

# ATTIRE: MARRIED WOMEN: HEAD COVERING (KISUY ROSH)

## Attire: Married Women: Hair-Covering Guidelines

Married women should cover their hair when they leave their "*chatzeir*," which may mean house, yard, or domain. Married women should not appear in public without covering their hair.

**NOTE** It is an act of piety for married women to always cover their hair. (For extenuating circumstances, consult a *rabbi* for exceptions).

**NOTE** A married woman may have her hair exposed as long as its area is less than 1 square *tefach* (3.5" x 3.5", or about 9 cm x 9 cm). To measure this, add up all exposed hair to get a total area, flattened to two dimensions, as if it were a silhouette. It is an act of piety for married women to completely cover their hair.

To measure braided or bunched-up hair or hair in a pony tail, simply measure the cross-sectional area as it is. You do not need to measure the hair as if it were spread out flat.

When wearing a baseball-type hat, hair may be exposed on all sides, as long as the total exposed hair is less than 3.5" X 3.5."

To wear a "*kipa* sheitl," you may wrap your real hair around the sheitl, but only up to a total of 3.5" x 3.5."

## Attire: Married Women: Hair Cuts

A Jewish woman may have her hair cut by any hairdresser, including men, whether Jewish or not, and there is no problem of his seeing her uncovered hair.

## Attire: Married Women: Doctors

A married woman may allow her doctor to see her hair uncovered if necessary for treatment or examination.

## Attire: Married Women: Hair Covered during Prayer

A married woman is not required by *halacha* to have her hair covered when praying alone, but the custom is for her do to so.