

PREPARATION FOR THE MIKVAH

CHAFIFA - PREPARATION FOR IMMERSION, SHOULD BE DONE CALMLY AND WITH EASE.

Remove anything which can be considered a Chatzitzah (ie. unwanted hair, Band-Aids, jewelry, contact lenses, loose scabs, splinters, deodorant, lotion, etc.).

Remove makeup completely. This includes waterproof makeup, mascara, 24-hour lipstick, etc. Please consult your Rav regarding eyelash extensions.

Nails should be bare, trimmed and cleaned underneath, with any hangnails removed. (Polish, including long lasting and artificial applications should be removed. If you have questions, consult your Rav).

Brush teeth, floss and gargle. (Remove any Invisalign, elastics, bridges, retainers, etc. that would regularly be removed for cleaning/bedtime)

Clean naval with alcohol on Q-tip.

Clean ears with Q-tip and remove earrings. Clean earring holes with alcohol on Q-tip. (Use cleaned earring backing to put back in the earring in the hole and out again to make sure inside is clean).

Bathe in a tub close to time of immersion for at least 22 minutes.

Follow this with a shower using soap and shampoo only. (No conditioner) Comb out all knots from hair in the shower. If preparations were done at home, one should shower and comb her hair again at the Mikvah.

Use the bathroom and blow your nose before immersion.

Inspect ones body before immersion for stuck hairs, peeling skin, debris, etc.

Once in the Mikvah, you dip once, fold your arms under your heart, say a bracha and dip two more times. Sephardic women say the bracha outside the water and then enter the Mikvah to dip 3 times. The Mikvah attendant announces "kosher" if the dip was correct. Married women cover their hair with a small towel when reciting the bracha.

When the immersion is completed, you are clean & pure and considered a Taharah. Colored underwear should now be worn.

NIDDAH REVIEW

Once a woman gets her menstrual period (and/or bleeds) from the uterus, she enters the state of Niddah, and is obligated to separate from her husband.

The separation must be for 5 plus 7 days from the onset of her period. The counting goes by the Hebrew calendar.

Harchakot are kept to guarantee separation occurs (ie. no touching, direct serving of food, or passing). Separate beds must be slept in.

Once the 5 days pass (4 days for Sephardim), a Hefsek Taharah must be done. She washes herself, waits 10 minutes for natural lubrication to return, and then does an internal inspection with a bedikah cloth. She may do more than one inspection until it comes out clean.

After the Hefsek is made, a Moch Dachuk is done. The Moch consists of inserting another bedikah cloth and leaving it there until the emergence of 3 stars in the sky (*Kallahs & some Sephardim don't do this).

If stains are found on either the Hefsek (or Moch), a Rav may be consulted if questionable. If there is blood, then you redo the Hefsek the next day.

Once the Hefsek are done, clean white underwear should be worn (with a pantiliner). (A woman will can schedule her mikvah appointment one week from her Hefsek Tarahah. ie. if you do your Hefsek on a Monday, you go to the Mikvah the following Monday night)

The following morning you may start counting your Shivah Neki'm that is Day 1.

During the 7 spotless days, two internal inspections with a bedikah cloth are to be made - 1 in the morning and 1 before sunset. There are 14 total bedikot that will be made before immersing in the mikvah. Each day should be counted "This is day __ of my seven clean days."

On the 7th day, her last day of counting, a woman is clean and ready to immerse in the mikvah that night. After immersion, colored underwear should be worn and she is permissible to be with her husband.

A woman must separate from her husband on the Onah - those days that her period are due to arrive. If a woman has a predictable period, she only has to anticipate that one Onah. If she has an irregular period, she has to anticipate the following 3 Onahs: the actual date Hachodesh from the preceding month that her period came, the Haflaga (interval between the two periods) and the 30th (and 31st) day from your last menstrual period. There is separation and bedikot on those days.

Any possible questions or stains found should be spoken to a Rav.

