

How To Perform Umrah | Easy 13 Step Guide For Ladies & Gents

Summary

What are the main parts of Umrah	Umrah consists of 4 main parts – Ihram & talbiyah – Tawaf e Ka'ba – Sae'e Of Safa And Marwa – Halaq (shaving head) or Qasar (trimming hair)
What is the Niyat of Umrah?	اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي
What is Ihram for men	Two unstitched white pieces of cloth
What is Ihram for ladies	Women's dress is their Ihram. It should be a loose gown and headscarf covering their hair.
What are the main Ihram restrictions and rules for men?	<ul style="list-style-type: none"> – Can't cover your face or head with a cloth. – Can't wear stitched clothes. – Can't wear slippers that cover the upper part of the foot. – Can't use perfume or perfume products. – Can't trim or cut hair or nails. – Can't kill insects or even lice in their hair.

	<ul style="list-style-type: none"> - No intimate relations or talk with a spouse.
What are the main Ihram restrictions and rules for women?	<p>The same as men, with the following differences.</p> <ul style="list-style-type: none"> - Should cover the head. - Can wear stitched clothes
What to do in Ihram?	Recite Talbiyah frequently, do zikr and dua.
How many rounds in one Tawaf?	One Tawaf consists of 7 rounds
What's the best zikr for Tawaf?	<p>Recite any zikr you want, make dua in your language, and recite the parts of the Holy Quran you remember.</p> <p>Between Rukn e Yamani and Hajr e Aswad, recite</p> <p>رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ</p>
How many rounds in Sae'e?	Safa to Marwa is one round, and Marwa to Safa in another round. Complete 7 rounds like that.

You're excited to [perform Umrah](#), I know.

I still remember the mixed feelings of joy, excitement, nervousness, and anxiety when I performed Umrah for the first time in my life.



I couldn't believe I'd finally get the opportunity to walk around the Kaaba and see its wonders with my own eyes.

But I was confused and worried because I didn't want to make any mistakes in my Umrah.

Like you, I read several books and watched many videos to understand how to perform Umrah.

But it wasn't until I actually completed my Umrah that I fully understood how it was done.

So, let me make it easy for you.

There's nothing to be worried about.

Umrah isn't complicated. But to make it even easier for you, I've summarized its most critical steps in this easy-to-read guide.

Just keep it with you during Umrah, and you'll be able to perform all the steps perfectly insha Allah.

Let's begin.

Note: *The rulings mentioned in this article have been taken from the books of eminent scholars like Mufti Muhammad Shafi and Mufti Abdur Rauf Sakharvi (Jamia Darul Uloom Karachi)*

What Is Umrah?

Umrah is an act of worship in Islam where you visit the Kaaba and perform a set of tasks within its premises to please Allah SWT.

It is called Hajj e Asghar or the Mini Hajj (minor pilgrimage) because it gives you a glimpse of what it feels like to perform Hajj. This is why many people who perform Umrah for the first time in their lives desire to perform Hajj as well.

Umrah is a Sunnah of Prophet Muhammad, صلى الله عليه وسلم and he has mentioned several virtues of performing it.

For example, in one hadith Prophet صلى الله عليه وسلم said,

الْعُمْرَةُ إِلَى الْعُمْرَةِ كَفَّارَةٌ لِمَا بَيْنَهُمَا، وَالْحَجُّ الْمُبْرُورُ لَيْسَ لَهُ جَزَاءٌ إِلَّا الْجَنَّةُ

“(The performance of) `Umra (minor pilgrimage) is an expiation for the sins committed (between it and the previous one). And the reward of Hajj Mabrur (the main pilgrimage accepted by Allah) is nothing except Paradise.” ([Bukhari 1773](#))

Unlike [Hajj](#), Umrah can be performed any time of the year. However, performing Umrah in the month of Ramadan has an even greater reward, as apparent from this hadith of Prophet Muhammad صلى الله عليه وسلم.

