

SHEESHA DEKHNE KI DUA

ALLAHUMMA ANTA HASSANTA KHALQI — DUA FOR LOOKING IN
THE MIRROR

شیشہ دیکھنے کی دعا — عربی، انگریزی اور اردو ترجمے کے ساتھ

SOURCE: HADITH • NARRATOR: AISHA (RA) • MUSNAD AHMAD 24392 •
SAHIH AL-JAMI' 1307

QUICK ANSWER

- The dua for looking in the mirror is Allahumma anta hassanta khalqi fa hassin khuluqi — “O Allah, You have made my creation beautiful, so make my character beautiful.”
- The dua is sahih as a general supplication of the Prophet ﷺ (Aisha, Musnad Ahmad 24392; Sahih al-Jami' 1307). Reports tying it specifically to looking in a mirror are weak in all their chains, and one version is fabricated.
- No fixed count (3, 7, or any other) is prescribed for this dua. Say it once, with understanding.

THE DUA — ARABIC, TRANSLITERATION, ENGLISH & URDU

اللَّهُمَّ أَنْتَ حَسَنْتَ خَلْقِي فَحَسِّنْ خُلُقِي

Allahumma anta hassanta khalqi fa hassin khuluqi

“O Allah, You have made my creation beautiful, so make my character beautiful.”

اے اللہ! تو نے میری صورت کو خوبصورت بنایا ہے، پس میرے اخلاق کو بھی خوبصورت بنا دے۔

WORD BY WORD — ENGLISH & URDU

Khalq and khuluq share one Arabic root and differ by a single vowel: the first is the form Allah gave, the second is the character we ask Him to beautify.

ARABIC	TRANSLITERATION	ENGLISH	اردو
اللَّهُمَّ	Allahumma	O Allah	اے اللہ

أَنْتَ anta	You	تو
حَسَّنْتَ hassanta	have made beautiful	خوبصورت بنایا
خَلَقِي khalqi	my creation, my outward form	میری صورت
فَحَسَّنْ fa hassin	so make beautiful	پس خوبصورت بنا دے
خُلُقِي khuluqi	my character, my manners	میرے اخلاق

OTHER WORDINGS OF THIS DUA

ARABIC	TRANSLITERATION	NOTE
اللَّهُمَّ أَنْتَ حَسَّنْتَ خَلْقِي فَحَسِّنْ خُلُقِي	Allahumma anta hassanta khalqi fa hassin khuluqi	The form in the article title, quoted in classical dua collections such as Al-Hisn al-Hasin
اللَّهُمَّ أَهَسَّنْتَ خَلْقِي فَأَحْسِنْ خُلُقِي	Allahumma ahsanta khalqi fa ahsin khuluqi	Aisha's narration — Musnad Ahmad 24392
اللَّهُمَّ كَمَا أَهَسَّنْتَ خَلْقِي فَأَحْسِنْ خُلُقِي	Allahumma kama ahsanta khalqi fa ahsin khuluqi	"Just as You have made..." — a widely circulated form

The meaning of all three forms is the same. Reciting any one of them is fine.

THE MIRROR MINUTE CHECKLIST — PRINT & TICK DAILY

- ☐ When you first look in the mirror while getting ready, slow down for ten seconds.
- ☐ Say the dua once, reading the meaning in your head as you say the Arabic.
- ☐ Silently name one trait you want Allah to improve in you today.
- ☐ Thank Allah for the form He gave you — no criticism, no vanity.
- ☐ Carry that one trait as the day's intention.

15-DAY TRACKER

DAY	DUA SAID ✓	TRAIT I NAMED TODAY
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

HONEST HADITH NOTE — READ BEFORE YOU FORWARD

Aisha (may Allah be pleased with her) reported that the Prophet ﷺ used to say this dua; it is recorded in Musnad Ahmad (24392) and graded sahih by Shaykh al-Albani in Sahih al-Jami' as-Saghir (1307). A similar wording from Abdullah ibn Mas'ud appears in Ahmad and Sahih Ibn Hibban. The reports that place these words at a mirror — through Ali, Ibn Abbas and Anas, in collections such as Ibn al-Sunni's 'Amal al-Yawm wa'l-Laylah (163–165) — were found weak in every chain by the hadith critics; one version was graded fabricated (mawdu'). Shaykh al-Albani discussed these routes in Irwa' al-Ghalil (74), and IslamQA's review (fatwa 239755) summarises the position the same way. Say the dua at the mirror — it is authentic and its meaning fits the moment — but do not present a mirror-specific Sunnah as established, and do not sell it as a beauty treatment.

نوٹ: یہ دعا بطور عام دعا صحیح ہے (مسند احمد 24392، صحیح الجامع 1307)۔ البتہ شیشے سے مخصوص روایات کی تمام سندیں ضعیف ہیں اور ایک روایت موضوع ہے، اس لیے اسے شیشے کی ثابت شدہ سنت نہ کہیں۔ اس دعا کی کوئی مقررہ تعداد بھی ثابت نہیں۔

QUICK QUESTIONS

IS THE MIRROR DUA IN THE QURAN?

No. It is from the hadith literature. The Quran supports its meaning — Allah “formed you and perfected your forms” (64:3) and created man “in the best of stature” (95:4).

CAN I SAY IT AT OTHER TIMES?

Yes. Because it is authentically reported in general terms, it can be said at any time, not only at a mirror.

WHAT DOES THE PROPHET ﷺ SAY ABOUT APPEARANCE?

“Allah does not look at your forms or your wealth, but He looks at your hearts and your deeds” (Sahih Muslim 2564). This dua is that teaching turned into a daily habit.

READ MORE ON CURRENTISLAM.COM

- Full article: [Sheesha Dekhne Ki Dua — Allahumma Anta Hassanta Khalqi in Arabic, Urdu & English](#)
- [Dua for Noor on Face](#)

- [How to Make Dua — A Step-by-Step Guide](#)
 - [Morning and Evening Azkar](#)
 - [Surah Hashr Last 3 Ayat — Huwallahu Lazi](#)
-

Sources & credits: Arabic dua text with full tashkeel, from the hadith wording above. English rendering: CurrentIslam editorial translation of the dua's meaning. Urdu meaning: editorial translation, set in Noto Nastaliq Urdu — have it read against your own Urdu reference before public distribution, as noted in the article package. Hadith references: Musnad Ahmad 24392; Sahih al-Jami' as-Saghir 1307; Irwa' al-Ghalil 74; IslamQA fatwa 239755. Free to print and share for personal and teaching use with this credit line intact. © CurrentIslam.com