being careful not to get any on the Ihram attire. All of this should be done at your place of residence before your flight (assuming you're flying).

### Ihram Garments

Change into your Ihram attire, which consists of two seamless pieces of cloth for men, typically white. The sheet that wraps around the waist, covering the lower body, is called the **Izar**, while the sheet draped over the upper body like a shawl is known as the **Rida**. Sandals should not cover the heel and ankle. According to the Hanafi school of thought, the top part of the foot should also remain exposed.

Make sure you put on your Ihram attire before reaching the designated **Miqat**. Since you'll likely be traveling to Saudi Arabia by plane, consider changing into your Ihram at the airport before departure or during a stopover if you have one. Check in first and change in the prayer room or bathroom. Alternatively, you can put on your Ihram during the flight, but keep in mind that airplane bathrooms are usually quite limited in space, and there may be a rush of people doing the same as the Miqat approaches. If you choose to change into your Ihram attire on the plane, do so at least an hour before crossing the Miqat.

**You have the option to postpone your intention** until you approach the **Miqat**. Right before crossing it, **discard any clothing items** that you may still be wearing and that violate the

conditions of Ihram, such as socks, head coverings, and underwear.



**Women are not obligated to adhere to a specific dress code.** Their clothing should be a typical modest Islamic attire with a head covering of any color. While hands and faces must remain exposed, socks may still be worn.

Note: if you're going to Madinah before Makkah, you don't need to enter into the state of Ihram at this point. You will do so after your stay in Madinah.

## Salah al-Ihram

**Performing two Rakahs of Salah** before entering the state of Ihram is a **Sunnah** practice. You can do this after changing into your Ihram attire at the airport or during the flight before crossing the Miqat, provided there are prayer facilities on board. During this prayer, intend to perform **two Rakahs Nafl for Ihram**.

Since you're not yet in the spiritual state of Ihram, you may observe the prayer with your head covered. It is recommended to recite **Surah al-Kafirun (Surah 109)** in the first Rakah and **Surah al-Ikhlās (Surah 112)** in the second, although other Surahs may also be read. Don't forget to make **Dua (supplication)** after this Salah.

## Niyah (Intention)

Make your intention for Umrah at the Miqat or close to it as you move toward it. Ideally, delay making the intention until the last moment to avoid unnecessary restrictions. It is **recommended (Mustahabb)** to express the intention verbally and also reinforce it internally.

**Following are three examples of intentions that may be uttered in Arabic:**

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

**Labbayka llāhumma 'umratan.**

O Allah, here I am to perform Umrah.

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ

**Allāhumma innī urīdu l-'umrata.**

O Allah, I intend to perform Umrah.

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

**Allāhumma innī urīdu l-'umrata fa yassirhā lī wa taqabbalhā minnī.**

O Allah, I intend to perform Umrah, so make it easy for me and accept it from me.

## Talbiyah



After making your Niyah, you must recite the Talbiyah to validate your intention and enter into the state of Ihram. The utterance of the Talbiyah is Wajib according to the Hanafi and Maliki schools of thought. The Shafi'i and Hanbali schools consider it a Sunnah.

You must recite the Talbiyah at least once after making your intention for Umrah. Failure to do so will result in an invalid Umrah!

The Sunnah method of reciting the Talbiyah is to briefly pause at four places, indicated by the dashes. The prayer is as follows:

– لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ – لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ – إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ – لَا شَرِيكَ لَكَ

**Labbayka llāhumma labbayk(a), labbayka lā sharīka laka labbayk(a), inna l-ḥamda wa n-ni'mata, laka wa l-mulk(a), lā sharīka lak.**

At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty are Yours. You have no partner.



**After reciting the Talbiyah**, you will now be in the state of **Ihram** and be known as a **Muhrim**. Ensure you are well aware of the **prohibitions of Ihram** and avoid violating its rules. If a rule of Ihram is broken, **Damm** or **Sadaqah** will be required as expiation.

It is **recommended** to send **Salawat on the Prophet** ﷺ after reciting the Talbiyah and to make **Dua** for yourself and others. Continue reciting the Talbiyah for the rest of your journey until you reach one of the doors of **Masjid al-Haram** before performing **Tawaf**.

### Haram of Makkah

The **Haram of Makkah** is a sacred area that extends several miles around **Masjid al-Haram** in all directions. Within this area, certain actions are strictly forbidden:

1. **Cutting or damaging vegetation:** Grass, trees, and other forms of vegetation must not be harmed.
2. **Harming or killing wild animals:** This includes avoiding scaring away pigeons and other birds.
3. **Carrying weapons:** Weapons are prohibited within the Haram.
4. **Engaging in fights or disruptive behavior:** Any actions that violate the sanctity of this area are not allowed.

While it's unlikely that you'll inadvertently break these rules, always remember the sanctity of Makkah.



**Note:** If you plan to perform an additional Umrah later, you must assume Ihram outside the boundary of the Haram before returning to Masjid al-Haram for Umrah. Many pilgrims choose to enter Ihram at **Masjid Aisha**, which is the nearest and most convenient location from Masjid al-Haram. Transportation to Masjid Aisha is available near the mosque.