فَإِذَا كَانَ رَمَضَانُ اعْتَمِرِي فِيهِ فَإِنَّ عُمْرَةَ فِي رَمَضَانَ حَجَّةٌ

‘Perform `Umra when Ramadan comes, for `Umra in Ramadan is equal to Hajj (in reward),’ ([Bukhari 1782](#)).

Can You Perform Umrah Before You Have Performed Hajj?

Hajj is mandatory for every Muslim man and woman who has the health and financial resources to do so.

However, if a person does not have the resources for Hajj or gets an opportunity to perform Umrah before Hajj for any reason, there's no harm in doing it.

This is clearly narrated by Ibn Umar

`Ikrima bin Khalid asked Ibn `Umar about performing `Umra before Hajj. Ibn `Umar replied, "There is no harm in it." `Ikrima said, "Ibn `Umar also said, 'The Prophet (ﷺ) had performed `Umra before performing Hajj.'" ([Source](#))

However, a person who has performed Umrah should look to gather the resources for Hajj, as it is mandatory and has a much greater reward than performing Umrah.

The Four Main Components Of Umrah

Let's begin our Umrah guide by understanding its main components and their importance.

Umrah consists of four main parts.

Umrah Component	Importance	Ruling
Ihram, Niyat & Talbiyah	Fardh (mandatory)	Umrah will be invalid without it
Tawaf Of Kaaba	Fardh (mandatory)	Umrah will be invalid without it
Sae'e Of Safa And Marwa	Wajib (Critical)	If a person leaves it, offering Dam (sacrificing a goat) within the boundaries of the Haram is

		mandatory for the Umrah to be valid.
Halaq (shaving the head) or Qasar (equally trimming the hair)	Wajib (Critical)	If a person leaves it, offering Dam (sacrificing a goat) within the boundaries of the Haram is mandatory for the Umrah to be valid.

These four components are the crux of Umrah.

If a person performs them, their Umrah will be valid. All other aspects of Umrah are Sunnah or Mustahab (preferable), which beautify your Umrah and must be followed if possible.

Now let's break down your Umrah journey into easy steps.

How To Perform Umrah | A Quick Guide For Men & Women

I have divided this Umrah guide into 13 easy steps so that you can remember each step and refer to it while performing Umrah from the Index given at the top of the page.

I'll try to be brief so that you can easily extract the action items for each step.

However, if you prefer watching videos, here's an excellent clip summarizing the Umrah journey perfectly.

Umrah Step 1: Preparing For Umrah

Umrah preparation is about getting yourself ready to visit the House of Allah and beautifying your appearance and soul. Doing this isn't mandatory but will make your Umrah journey more pleasant and spiritual insha Allah.

Do this before leaving your house for the Umrah journey.

- Shave the unnecessary body hair from your private parts.
- [Make wuzu](#) (ablution) and take a bath with the intention of Ihram
- Wear your favorite perfume on your Ihram clothes and use deodorant on your body (it is allowed before making the niyat of Ihram). But the perfume or Itar must be colorless.
- Women should not use a strong perfume that people in their surroundings (except for their husbands and other mahrams) can smell, as it is prohibited by Prophet Muhammad صلى الله عليه وسلم. Masjid al-Haram is always crowded, and you'll be walking alongside thousands of men and women during Tawaf and Sae. So, avoid using perfumes.

Now you're ready to wear your Ihram.

Step 2: Wearing The Ihram Clothes For Men And Women

Next, it's time to wear your Ihram clothing.

Ihram is not just a piece of clothing, it is a state with a set of restrictions. You must be in the state of Ihram to perform Umrah as it is Fardh. There's no Umrah or Hajj without Ihraam.

Both men and women have different Ihraam.

Ihram For Men

Men's Ihraam consists of two white unstitched pieces of cloth. You wear one cloth on your abdomen and the other on the upper body.



Since most of us aren't used to wearing such clothes, make sure you wear it tight enough so it doesn't fall down.

There's no fixed way to wear the Ihraam, but I found the following method the most effective. It is not only comfortable but also ensures that your Ihraam doesn't fall off or reveal your body.

I prefer the method demonstrated at 2 min 30 seconds in the video below.

What Is Ihram For Women?

