

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.