## Entering Makkah

As you reach the limits of the Haram, constantly recite the Talbiyah, do Dhikr and send Salawat upon the Prophet ﷺ. Recital of the following Dua is recommended upon entering the Haram:

اللَّهُمَّ هَذَا حَرَمُكَ وَأَمْنُكَ فَحَرِّمْنِي عَلَى النَّارِ، وَأَمِّئِي مِنْ عَذَابِكَ يَوْمَ تَبْعَثُ عِبَادَكَ، وَاجْعَلْنِي مِنْ أَوْلِيَائِكَ وَأَهْلِ طَاعَتِكَ

**Allāhumma hādhā ḥaramuka wa amnuka fa ḥarrimnī 'ala-n-Nār, wa amminnī min 'adhābika yawma tab'athu 'ibādak, wa j'alnī min awliyā'ika wa ahli ṭā'atik.**

O Allah, this is Your sanctuary and security, so make me unlawful to Hell-Fire, make me safe from Your punishment on the day You resurrect Your servants, and make me one of Your friends and one of the people who obey You.

**Upon reaching your accommodation in Makkah**, you might wish to **freshen up or rest** before heading to **Masjid al-Haram** for **Tawaf al-Umrah**. If you choose to **take a shower**, be cautious not to use any items prohibited in the state of Ihram, such as **scented soap or shampoo**. It's advisable to **arrive at Masjid al-Haram promptly**.

When you're prepared, decide which belongings you want to take with you, keeping in mind that there are **thieves operating in the mosque**.

**Tip:** Consider using a **drawstring bag for your shoes**. Keep them close to you, as they can easily be misplaced.

## Entering Masjid al-Haram

It is Sunnah to enter Masjid al-Haram via Bab al-Salam (the Gate of Peace). This may not be possible as the authorities have designated entrances to the mosque for pilgrims performing Umrah. If you can't do this, you may proceed through any other door. Step through with your right foot first and recite the supplication for entering a mosque. Either or both of these supplications may be recited:

بِسْمِ اللَّهِ، اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ. اللَّهُمَّ اغْفِرْ لِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ.

**Bismi-llāh, Allāhumma ṣalli alā Muhammad. Allāhumma-ghfir lī wa-ftaḥ lī abwāba raḥmatik.**

In the name of Allah, send prayers upon Muhammad ﷺ. O Allah, forgive me and open for me the doors of Your Mercy.



أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ

**A'ūdhu bi-llāhi-l-Aẓīm, wa bi-wajhihi-l-karīm, wa sulṭānihi-l-qadīm, mina-sh-Shayṭāni-r-rajīm.**

I seek protection in Allah the Tremendous, His Noble Countenance, and His pre-eternal Sovereign Might from Shaytan the rejected.

#### Notes:

1. **Avoid performing Tahiyatul Masjid** (the prayer for greeting the mosque) if you intend to perform Tawaf; your Tawaf will serve as the “greeting” for **Masjid al-Haram**.
2. If you don't plan to perform Tawaf immediately, you may go ahead and perform **Tahiyatul Masjid**.
3. In **Masjid al-Haram**, it is permissible for anyone to walk across those who are performing **Salah** (prayer). However, their **place of prostration** should be avoided.

#### First Sight of the Kaaba

Upon entering the mosque, maintain a lowered gaze until you reach the **Mataf** area, the open space where **Tawaf** (circumambulation) occurs. When you're ready, with humility, awe, and reverence, lift your eyes to behold the **majestic sight of the Holy Kaaba**.

As you see the Kaaba for the first time, raise your hands and make **Dua (supplication)** with utmost concentration and sincerity. This sacred place is known for its responsiveness to prayers. Don't forget to recite **Salawat (blessings)** upon the Prophet ﷺ while making your supplications. Umar ibn al-Khattab narrated:

**“Dua is suspended between heaven and earth, and none of it is taken up until you send blessings upon your Prophet ﷺ.” – Narrated in Sunan al-Tirmidhi**

Imam Abu Hanifa would seize this opportunity to pray to Allah, hoping to be among those whose supplications are always accepted.

Recite the following three times:

الله أكبر. الله أكبر. لا إله إلا الله.

**Allāhu akbar. Allāhu akbar. Lā ilāha illa-llāh.**

Allah is the Greatest. Allah is the Greatest. There is no God except Allah.

It's a Sunnah to recite the following Duas:



اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفاً وَتَعْظِماً وَتَكْرِيماً وَمَهَابَةً، وَزِدْ مَنْ شَرَّفَهُ وَكَرَّمَهُ مِمَّنْ حَجَّهُ أَوْ اعْتَمَرَهُ تَشْرِيفاً وَتَكْرِيماً وَتَعْظِماً وَبِرّاً

**Allāhumma zid hād̥hā-l-Bayta tashrīfan wa ta'zīman wa takrīman wa mahābah, wa zid man sharrafahu wa karramahu mimman ḥajjahu awi-'tamarahu tashrīfan wa takrīman wa ta'zīman wa birrā.**

Allah, increase this House in honour, esteem, respect and reverence. And increase those who honour and respect it—of those who perform Hajj or 'Umrah—in honour, respect, esteem and piety.

