



## 108638 - Can We Apply a Face Mask of Honey While Fasting?

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### the question

Is it permissible to put a face mask made of honey on the face? Please note that it does not require more than a teaspoon of honey. I put this mask on my face in Ramadan on the basis of a fatwa that I read which said that it is permissible to put any kind of cream on the skin or any product so long as it is not swallowed. Some of the honey entered my mouth and I tasted its sweetness but I did not swallow it. Did that break my fast?

### Summary of answer

If the face mask made of honey entered your mouth and you tasted it without swallowing, that does not affect your fast.

### Detailed answer

Praise be to Allah.

### Can women apply face masks while fasting?

There is nothing wrong with using honey on the face to remove freckles, soften the skin and so on, so long as there is no extravagance involved.

Shaykh Ibn 'Uthaymin (may Allah have mercy on him) was asked: Some of my friends use eggs, honey and milk to treat freckles on the face. Is it permissible for them to do that?

He replied:

“It is well known that these things are foods that Allah has created to nourish the body. If a person needs to use them for any other purpose that is not impure, such as a remedy, then there is nothing wrong with that, because Allah says (interpretation of the meaning): “He it is Who created



for you all that is on earth” [al-Baqarah 2:29]. The word lakum (for you) includes all beneficial uses, so long as there is nothing to indicate that it is haram.”

### **Can women apply face masks for cosmetic purposes?**

With regard to using it for [cosmetic purposes](#) , there are other materials which may be used for that purpose instead of this, so it is better to use those. It should be noted that there is nothing wrong with beautification, rather Allah is Beautiful and loves beauty. But being so extravagant about it so that it becomes a person’s main concern and he thinks about nothing else, and neglects a lot of his spiritual and worldly interests for that, is not appropriate, because it comes under the heading of extravagance, and Allah does not love extravagance.” (Fatawa al-Marah, compiled by Muhammad al-Musnad, p. 238)

### **If honey entered your mouth while fasting, does it break your fast?**

If the [honey](#) entered your mouth and you tasted it without [swallowing](#) , that does not affect your fast. It is permissible for the fasting person to [taste food](#) if need be, then spit it out without swallowing.

And Allah knows best.