Ihram clothing for women is much simpler.

They don't have to wear any unstitched pieces of clothing.

Instead, their dress becomes their ihram. However, the dress should be modest and loose and must not reveal any part of the body except for the face and hands. Plus, the headscarf should be thick and tight enough to ensure no hair is visible through it or comes out of it

So, I'd suggest women get a loose white or black gown (abaya) to use as Ihram. But that's optional.

As long as your dress fulfills the conditions mentioned above, your Ihram will be valid.

Because as I said, Ihram is a state with a set of rules, not just a piece of cloth.

Important Advice: When wearing Ihram, apply some petroleum jelly or any greasy cream on the insides of your thighs and underarms. You'll have to walk a lot in Ihram, and most people get skin rashes because of excessive sweating,



which makes it very painful to walk. Applying petroleum jelly will protect you from this.

Important: Ihram Rules For Ladies And Gents | Prohibited Things And Limits

You do not become a Muhrim (one with the restrictions of ihram) just by wearing your ihram clothing.

You must also make Ihram niyat and read Talbiyah to get into the state of Ihram.

However, before that, you must carefully understand the do's and don't of Ihram and remember the restrictions and limits. Violating these limits intentionally can invalidate your Umrah and result in a Dam (sacrificing a goat to make up for the mistake).

Here are the main limits and restrictions in the state of Ihram for both men and women.

- Both men and women should not cover their faces with any cloth in the state of Ihram.
- However, women must still practice pardah (hijab) from Na Mahram (men they can legally marry in the Shariah at any stage of their lives). So, to observe pardah, women can wear a shaded cap and put a cloth over it so that it doesn't touch their faces.
- Men cannot cover their heads, either.
- Men cannot wear clothing stitched to their body structure.
- Men cannot wear slippers or shoes that cover the upper part of their feet.
- Both men and women cannot wear perfume or use perfumed soap.
- A Muhrim (a person in ihram) cannot trim or cut their hair or nails.



- They cannot kill insects or even lice in their hair.
- Married couples cannot have intimate relations in Ihram.
- No kissing, hugging.
- No romantic talk or intimate discussions either.
- No fighting or arguing with anyone.
- Committing any major or minor sins is strictly prohibited. They're not allowed even outside the state of Ihram, but Ihram increases the intensity of the prohibition.

Apart from the things listed above, the following things are Makrooh or disliked during Ihram. However, they do not invalidate your Ihram or make any Dam wajib.

- Eating perfumed bubble gums or any other food that leaves a scent in your mouth.
- Combing and brushing hair.
- Wiping your face with a cloth.

Things You're Allowed To Do In Ihram

- Taking a bath to get refreshed without using perfumed soap or shampoo.
- Using miswak to clean your teeth.
- Killing harmful animals or insects if avoiding them isn't possible.
- Putting a bandage on a wound

Step 3: Offering 2 Rakat Nafil

Now that you've learned the conditions and limitations of Ihram and prepared yourself after taking a bath, wear your Ihram clothes.

Remember, you're still not in the state of Ihram, so no Ihram limits apply to you for now.

- Now, offer 2 rakat Nafl namaz if it's not a prohibited time (between Asr and Maghrib, between Fajr and till 15 minutes after sunrise, and 20 minutes before Zuhr)
- Men will cover their heads like usual during this namaz.
- Offer these Nafl as any other namaz. But it's better to recite Surah Kafiroon in the first Rakat after Fatiha and Surah Ikhlāas in the second Rakat.

Step 4: Making Umrah Niyat & Reading Talbiyah

- After performing these 2 rakat, Men will uncover their heads.
- Now sit facing the qibla direction and make the Niyat (intention) of Umrah.

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayk Allahumma Umrah.

O Allah, here I am to perform Umrah.

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allahumma Innee Ureedul Umrata fa-Yassirhaa lee wa Taqabbal-haa Minnee.

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

- You can also say it in your own language. "O Allah! I intend to perform Umrah to seek your pleasure. Please make it easy for me and accept it from me."
- Now recite Talbiyah 3 times loud enough so you can hear it yourself and the person beside you.

