# The Messenger of Allah (may Allah's peace and blessings be upon him) was performing ablution; he rinsed his mouth thrice and blew water out of his nose thrice. He then washed his face thrice and his right and left forearms thrice, then he took more water and wiped over his head, and then he washed his feet until he cleaned them

‘Abdullāh ibn Zayd (may Allah be pleased with him) reported that he saw the Messenger of Allah (may Allah's peace and blessings be upon him) perform ablution; he rinsed his mouth thrice and blew water out of his nose thrice. He then washed his face thrice and his right and left forearms thrice, then he took more water and wiped over his head, and then he washed his feet until he cleaned them.

[Authentic hadith] [Narrated by Muslim]

‘Abdullāh ibn Zayd (may Allah be pleased with him) informs us of the manner in which the Prophet (may Allah's peace and blessings be upon him) performed ablution. He tells us that when he performed ablution, he took water into his mouth, swirled it around, and spat it out; that he then took water into his nose and blew out the mucus and whatever else; and that he then washed his face thrice, then his right forearm up to the elbow thrice, and then the left forearm up to the elbow thrice. Then he wiped his head with new water and then washed his feet up to the ankles until all the dirt was removed from them.

http://www.sunnah.global/hadeeth/en/show/8381