

Mikvah Preparation Checklist

Immersion in the Mikvah is a **purely spiritual experience**.

As a prerequisite for mikvah immersion, one has to be **perfectly clean**. There should be **no 'chatzizah' - intervening objects** - between one's body and the waters of the mikvah.

STEP 1: WASH

Preferably begin this process before sunset:

- *Remove any body hair that is generally removed (ideally not on the day of immersion)*
- *Cut and file nails and remove nail polish*
- *Remove makeup*
- *Clean ears and earring holes*
- *Clean eyes, eyebrows, lashes*
- *Blow and clean nose*
- *Wash hair*
- *Clean teeth; use toothpick/floss*
- *Wash entire body – pay attention to elbows, knees, breast nipples, navel, spaces between fingers and toes and the back*
- *Smooth hard skin*
- *Wash genital areas with water, also internally*
- *Remove all jewellery, glasses, lenses, false teeth*
- *Use bathroom*

STEP 2: COMB

- Comb all hair on the body

STEP 3: CHECK

- Check entire body

You are now ready to immerse in the Mikvah after nightfall (see Mikvah Zmanim).

Important note:

From the onset of a woman's period, she waits at least five days and afterwards performs a hefsek taharah ("conclusion in purity" examination) before sunset. (Hebrew dates are from sunset to sunrise.) She then counts another seven "white" days, examining herself each day. At the conclusion of this process, she is ready to immerse in the mikvah.

Any questions? Forgot to do one or more of the above? **Never hesitate to ask for guidance!**

For an OCD Mikvah Preparation Checklist, visit

http://mikvah.org/article/ocd_mikvah_preparation_checklist.