لَتَبَّكَ اللَّهُمَّ تَبَّكَ، لَتَبَّكَ لَا شَرِيكَ لَكَ تَبَّكَ، إِنَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكَ لِأَشْرِيكَ لَكَ

Translation: “Here I am at Your service O Allah!, here I am. Here I am at Your service, and You have no partners. You alone are All Praise and All Bounty, and You alone are The Sovereignty. You have no partners.”

- Now recite durood sharif and make dua. Praise and thank Allah SWT for this huge honor, and request His guidance and help in completing your Umrah.

With that, you have entered the state of Ihram, Alhamdulillah.

Now you must do the following things in the state of Ihram

- Excessively read the Talbiyah. If you feel tired, stop until you feel refreshed and start again.
- Be conscious of the limitations of Ihram.
- Make abundant zikr of Allah SWT
- Make lots of Dua as Allah SWT accepts the Duas of Muhrim (person in Ihram). Read the [Dua e Hajat](#) with the intention of performing Umrah correctly.

Important Advice: If you're traveling from outside Saudi Arabia, it's better to make the Niyat of Ihram and read Talbiyah in your aircraft once you reach the [Miqat](#) point. I say this because if your travel is long and you make Niyat from your home, you'll have to adhere to Ihram's limitations throughout your journey. So, instead, wait for the Miqat point to be announced on your Umrah flight to make your Ihram Niyat. You can offer 2 rakat that we discussed above at your home or the airport. Then make the Ihram niyat during your flight.

Step 5: Entering Masjid ul Haram

Once you reach Masjid al-Haram, it's time to begin your Umrah.

Here's what you should do.

- Enter Masjid al-Haram from the Fahad Gate or Abdul Aziz Gate as they're the closest to Mataf (the place where you'll perform Tawaf around the Kaaba).
- Before [entering Masjid al-Haram](#), make the niyat of Etikaaf and say the following dua.

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ
اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Translation:

I begin in the name of Allah SWT And Blessings And Salutations Upon the Messenger of Allah, Muhammad صلى الله عليه وسلم

O Allah Forgive My Sins And Open The Doors Of Your Mercy On Me

- Now enter Masjid al-Haram with your right foot inside first and walk towards Mataf where you'll see Ka'aba, the House of Allah.

Step 6: First Sight On Kaaba & Dua

Upon reaching Mataf, you'll be able to see Ka'aba, the House of Allah, right before your eyes, in all its glory.

The first sight of Ka'aba is a time for Dua, as Allah SWT accepts Duas at this moment.

What should you pray for?

On your first sight at Ka'aba, say the following:

- Allahu Akbar, Allahu Akbar, Allahu Akbar.
- La Ilaha Ilallah, La Ilaha Ilallah, La Ilaha Ilallah.

Then recite [Durood sharif](#) and begin your dua.

Ask for all goodness of this world and the hereafter by reciting this Dua.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Translation: *O Allah! Grant me all the goodness of this Dunya and the goodness of the Akhirah (hereafter), and protect me from Hell Fire.*

Then make this dua.

“O Allah! I ask you for everything that Rasoolullah ﷺ asked for, and I ask your protection from everything that Rasoolullah ﷺ seeks protection from.”

Then say.

“O Allah! Please accept all my Duas in this Umrah journey”

Then make dua for as long as you want.

Personally, this is one of my favorite moments of the Umrah journey because it allows me to just talk to Allah, share my struggles, accept my sins and shortcoming, and request His mercy for as long as I want.

Cry, weep, and plead as much as you want.

This is your moment, your time in front of the Master of Masters.

Don't be hasty at this moment.



Take your time.

30 mins, 60 mins, as much as you want.

Let your spirit and soul be cleansed by the sight of the Ka'aba

Step 7: Making Tawaf Niyat And Istiqbaal e Kaaba

Once you're done with the initial Dua, it's time to start the most critical part of your Umrah, the Tawaf of Ka'aba.

Here's how to do it.

