**Ihram: state of consecration**

Pronouncing the *niyyah* (intention) putting on dress:
- Men’s dress: two unstitched pieces of white clothing
  Head stays uncovered
  Dyed clothing is not allowed
- Women’s dress: dress of any color, can be stitched; women are not cover face

---

**Forbidden acts in Ihram:**

- Sexual intercourse / sexual contacts
- Marriage or engagement
- Killing / hunting
  - removing hair from any part of the body (unless medically necessary)
- using perfumes (after entering *Ihram*).
- clipping nails
- covering head (with fixed headgear)
- wearing shoes (Certain kind of slippers / sandals are permitted).
- wearing garments with seams or dyes (Restriction for males only)