

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Umrah Guide for Women

(With complete Guidance, Hadiths and References)



— Powered By —



 UmraPro.com

Special instructions for Women

1. Do not travel alone. It is not permissible to perform Umrah without a mahram (husband, father, brother).
 - No woman should travel without a mahram. — (Sahih Bukhari: 1862, Sahih Muslim: 1341)
2. Women should wear Ihram in plain, veiled clothing (not necessarily white like men). She may wear modest and simple clothing, except for the niqab and gloves. Avoid jewelry or perfume.
 - Hadith: It was narrated from Hazrat Aisha (RA) that the Messenger of Allah (PBUH) said: A woman should neither wear a veil nor gloves, but she may cover her face and hands with a cloth while in the state of Ihram. — (Sahih Bukhari: 1838)
3. It is forbidden to wear a veil and gloves while in the state of Ihram. Keep your face uncovered, but do not wear a veil unnecessarily.
 - Note: A woman's Ihram is to keep her face uncovered, but she still has to cover her face. If it is convenient, she can put a cap-like hat on her head and then put the niqab on top of it so that the niqab cloth does not touch her face because of the hat. In this case, she will be able to cover herself from a stranger. [See the picture on page 13.](#)
4. Prohibited things during ihram: It is prohibited to apply perfume, cut hair or nails, get married, or have sexual intercourse with husband while in the state of ihram.
5. Avoid crowded times. Women stay away from crowds - perform Tawaf behind men.
6. Talking nonsense while in the state of Ihram is a sin.
7. If ablution is broken during Tawaf, one should leave Tawaf and perform ablution first and then start Tawaf again. Wudu is necessary for **Tawaf**. Wudu is not necessary for **Sa'iee**.
[Hadith: Tawaf is an act of worship similar to prayer, except that speaking is allowed while performing it. — \(Tirmidhi: 96\)](#)
8. If a woman is in a state of menstruation or post-partum, she should refrain from performing Tawaf and Sa'iee. After becoming pure, she should take a bath and complete Tawaf and Sa'iee. She should continue to remain in the state of Ihram.
9. Women should not enter the Haram Sharif during menstruation. They should sit outside in the courtyard.
10. For women, there is no "Ramal" or "Iztaba" (walking quickly or exposing the right shoulder) during Tawaf.

11. If a woman begins her period while traveling, before traveling, or prior to reaching the Meeqat but intends to enter Makkah, she must assume Ihram in that state. She should make her intention, recite the Talbiyah, refrain from performing Nafli prayers, and observe all the prohibitions of Ihram. It is completely valid to enter Ihram during menstruation. However, she is not permitted to pray, perform Sa'iee, or perform Tawaf at that time. Upon arriving in Makkah, she should remain in her accommodation until her period ends. Once she becomes pure, she should perform ghusl, complete Tawaf and Sa'iee, and conclude her Umrah by trimming her hair.
12. After completing Umrah, it is mandatory to trim one's hair within the boundaries of the Haram. If someone trims their hair outside these boundaries, they will be required to offer a sacrifice (dum).

Virtue of Umrah in the light of Hadiths

What is Umrah? Umrah is a sacred act of visiting the House of Allah (Kaaba) that can be done at any time of the year. It is shorter than Hajj but is a very virtuous act in Islam.

What is Meeqat? There are certain places around Mecca, which are called Meeqat, and it is forbidden to pass beyond these places without entering Ihram. In case of traveling by plane, if it is difficult to enter Ihram inside the plane, then you can enter Ihram from your home or from the airport.

One Umrah is an expiation for the sins committed between the two Umrahs. — (Sahih Bukhari: 1773, Sahih Muslim: 1349)

Hazrat Aisha (may Allah be pleased with her) asked: Is jihad obligatory on women? The Prophet (peace and blessings of Allah be upon him) said: Yes, such jihad that does not involve fighting, that is Hajj and Umrah. — (Sunan Ibn Majah: 2901)

The intention for Umrah and the procedure for entering into Ihram

Niyah refers to the intention of the heart, but when making the intention for Umrah, it is necessary to express it verbally. One should make the intention solely for the pleasure of Allah.