- Men should uncover their right shoulder. This is called "Iztiba" and it is a Sunnah during Tawaf.
- First, move towards Hajr e Aswad, the Black Stone, and stand facing its direction. If the Mataf is crowded, use the Green Lights, which are placed to mark the direction of Hajr e Aswad.
- Then, make the following Niyat for your Tawaf.

"O Allah! I'm performing the Tawaf of Umrah to seek your pleasure. Make it easy for me and accept it from me."

- Now, face Hajr e Aswad direction and lift your hands up to your ears like Takbeer Tahreema in Namaz and say

بِسْمِ اللَّهِ الْكَبِيرِ وَبِاللَّهِ الْحَمْدِ
وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

Then put your hands down.

This is called the Istiqbal e Ka'ba.

Step 8: Performing Tawaf Of Kaaba

Tawaf Summary

How many rounds in one Tawaf?	One tawaf consists of 7 rounds
Wuzu necessary?	Yes, wuzu is necessary for Tawaf.
Tawaf beginning point	The Black Stone, Hajr e Aswad
Tawaf ending point	The Black Stone, Hajr e Aswad
Iztiba	Men will uncover their right shoulder during Tawaf
Ramal	Men will walk quickly with short steps in the first three rounds of Tawaf

Now to begin the Tawaf, Kiss the Black Stone, Hajr e Aswad. This is called Istilam.

But avoid this in two conditions.

- If there's perfume on the Black Stone since you're in the state of Ihram
- If it is too crowded and kissing the Black Stone isn't possible.

In this case, you'll perform the Signal Of Istilam.

Here's how to do it.

Lift your hands in a way that your palms are facing the Black Stone, Hajr Aswad, and their back is towards your face. Then say:

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بِسْمِ اللَّهِ الْكَبِيرِ وَبِاللَّهِ الْحَمْدِ
وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

Then kiss your palms and stop reciting Talbiyah.

You can do it with both hands or one hand, whatever is easier.



Now begin walking for the first round of your Tawaf. One Tawaf consists of seven rounds that start from Hajr e Aswad and end on it.

During the Tawaf, you're prohibited from doing the following

- Looking at the Ka'aba, except for when doing Istilam.
- Facing the Ka'aba.
- Showing your back to the Ka'aba.

Doing Ramal During Tawaf For Men



Men are required to do Ramal in the first three rounds of Tawaf. It is a sunnah of the Holy Prophet.

In Ramal, you'll walk quickly with short steps and with stiff shoulders, similar to how a wrestler walks in the ring.

Here's a practical demonstration of Ramal by famous scholar Shaykh Mufti Taqi Usmani.

However, if Mataf is too crowded to do Ramal, you can skip it.

What Zikr Or Dua To Read During Tawaf

You are free to make any dua or zikr during Tawaf. Avoid [reading from books](#), and instead, use this as an opportunity to say everything you want to your Lord.

Recite any [surahs of the Quran](#) you remember, do any zikr like La Ilaha Ilallah, Durood Sharif, or any other [Dua from Hadith you remember](#).

Make dua in your language for yourself, your parents, children, friends, family, and the whole Ummah.

Zikr Between Rukn e Yamani And Hajr e Aswad During Tawaf

The corner of the Ka'aba before Hajr e Aswad is called Rukn e Yamani. It is Sunnah to touch it with one hand. However, if it is too crowded to do so, leave it.

Then keep reading this dua while moving towards the corner of the Ka'aba with Hajr e Aswad.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ



Complete The First Round Of Tawaf

Once you reach Hajr e Aswad, your first round of Tawaf is completed.

Now begin the second round of Tawaf the same way by doing the Signal of Istilam as described earlier.