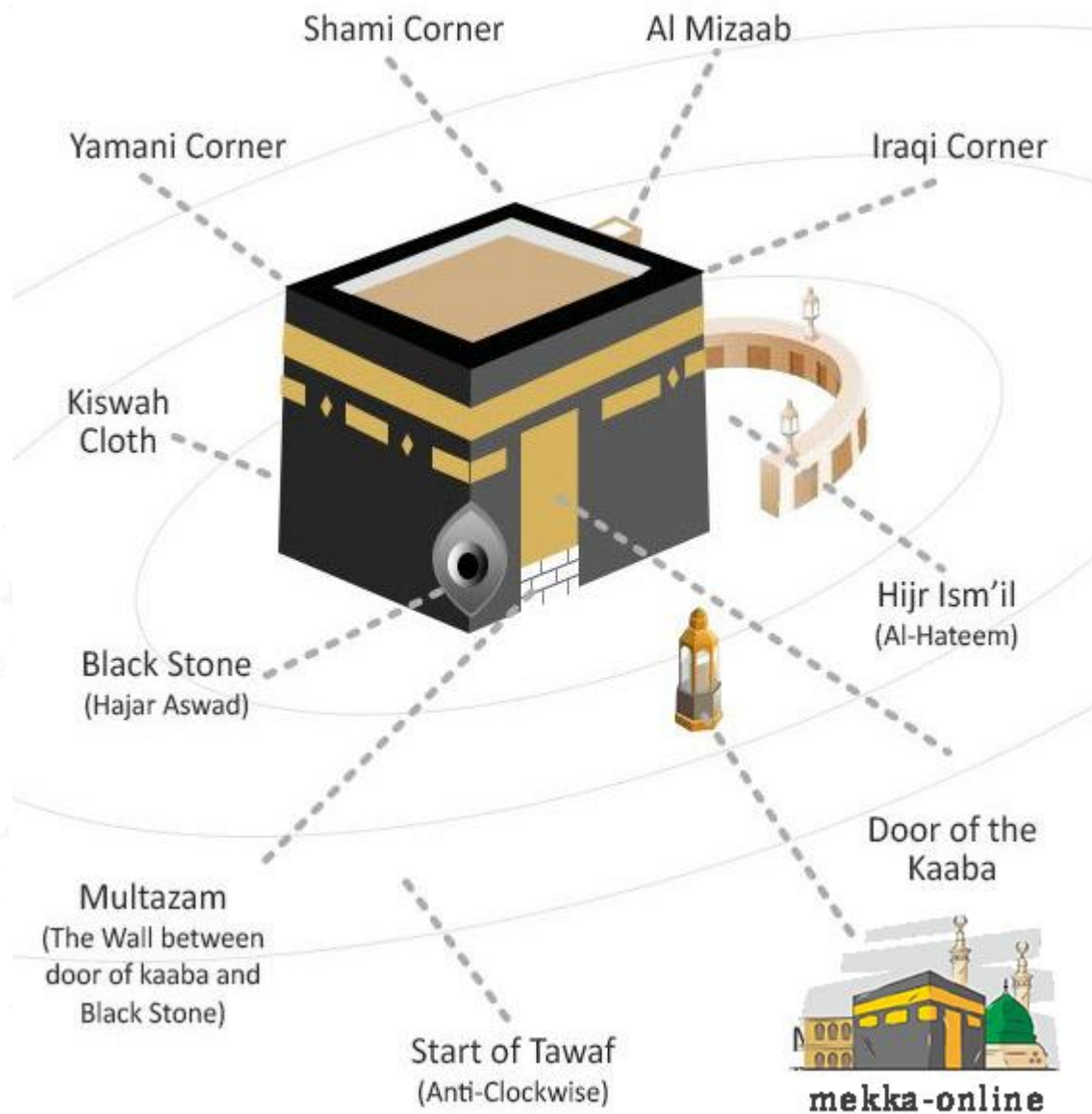
اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، حَيِّنَا رَبَّنَا بِالسَّلَامِ

**Allāhumma Anta-s-Salāmu wa minka-s-salām, ḥayyinā Rabbanā bi-s-salām.**

O Allah, You are Peace and from You is peace. Make us live, Lord, in peace.

Do Dhikr, make Dua and send Salawat upon the Prophet ﷺ in abundance here. Make the most of this opportunity before you begin your Tawaf, especially if it's the first time you've set eyes on the Kaaba.

## Tawaf al-Umrah



**For the Tawaf to be considered valid, the following is necessary:**

1. To perform Tawaf yourself.
2. To make an intention (verbally or not).
3. To do Tawaf in Masjid al-Haram.
4. To be in a state of Wudhu and free of anything that requires Ghusl, e.g. menstruation.
5. To conceal the Awrah.
6. To start Tawaf from Hajar al-Aswad.
7. To move in an anti-clockwise direction.
8. To avoid the Hatim (the semi-circle area outside the Kaaba).
9. To perform Tawaf by foot, for those who are able.
10. To perform seven circuits.
11. To perform two Rakahs of Salah after the Tawaf.

## Preparation



Ensure you're in a state of Wudhu, and if you're a male, uncover your right shoulder by passing the top sheet of your Ihram under your right armpit, allowing the garment to hang over your left shoulder (Idtiba).

## Starting Point



**Position yourself in line with the corner of the Kaaba where the Hajar al-Aswad is situated.** This particular corner faces a single minaret (while the other three corners face two minarets). **Look for the green light on the wall of the Masjid opposite the Kaaba,** as it marks the starting point for **Tawaf**. This spot serves as the beginning of each **Shawt (circuit)**. Stand just before this starting point, facing the Kaaba.

## Intention

As with any other act of worship, make the Niyah to perform Tawaf solely for Allah. You may also ask for acceptance and ease of your Tawaf. The following words may be said:

**O Allah, I intend to perform the Tawaf of Umrah of the Kaaba for your sake and**

**your sake alone. Please accept it from me and make it easy for me.**



You may make the following intention, which is in Arabic:

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

**Allāhumma innī urīdu l-ṭawwafa baytika l-ḥarāmi fa yassirhu lī wa taqabbalhu minnī.**

O Allah, I intend to perform Tawaf of your Sacred House, so make it easy for me and accept it from me.

