

Prerequisites for Mikvah Immersion

Do not be your own “posek” (Don’t make your own Halachic decisions). Many questions that seem simple are very difficult and vice versa. Consult your Rabbi.

From the onset of your period -

- * **Count 5 days.**
- * Before sunset on day 5 perform a **Hefsek Tahara**, which entails -
Washing oneself well
Making a bedika before sunset and examining it.
Inserting a Moch Dochuk before sunset and leaving it in until three stars appear. Examine cloth.
- * **Count 7 consecutive spotless days**, beginning the morning after the successful Hefsek Tahara. During all the seven spotless days a bedika should be made every morning after sunrise and every evening before sunset.
- * Preferably just before sunset on day 7 of the spotless days begin the **Chafifa** - a thorough bathing (for at least a 1/2 hour - Do not rush yourself) in warm water to remove all **Chatzizot** - intervening objects.
- * Immerse in a **Mikvah** after the emergence of three stars.

If it is not clear to you how to count 5 days, perform a Hefsek Tahara, count 7 spotless days or prepare for Mikvah, you may contact us for personal guidance.

We will gladly and carefully explain all the details to you.

Checklist of preparations before Immersion in the Mikvah

- ✻ Remove any body hair that is generally removed (ideally not on the day of immersion)
 - ✻ Remove all jewelry, glasses, contact lenses, false teeth, sticky substances and bandages
 - ✻ Remove nail polish and makeup
 - ✻ Remove stains, splinters and scabs that come off easily
 - ✻ Bathe in warm water for at least 1/2 hour.
 - ✻ Wash genital areas, also internally
 - ✻ Wash entire body – pay attention to elbows, knees, spaces between fingers and toes and the back
 - ✻ Clean ears and earring holes
 - ✻ Clean eyes, eyebrows, lashes
 - ✻ Clean breast nipples
 - ✻ Clean navel
 - ✻ Cut and file nails, clean around all nails, check for hanging skin
 - ✻ Smooth hard skin
 - ✻ Wash and comb all hair while wet, very well, to remove all knots
 - ✻ Blow and clean nose
 - ✻ Brush teeth; use toothpick/floss
 - ✻ Use bathroom
 - ✻ Check entire body, paying close attention to all folds and creases
- ✻ Shower and comb all hair again if a bath was taken at home. ✻

Don't hesitate to ask if you are unsure of certain procedures or requirements. Please feel free to call upon the Mikvah attendant. She will be more than glad to assist you or refer to a helpful Rabbinical authority.

If, after having immersed in the Mikvah, you realize that any of the above steps may have been overlooked, a Rav should be consulted to determine whether a repeat immersion is required.

In the merit of keeping this Mitzvah properly, may Hashem bless you and your family with many long years of health and happiness.