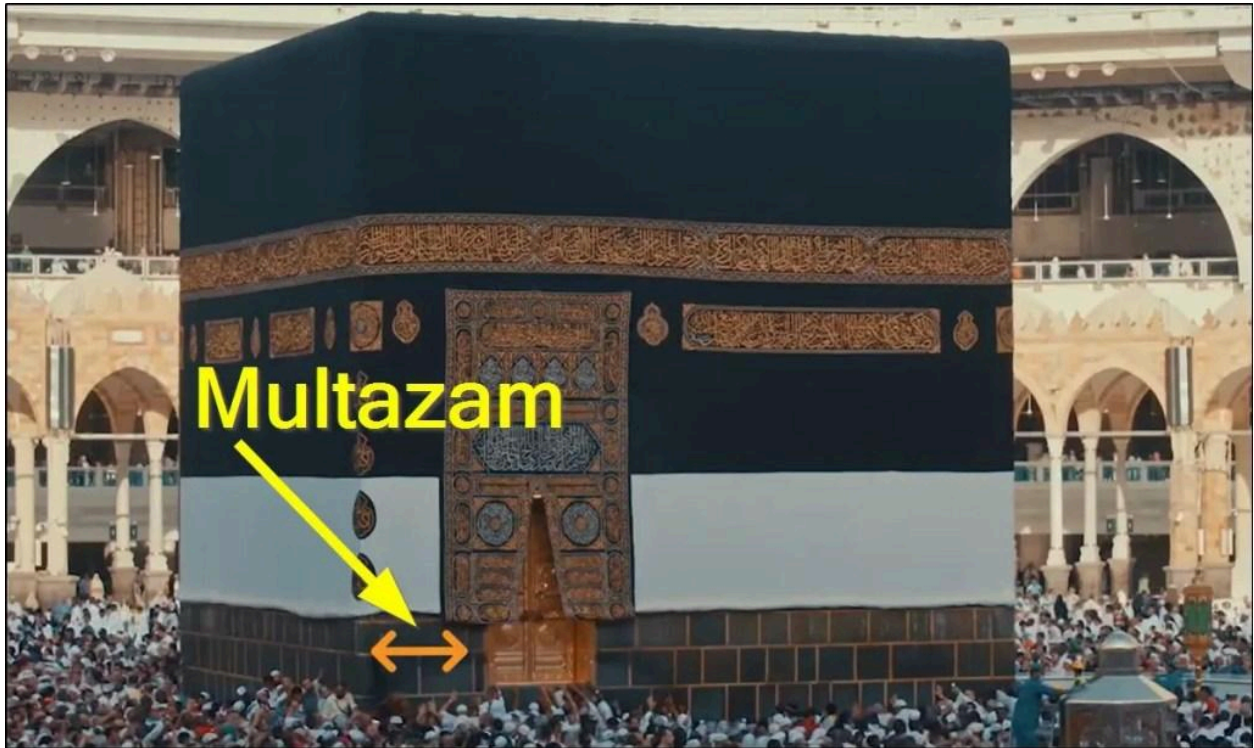
This way, you'll perform seven rounds of Tawaf to complete it.

Once you perform the last round of Tawaf, perform the Istilam Signal again to finish your Tawaf.

Important Advice: Most people forget which round of Tawaf they're performing. So keep a tasbeeh with you to count your rounds.

Step 9: Make Dua At Multazam

Multazam is the wall between the Door of the Ka'ba and the Black Stone, Hajr e Aswad.



It is a special place for the acceptance of Dua.

Once you complete your Tawaf, move towards Multazam and get as close as possible. But be careful if there's perfume on the wall because you're in the state of Ihram.

If you can't get close to Multazam, stand wherever possible and make abundant dua for all your matters.

This is a special time for Dua, so make it count.

Step 10: Offering 2 Rakat Wajib ut Tawaf Behind Maqam Ibrahim
And Drinking Zam Zam

Now move towards Muqam e Ibrahim, the golden frame in the Mataf.



- You'll offer 2 rakat Wajib ut Tawaf namaz in a way that you're facing both Muqam e Ibrahim and the Ka'aba. But if that's not possible because of the crowd, pray these rakat anywhere in Masjid al-Haram.
- Cover your shoulder with Ihram while offering this prayer.
- It is preferable to read Surah Kafiroon in the first Rakat and Surah Ikhlaas in the second Rakat

After that, go to the Zam Zam coolers and drink as much as you want while facing the Ka'aba.