The Niyyah doesn't have to be verbal.

### **Kissing, Touching or Saluting the Hajar al-Aswad (Istilam)**

**Although kissing the Hajar al-Aswad is very virtuous, don't harm others around you in an attempt to reach it.**

- **Kissing** – If you reach the Hajar al-Aswad, place your hands on it, put your face between your hands, say “bismi llāhi wallāhu akbar (بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ)” and kiss it lightly. Some scholars have said it is preferable to kiss it three times if you have the chance.
- **Touching** – If you're in reaching distance but unable to kiss it, touch it with your hand(s) and kiss your hand(s).
- **Saluting** – If it isn't possible to reach the stone, as is likely to be the case, perform a symbolic Istilam from afar by directly facing the Hajar al-Aswad and raising your hands up to your earlobes (as you would do when starting Salah). Ensure your palms are also facing it, as though your face and hands are on the Hajar al-Aswad, and say “bismi llāhi wallāhu akbar (بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ).” You may kiss your palms if you wish.

**If you decide to attempt to kiss or touch the Hajar al-Aswad, it is important to be aware that the experience can be quite intense. Due to the large number of people gathered around it, there is often a significant amount of pushing and shoving, which can potentially lead to injuries. It is nearly impossible to reach the Hajar al-Aswad without having to force your way through people vying to reach the sacred stone.**

The following supplication, a Dua of Ali I, may be recited when coming parallel to the Hajar al-Aswad in each circuit:

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ، اللَّهُمَّ إِيمَانًا بِكَ وَتَصَدِيقًا بِكِتَابِكَ، وَوَفَاءً بِعَهْدِكَ، وَاتِّبَاعًا لِسُنَّةِ نَبِيِّكَ مُحَمَّدٍ

**Bismi llāhi wa llāhu akbar, Allāhumma īmānan bika wa taṣdīqan bi kitābika wa wafā'an bi ahdika wattibā'an li sunnati nabiyyika Muḥammadin ﷺ.**

In the name of Allah, Allah is the greatest. O Allah, out of faith in You, conviction in Your book, in fulfilment of Your covenant and in emulation of Your Prophet's Sunnah ﷺ.

Other forms of Dhikr, such as Tahlil (lā ilāha illā Allāh) and Salawat upon the Prophet ﷺ may also be uttered at this point.



### **Begin your Tawaf**

Turn to your right and commence the first circuit of your **Tawaf**, ensuring that the **Kaaba** is on your left. Move in an **anti-clockwise direction**, and be cautious not to walk through the **Hijr Ismail**. If you accidentally pass through it, that circuit won't count, and you'll need to repeat it.

### **Raml (Brisk Walking)**

During the first three circuits, men should perform **Raml**, which involves brisk walking, lifting the legs forcefully, and extending the chest. However, if there's congestion (which is likely if you're closer to the Kaaba), only perform this Sunnah if you're sure it won't inconvenience others. During peak times, performing Raml might be challenging.

### **Dhikr & Dua (Remembrance & Supplication)**

While completing your Tawaf, you have the opportunity to recite prayers and supplications of your choice. Duas are accepted during Tawaf, so seize this moment to remember Allah with sincerity and devotion. It's advisable not to read directly from a Dua book, especially if you don't understand Arabic. As Imam Ibn Hibban V stated:

**“Specifying a Dua would take the moment away because with specific Duas, one will merely be repeating words. Whereas this occasion is for any Dua and for remembering one's Lord with humility and sincerity.”**

Therefore, supplicate in any language and manner you prefer. If you wish to make Quranic and Prophetic supplications during your Tawaf, make an effort to memorize and understand their meanings. Additionally, reciting the Quran and sending Salawat upon the Prophet ﷺ during Tawaf is also recommended.

### **Rukn al-Yamani**



Upon reaching the Rukn al-Yamani (the Yemeni Corner), the corner preceding the Hajar al-Aswad, touch it with your right hand or both hands and say “Allāhu akbar (الله أكبر)” if you manage to get close enough. If there’s too much congestion, as is likely to be the case, proceed without saying Takbir or gesturing towards it.

It is a Sunnah to recite the following Dua between the Rukn al-Yamani and the Hajar al-Aswad:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**Rabbanā ātinā fi d-dunyā ḥasanatan wafi l-ākhirati ḥasanatan wa qinā ‘adhāba n-nār.**

O our Lord, grant us the good of this world, the good of the Hereafter, and save us from the punishment of the fire.

[Surah Al-Baqarah, 2:201]

Imam Shafi’i V recommended this Dua to be recited throughout the Tawaf.

### End of Circuit at the Hajar al-Aswad

Returning to **Hajar al-Aswad** marks the completion of one circuit. Begin the second by performing **Istilam** of **Hajar al-Aswad**, as previously described, and saying “Allāhu akbar (الله أكبر)”. You should say “Allāhu akbar” while doing Istilam in all subsequent circuits. You will

perform Istilam eight times in total during the Tawaf: once before the start of the Tawaf and once at the end of each of the seven circuits.



