

# Islam Question & Answer

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## 3046 - Body piercing

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### the question

What is the ruling on piercing the skin around the navel (belly-button) and inserting a metal ring?

### Detailed answer

Praise be to Allaah.

We put this question to Shaykh 'Abd-Allaah ibn Jibreen (may Allaah preserve him), who answered as follows:

This is self-inflicted torture. This is not a place where adornments are usually worn, and there is no benefit in this practice. It comes under the heading of changing the creation of Allaah. And Allaah knows best.