While drinking Zam Zam, recite the following dua.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا ،
وَرِزْقًا وَاسِعًا ،
وَشِفَاءً مِّنْ كُلِّ دَاءٍ ،

**Ibn Abbaas (radiyallaahu ‘anhu) used to drink Zamzam water and say:
O Allah! I ask you for beneficial knowledge, and plentiful sustenance
and cure from every illness.**

(Hisnul Hasin)

Step 11: Starting Sae'e Of Safa And Marwa

Sae'e is the practice of walking in seven rounds between Mount Safa and Mount Marwa.

It is Wajib, mandatory, for Umrah, and it's better to do it in the [state of Wuzu](#). However, you can do it without Wuzu as well.

To perform Sae'e, do the following.

- Go to Hajr e Aswad and perform the Signal of Istilam for Sae'e.



- Now move towards the Sae area called Mus'a.
- Sae begins from Mount Safa.
- Upon reaching Safa recite the following

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا
فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Translation: *Indeed, as-Safa and al-Marwah are among the symbols of Allah. So whoever makes Hajj to the House or performs 'umrah – there is no blame upon him for walking between them. And whoever volunteers good – then indeed, Allah is appreciative and Knowing.*

Make Niyat Of Sae

Now stand at the beginning of Safa so that you can see the Ka'ba.

Then make Niyat for Sae.

"O Allah! I intend to perform Sae between Safa and Marwa to seek your pleasure. Make it easy for me and accept it from me."

Then lift your hands for Dua and do the following.

- Say Allahu Akbar three times
- Say La Ilaha Ilallah
- Then read the Kalima e Shahadat

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

- Then recite

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

- Then recite Durood e Ibraheemi

- Now make dua for yourself and anyone you want for as long as you want because this is a place for the acceptance of Dua.

Once you complete your dua, begin your Sae from Safa to Marwa.

Understand this.

Safa to Marwa is one round. Then Marwa to Safa is two rounds. Then Safa to Marwa is three rounds.

This way, you'll complete seven rounds of Sae where you'll end up on Marwa.

While walking between Safa and Marwa, some part of your path is marked with green lights above you.



This is the place where Men will jog with short steps. You don't have to run. Just jog.



And read this dua while doing so.

رَبِّ اغْفِرْ وارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Transliteration: Rabbighfir WarHam Anntal A'azzul Akram

Translation: *O my lord! forgive me, have mercy on me, You are the most mighty and honorable.*

Begin jogging when you enter the area under the green lights and get back to normal walking speed when the green part ends.

During your Sae, you can make any Dua, recite the Holy Quran, or make Zikr.

Once you reach Mount Marwa, face the Ka'ba direction, repeat the steps you did on Safa and make dua.

That's one round from Safa to Marwa done.

Now complete the remaining 6 rounds the same way to finish your Sae at Marwa.

Complete your Sae by making lots of Dua as you've done the hard work, it's time for your reward from Allah SWT.

Step 12: Offer 2 Rakat Nafil After Sae

After completing your Sae, offer 2 Rakat Nafil if it's not a prohibited time.

Preferably, offer these 2 rakat in Mataf facing Hajr e Aswad. But if that's not possible, offer them anywhere in Masjid al-Haram.

Alhamdulillah, you're almost done now.



Step 13: Shaving Your Head (Halaq) Or Trimming Hair (Qasar)

The final step after which your Umrah will be completed and your Ihram restrictions will be lifted, is shaving, cutting, or trimming your hair.

Here's how it works.

Cutting Hair After Umrah For Men

Men have two options when cutting their hair after Umrah.

- **Halaq:** Completely shave the head. This is preferable and has more rewards.
- **Qasar:** Equally trimming your hair from all sides of the head.

There's no third method.

Some people simply cut a few hairs from different parts of the head and think they're done. That's not the right practice.

So follow the two ways I've shared above.