### **During Tawaf**

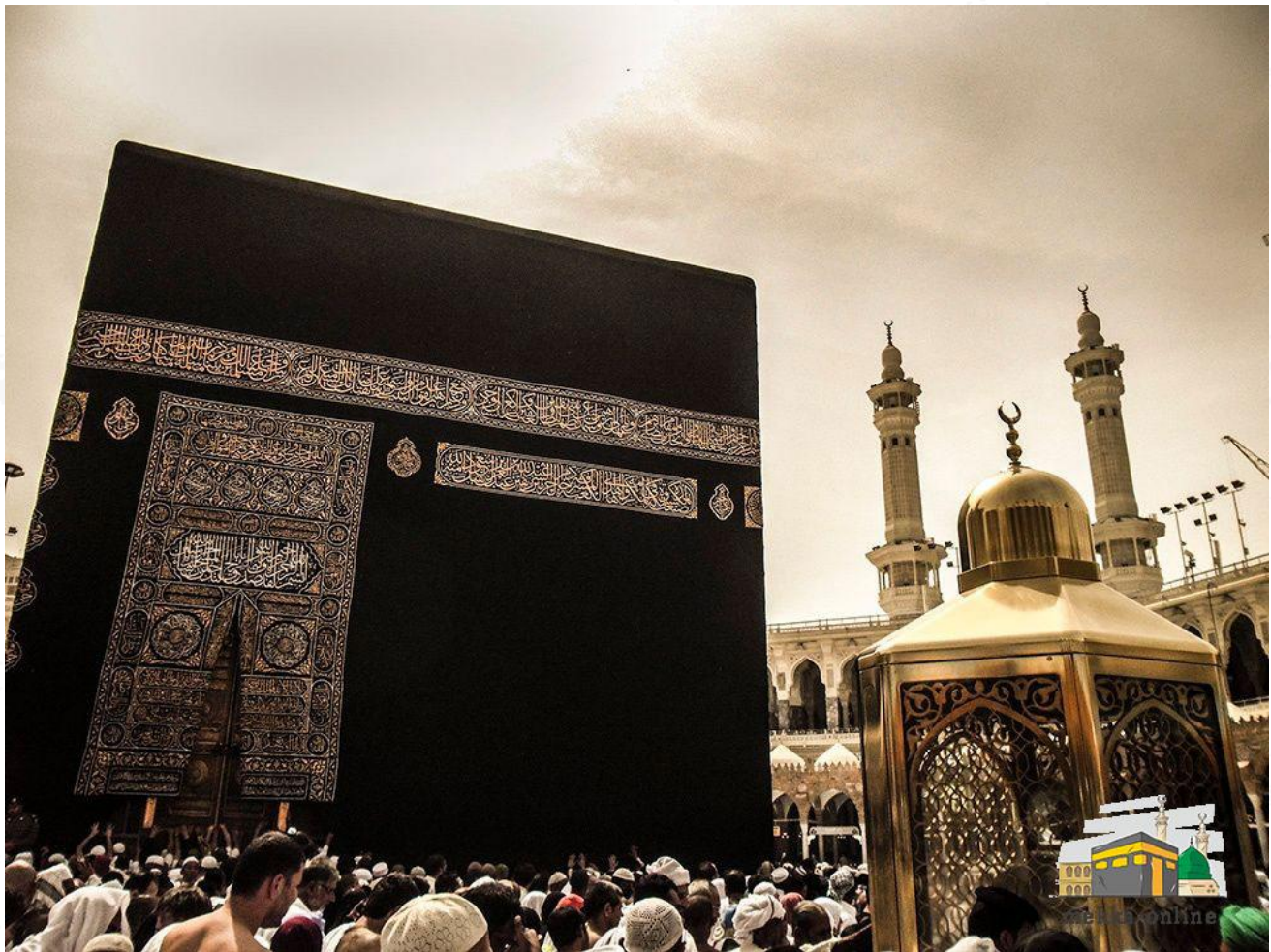
Complete the Tawaf in a continuous manner with no interruptions between circuits. However, if a congregational prayer is about to begin, join the congregation and then resume your Tawaf from where you stopped. The circuit does not need to be repeated. These rules also apply if you need to repeat your Wudhu.

### **Complete the Tawaf**

Continue in the same manner until you have completed all seven circuits. Performing Istilam at the start of Tawaf and at the end is a highly emphasized Sunnah, and performing Istilam on the other six occasions is desirable.

If you are in a state of **Idtiba**, cover your shoulder with your Ihram. 🕌🙏

### **Salah**



Upon completing the **Tawaf**, engage in **two Rakahs of Salah**. Ideally, position yourself where **Maqam Ibrahim** lies between you and the **Kaaba**. However, be aware that

since **Maqam Ibrahim** is situated within the **Mataf**, there is often limited space for pilgrims performing the **Tawaf**. They may need to navigate around and sometimes over those who are praying just beyond **Maqam Ibrahim**, resulting in significant congestion. If it becomes impossible to perform the prayer there due to overcrowding, it is acceptable to pray anywhere within **Masjid al-Haram**.



While moving to the place where you intend to perform the two Rakahs, it is recommended to audibly recite the following:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

**Wattakhidhu min maqāmi Ibrāhīma muṣalla.**


And take the Maqam Ibrahim as a place of Salah.

[Surah al-Baqarah, 2:125]

It is Sunnah to recite Surah al-Kafirun (Surah 109) in the first Rakah and Surah al-Ikhlās (Surah 112) in the second, after Surah al-Fatiha. Make sure you make plenty of Dua after completing the prayer.

