



## 79241 - Is It Prohibited to Get a Massage during Ramadan?

---

### the question

Is the ruling on working as a massage therapist during Ramadan?

### Summary of answer

Working as a massage therapist during the day in Ramadan does not break the fast for the therapist or for the one who receives the massage.

### Detailed answer

Praise be to Allah.

### Is it prohibited to get a massage during Ramadan?

Working as a massage therapist during the day in Ramadan does not break the fast for the therapist or for the one who receives the massage.

### Can you work as a massage therapist?

The one who works in this profession must pay attention to a number of important Shar`i issues, such as the following:

- It is not permissible for a man to give a massage to women or for a woman to give a massage to men, because it is prohibited for non-Mahrams to touch one another, and because this opens the door to temptatio for both parties, in addition to other prohibited issues as we shall see below.
- It is not permissible to massage the area that is regarded as [`Awrah](#) , which is the area [between the navel and the knees in the case of men](#) and the area [between the lower chest and the knees in the case of women](#) , unless this area needs medical treatment by means of



massage, in which case it is permitted as a necessity.

- It is not permissible for either males or females to be naked and show their `Aurah to the massage therapist, rather it is only [the area that needs massage that may be uncovered](#) .
- It is not permissible for women to go to the offices of massage therapists if that is available to them in their homes, because of the [prohibition on women taking off their clothes outside their own homes](#) , and because there is no guarantee that others will not be looking or taking pictures in those places.

### **Is massage for energizing and pleasure permissible?**

The Shar`i guidelines that we have mentioned here apply to massage for therapeutic purposes, as mentioned in the question. [As for the kind of massage that is intended for energizing and pleasure](#) , this is not permissible because it involves many things that go against Shari`ah and it is not essential.

And Allah knows best.