

Mikvah Checklist

- Remove any body hair that is generally removed (ideally not on the day of immersion)
- Cut and file nails
- 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
- Clean breast nipples
- Clean navel
- Wash entire body – pay attention to elbows, knees, spaces between fingers and toes and the back
- Smooth hard skin
- Wash genital areas, also internally
- Comb all hair
- Check entire body
- Use bathroom
- Remove all jewelry, glasses, lenses, false teeth

Important note: From the onset of a woman's period, she must wait at least five days and afterwards perform a hefsek taharah ("conclusion in purity" examination) before sunset. She then counts another seven "clean" 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? Ask the Mikvah Attendant for guidance.