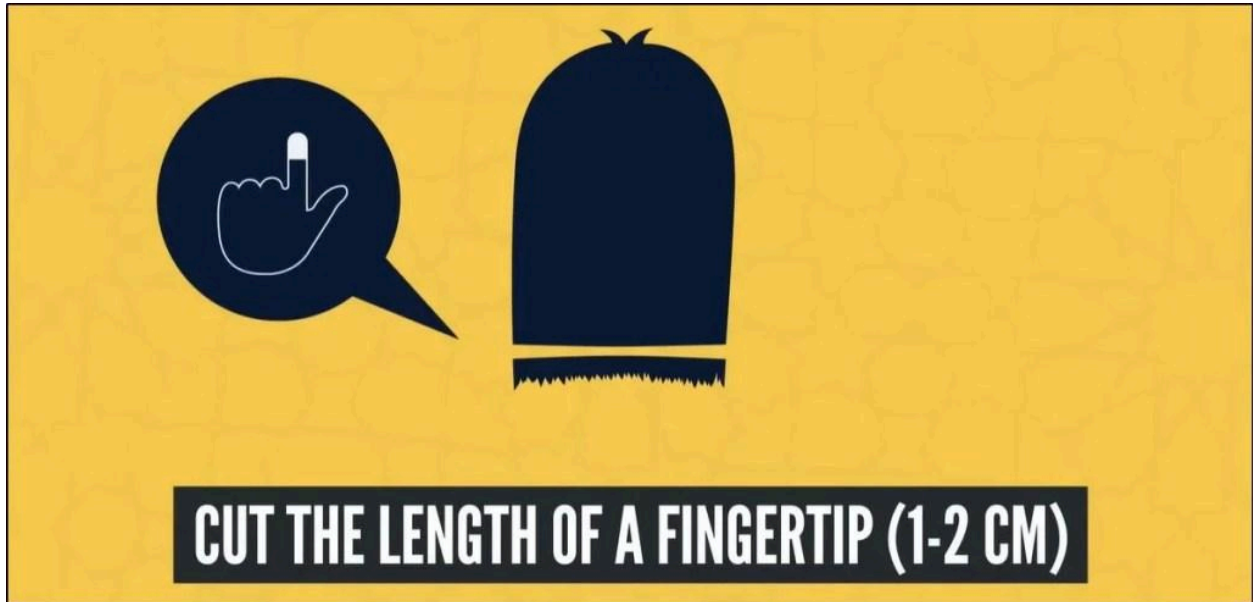
Cutting Hair After Umrah For Ladies

Women are not required to shave their heads after Umrah (thankfully).

Nor do they need to trim their heads from all sides (again, thankfully)

They simply gather all their hair in one hand, making them even by cutting their edges.

Then, they'll roll the hair once on their finger and cut from there. That'll mean they'll cut around 1-2 centimeters of hair from the bottom.



They can ask their husbands or any other Mahram or woman to help them with this.

You Have Completed Your Umrah

By cutting your hair, you have completed your Umrah, Alhamdulillah.

Congratulations, may Allah SWT accept it from you, forgive any mistakes, and make it a source of guidance for you and your family, and anyone who assisted you in this journey.

Now you're free of the Ihram restrictions and can wear your regular clothes.

How To Perform Umrah For Ladies

The Umrah for ladies is the same as I've described in the above guide.

The only differences are in the following matters.



- Ihram: Women's Ihram is different from men, as I've already described.
- Tawaf: Women don't do Ramal during Tawaf
- Sae'e: Women don't run during Sae'e

In addition, here's a piece of advice from my personal experience.

Mataf, the place where you perform Tawaf, is a crowded place. As a woman, you must be careful while putting yourself in large crowds because we should avoid the free mixing of men and women, even in Mataf.

So when it's crowded, don't push yourself in the crowd to reach Hajr e Aswad. Plus, try to stay with your male family members in Tawaf so that you can seek help if you're stuck in the crowd.

Remember, Allah SWT knows our intentions and sees what we're doing. Kissing the Black Stone is virtuous only when you don't break any other laws of Shariah to do it.

But if you have to jump into a sea of men to touch it, it's better not to do it at all. Your reward is with Allah SWT insha Allah.

The same applies to men as well. They should avoid body contact with women and stay away from them as much as possible during Tawaf.

Fear Allah, He's watching.