Ihram: The method of entering into Ihram is to perform ghusl (ritual bath) and then put on the Ihram garments. A woman is permitted to wear clothing of any color, provided it does not serve as an adornment or attract attention.

Supplication before entering Ihram

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allahumma inni ureedul 'umrata fayassirha Lee wa taqabbalhaa minnee
O Allah, I intend to perform Umrah — so make it easy for me and accept it from me.

After this, pray two rak'ahs of **Sunnat-ul-Ehram** for entering Ihram.

- First rak'ah **Surah Al-Kafirun** | second rak'ah, recite **Surah Al-Ikhlās** after Surah Al-Fatihah.

After completing these two rak'ahs, recite this supplication:

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbaik Allahuma Umrah
Here I am, O Allah, intending 'Umrah.

Make the intention then recite the Talbiyah

Hadith: The Messenger of Allah (peace and blessings of Allah be upon him) said: Whoever recites Talbiyah, every stone, tree and earth will bear witness for him. — (Tirmidhi 828)

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

Labbayk Allahumma labbayk, labbayka la shreeka laka labbayk, inna al-hamda wan-nia'mata laka wal-mulk, la sharika lak.

At your service, O Allah, at your service. At your service, you have no Partner, at your service.
Indeed, all praise and blessings are Yours and the kingdom is Yours. You have no partner.

Try to enter the Holy Mosque through the **Bab al-Salam** and recite this **supplication** with utmost humility and reverence **while entering**

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ،
 بِسْمِ اللَّهِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ وَسَلِّمْ
 اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Aoozubillahil-azeemi wa bi'wajhihil kareemi wa sultanihil qadeemi mina'sshaitanirrajeem
 Bismillahi Allahumma salli ala Muhammedin wa'alihi sallim
 Allahumaghfirli dhunubi waftah Li Abwaba Rahmatik

I seek refuge In Allah Almighty, the Lord of Majesty and Glory, His Noble Being, and His Everlasting Kingdom, from Satan the accursed. In the name of Allah (as I enter) — O Allah, send Your mercy and peace upon Prophet Muhammad (peace be upon him) and upon the family of Muhammad (peace be upon them).
 O Allah, forgive my sins and open for me the doors of Your mercy.

And as soon as you see the Holy Kaaba, immediately recite this supplication

اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا وَمَهَابَةً وَزِدْ مَنْ
شَرَّفَهُ وَكَرَّمَهُ مِمَّنْ حَجَّهٗ أَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَكْرِيمًا وَتَعْظِيمًا وَبِرًّا

Allahumma zid hadhal-bayta tashreefan wa ta'aziman wa takriman wa mahabatan wa zid man sharrafahu wa karramahu mimman hajjahu awi tamarahu tashreefan wa takriman wa ta'aziman wa birra.

O Allah, increase the honor, respect, dignity and awe of this House, and increase the honor, respect, dignity and goodness of whoever honors it and performs Hajj or Umrah.

Method of Performing Tawaf

- As soon as you enter the Holy Kaaba, first perform Tawaf.
- Start at the Black Stone, say **Bismillahi, Allahu Akbar**, kiss the Black Stone, and then begin the Tawaf. It is not necessary to touch the Black Stone.
- When you return to the Black Stone after completing a circuit, that counts as one round. In the same way, complete seven rounds.

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ

Bismillahi, Allahu Akbar

Recite this Dua when starting Tawaf

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Sub'hanAllahi Wal Hamdulillahi wa Laa iLaaha iLLaLAllahu Wallahu Akbar Wala haula Wala Quwwata iLLaBillah

Glory be to Allah and All Praise be to Allah, There is no God but Allah, And Allah is the Greatest, Without the help of Allah, we cannot avoid sins or do good.