## Zamzam



Upon completing **Salah** and making **Dua**, quench your thirst with **Zamzam water**, which is readily available around the **Tawaf** area and from various water fountains and dispensers in **Masjid al-Haram**. The entrance to the old well of **Zamzam** has been covered to allow more space for performing **Tawaf**. 

The Prophet ﷺ said: “The water of **Zamzam** serves the purpose for which it is consumed.” Before drinking **Zamzam** water, set an intention that its consumption will fulfill your desires—whether that be good health, success in this world, or protection from the trials of the grave. When drinking the water, it is **Mustahabb** to stand facing the **Kaaba**, say **Bismillah**, pause to take three breaths, and say **Alhamdulillah** after finishing. You can also apply it to your face and body. Consider reciting the following **Dua** after drinking the water:

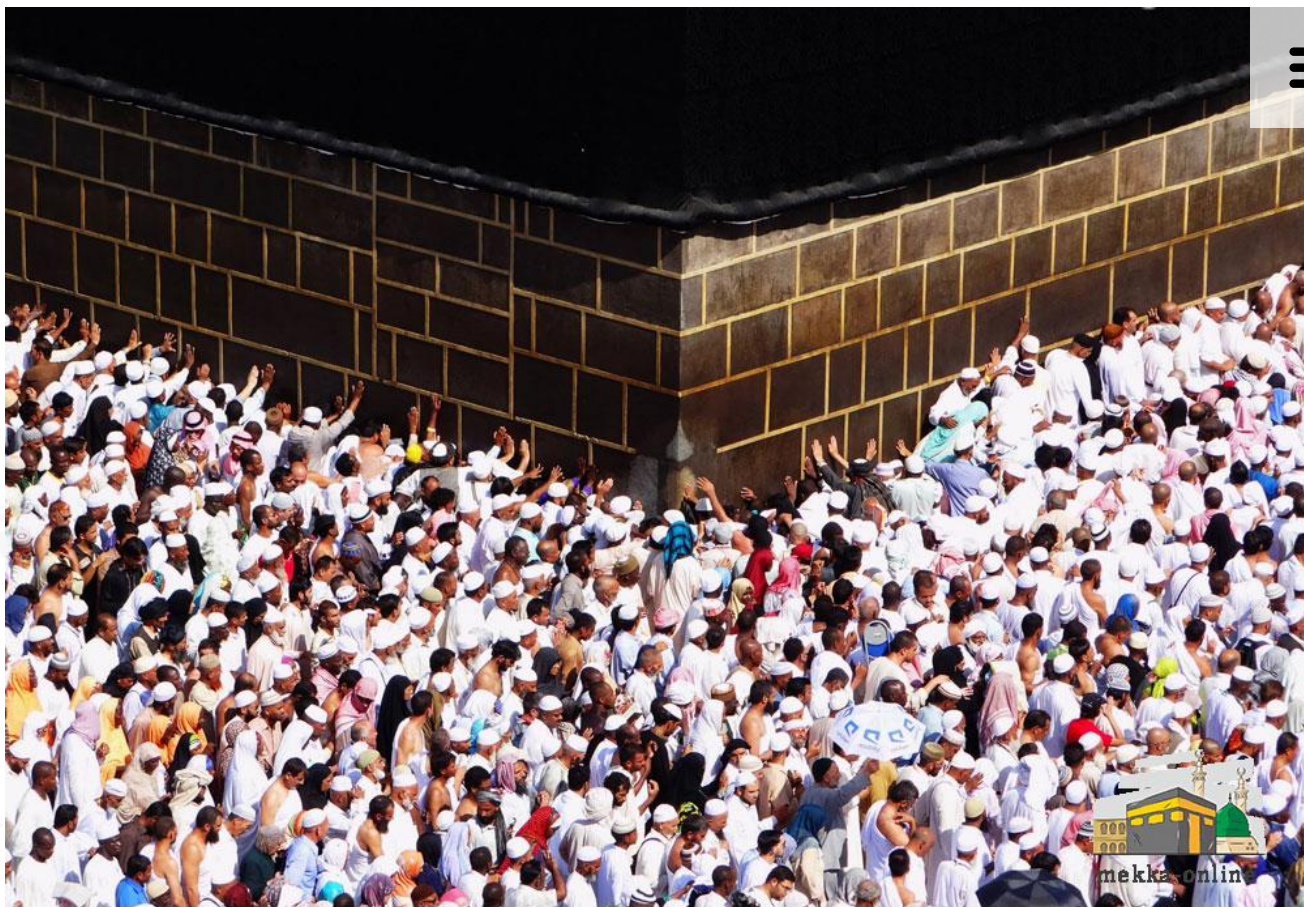
اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَعَمَلًا مُتَقَبَّلًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

**Allahumma innī as'aluka 'ilman nāfi'an, wa rizqan wāsi'an, wa 'amalan mutaqabbalan, wa shifā'an min kulli dā'.**

O Allah, I ask You for knowledge that is beneficial, provision that is abundant and a cure for every illness.

You may also make any other supplication of your choosing as it's another station where Duas are accepted.

## **Multazam**



**After completing your Tawaf**, proceed to the **Multazam**, which lies between **Hajar al-Aswad** and the door of the **Kaaba**.

During Hajj season, reaching the Multazam can be nearly impossible due to the large crowds. However, it may be accessible during other times of the year.