The supplication between the Yemeni Corner and the Black Stone

In each circuit, continue remembering Allah and make any supplications you wish, but it is best to end every circuit with this particular du'a.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana Atina fidduniya hasanatan wa fil'aakhirati hasanatan wa'Qin'aazabannar

Our Lord, grant us goodness in this world and goodness in the Hereafter, and protect us from the Fire of Hell.
— (Al-Baqarah 2:201)

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wattakhizu Mim'maqame Ibrahima Musalla

And make the Maqam Ibrahim a place of prayer. (Qur'an, Al-Baqarah 2:125)

When the seven rounds of Tawaf are complete, recite this verse with the intention of praying two rak'ahs behind Maqam Ibrahim ([Wajib al-Tawaf](#)). If you cannot find a place near Maqam Ibrahim, you can pray anywhere further away, behind Maqam Ibrahim in the Grand Mosque. This is the blessed place where prayers are accepted.

First rak'ah: Surah Al-Kafirun | Second rak'ah: Surah Al-Ikhlās

Hadith: The Messenger of Allah (peace and blessings of Allah be upon him) always prayed these two rak'ahs after Tawaf.
 ——— Sahih Muslim: 1218

Drinking Zamzam Water

Drink Zamzam while facing the Qiblah: Pray for healing, knowledge, and sustenance.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

Allahumma inni as'aluka ilman'nafia, wa rizqan wasi'a wa shifa'an min kulli da

O Allah, I ask You for beneficial knowledge, abundant sustenance, and healing from every disease.

Sa'iee: Walking between Safa and Marwah

After praying two rak'ahs at Maqam Ibrahim, go towards Safa hill to perform Sa'iee and recite these verses:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

InnasSafa wal Marwata min Shaai'rillah (Qur'an, Al-Baqarah 2:158)

Indeed, Mount Safa and Mount Marwah are among the signs of Allah. (Qur'an, Al-Baqarah 2:158)

Climb Mount Safa, face the Kaaba, say **Alhamdulillah** and **Allahu Akbar** three times, raise your hands, and recite the given supplications three times.

After that, descend from Safa and walk toward Marwa. Wherever the green pillars are visible, walk normally (women do not need to run between the green lights). Then go up Marwa and repeat the same praises and supplications as you did at Safa. If possible, recite all the adhkar and supplications at Safa and Marwa three times. This completes one cycle. Similarly, complete seven cycles and this will complete the Sa'iee.

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

La iLaha iLLa Llahu wahdahu La Sharika Lahu, Lahul Mulku Wa Lahul Hamdu,
yuhiiiee wa yumitu, wahuwa ala kulli shay'in Qadeer

There is no god but Allah, He is alone, He has no partner. To Him belongs the kingdom, all praise is due. He gives life and causes death. He is capable of all things.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

La iLaha iLLa Lahu wahdah, anjaza wa'adah, wa nasara abdash wa hazamal Ahzaaba Wahdah

There is no god but Allah. He fulfilled His promise and supported His servant Muhammad, peace and blessings be upon him, and he alone defeated all the parties.

After reciting these prayers three times, pray for yourself, pray for your family, pray for your parents.

Remember, there is no specific dhikr that is obligatory for Tawaf or Sa'iee; rather, any dhikr or supplication you can perform easily is permissible. You may also recite the Holy Qur'an while performing Tawaf and Sa'iee. Although every supplication and

dhikr is permissible on this occasion, it is better to focus on those that are authentically reported from the Holy Prophet (peace and blessings of Allah be upon him), as we have included in this guide.

Halq (shaving) or Qasr (trimming) or cutting hair

Women should trim their hair by about the length of a fingertip, while shaving the head is only for men. After performing Halq or Qasr, your Umrah is **complete**, and you are now out of the state of Ihram.

After performing Umrah

Momen may perform voluntary (Nafl) Tawaf, and should remain engaged in supplication, remembrance of Allah (dhikr), and seeking forgiveness (istighfar).

Umrah / Hajj Cap for Women