If you manage to reach the Multazam, raise your hands above your head, cling to the wall, and press your chest and cheeks against it. This practice follows the **Sunnah** of the Prophet ﷺ and is another sacred spot where supplications are accepted. Take your time with your Dua here.

If the crowds prevent you from reaching the Multazam directly, face it from a distance and make your supplications.

## Sa'i

Main article: Sa'i

It is **recommended (Sunnah)** to perform **Sa'i** immediately after completing the **Tawaf**, although you may take a break if necessary. If you feel tired or your feet ache after the **Tawaf**, it's acceptable to rest until you feel ready. Keep in mind that during **Sa'i**, you will

cover a distance of over **three kilometers**, so ensure you have enough energy to complete this ritual before beginning.



For the Sa'i to be considered valid, the following is necessary:

1. To perform Sa'i yourself.
2. To have entered into Ihram before performing the Sa'i.
3. To stay in Ihram until the Sa'i has been completed.
4. To perform Sa'i at its correct time.
5. To begin Sa'i at Safa and finish at Marwa.
6. To perform Sa'i after having done Tawaf.
7. To perform Sa'i on foot unless you have a valid excuse.
8. To perform seven laps.
9. To cover the complete distance between Safa and Marwa.

### **Istilam of the Hajar al-Aswad**

Before **Sa'i**, it is **recommended (Sunnah)** to perform **Istilam** of **Hajar al-Aswad** one last time. This will be the ninth time, following the eight times you performed **Istilam** during **Tawaf**.

If you've forgotten to perform this **Istilam**, or you're finding it difficult to return to the line of the **Hajar al-Aswad** due to crowding or tiredness, it may be omitted. However, you can do **Istilam** anywhere else in **Masjid al-Haram**, as long as you're facing the **Hajar al-Aswad**.

### **Proceed to Safa**



Proceed to the hill of Safa, which is located inside Masjid al-Haram in line with the Hajar al-Aswad. There are signs which indicate where it is. As you're approaching Safa, it is Sunnah to recite the following:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِن شَعَائِرِ اللَّهِ

Inna ṣ-ṣafā wa l-marwata min sha'ā'iri llāh(i).

Indeed, Safa and Marwa are from the Signs of Allah.

[Surah al-Baqarah, 2:158]

Then say:

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bimā bad'allahu bihi.

I begin with that which Allah has begun with.

These should only be recited once before Sa'i and not at the start of each lap.



## Make Dua at Safa

Upon reaching the hill of Safa, **orient yourself toward the Kaaba** and **lift your hands in supplication**. Although your view of the Kaaba might be partially obstructed, **make an informed estimate of its position** and direct yourself accordingly. Unlike during Tawaf, **avoid raising your hands up to your earlobes or gesturing directly toward the Kaaba**. Instead, you may recite **Takbir (Allāhu akbar)**, **Tahlil (lā ilāha illā Allāh)**, and **send blessings upon the Prophet** ﷺ. 🕌🙏

It is Sunnah to recite the following Dua:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، وَبِاللَّهِ الْحَمْدُ

Allāhu akbar, Allāhu akbar, Allāhu akbar, wa lillāhi l-ḥamd.

Allah is the greatest; Allah is the greatest; Allah is the greatest, and to Allah belongs all praise.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāh waḥdah(u), lahu l-mulku wa lahu l-ḥamdu yuḥyī wa yumīt(u),  
wa huwa ‘alā kulli shay’in qadīr.



There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death, and He has power over everything.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعَدَّهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāhu waḥdah(u), anjaza wa’dahu wa naṣara ‘abdahu wa hazama l-aḥzāba waḥdah.

There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the Confederates alone.

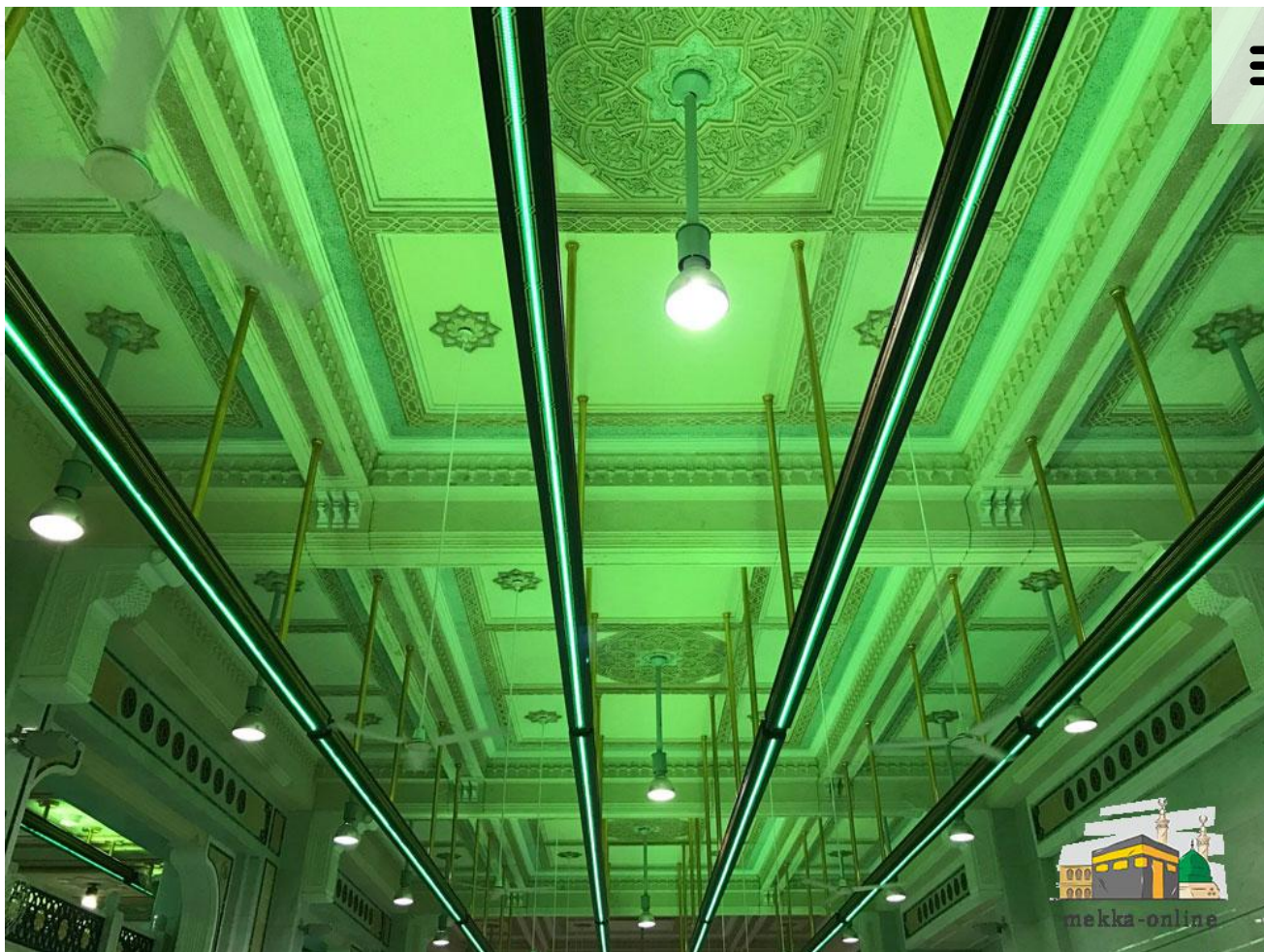
After reciting this Dua, you may recite your own supplications. Read the Dua a total of three times, making your own supplications in between each time, as was the Sunnah of the Prophet ﷺ.

## Proceed to Marwa

**Proceed from Safa to Marwa**, and as you traverse the distance between these two sacred hills, you’ll encounter **two sets of green fluorescent lights spaced approximately 50 meters apart**. These luminous markers symbolize the path that Hajar took while seeking higher ground. Known as **Milayn al-Akhdharayn** (the two green mileposts), they serve as a reminder of her endurance and faith.

**For men**, it is **Sunnah** (recommended practice) to **run at a moderate pace** between these markers. **Women**, on the other hand, should continue their journey at a normal walking pace.





## **Dhikr & Dua**

There is no fixed Dhikr or Dua that has been prescribed to be read during Sa'i, so you may recite any prayers or supplications of your choice and send Salawat upon the Prophet ﷺ.

## **Make Dua at Marwa**

Upon reaching the hill of Marwa, face the direction of the Kaaba, raise your hands in supplication and repeat the same supplications you recited at Safa.

This completes one lap of Sa'i. Returning back to Safa is considered a second lap.

## **End of Sa'i**

Repeat this procedure until you have completed seven laps, at which point you should be at the hill of Marwa.



## Dua and Salah

It is recommended to make a final Dua here and also to perform two Rakahs of Nafil Salah in Masjid al-Haram following Sa'i.

## Leave the Haram

As you leave Masjid al-Haram, step out with your left foot and recite the following Dua, as was the Sunnah of the Prophet ﷺ when leaving the mosque:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismi llāhi, wa ṣ-ṣalātu wa s-salāmu 'ala rasūli llāh. Allāhumma innī as'aluka min faḍlik.

In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, I ask of you from Your bounty.

# Halq or Taqsir

## Post-Sa'i Rituals for Completing Your Umrah

After completing the Sa'i (the ritual walk between Safa and Marwa), there are specific steps to follow in order to leave the state of Ihram and finalize your Umrah pilgrimage:

### 1. Hair Shaving (Halq) or Trimming (Taqsir):

- **Men:** It is more virtuous for men to **shave their entire heads** after Sa'i.

- **Women:** Women should **only trim their hair by at least an inch.**



## 2. Licensed Barbershops in Makkah:

- There are several licensed barbershops in Makkah that operate **24 hours a day**, typically closing only during Salah (prayer) times.
- Look for barbershops in locations such as the **Zamzam Towers, Hilton shopping complex**, and **al-Safwa Towers**.
- Additionally, you'll find barbers near the **Marwah door** after completing Sa'i.

## 3. Self-Haircut Option:

- Alternatively, you can **shave or trim your own hair** to exit the state of Ihram.

## 4. Congratulations on Completing Your Umrah!

- You are now free from the restrictions of Ihram.
- Feel free to change into your regular clothing.
- If you plan to perform another Umrah, remember that you must travel to the boundary of the Haram to once again enter into Ihram.
- Many pilgrims choose to enter Ihram at **Masjid Aisha**, which is the nearest and most convenient location from **Masjid al-Haram**.
- Taxis are readily available near the mosque.

May your Umrah journey be blessed and fulfilling! 🕌 ✨



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alcohol, or even wear gold. For those who are just getting acquainted with religion, it is necessary to remember that all Sharia prohibitions are created for the benefit of man. If you start to disassemble...

February 8, 2023

