

# **The Charlotte Goldberg Community Mikvah**

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## **Preparation for Immersion**

Proper immersion in the Mikvah requires that each part of the body comes into contact with the water. As an individual descends the steps of the Mikvah, and is completely immersed in the water, the fulfillment of the mitzvah is complete. This principle is reflected in the laws that require an individual to avoid any kind of barrier that might prevent complete contact with the water.

### **Guidelines:**

- Remove jewelry, glasses, contact lenses, false teeth
- Cut and file nails
- Remove nail polish
- Remove make-up
- Clean ears and earring holes
- Clean eyes, eyebrows, lashes
- Blow and clean nose
- Wash hair; do not apply conditioner
- Brush teeth; use dental floss
- Clean breast nipples
- Clean navel
- Shower with warm to hot water. Pay special attention to elbows, knees, spaces between fingers and toes, and the back. Use a loofah or washcloth to remove dry skin and calluses.
- Smooth hard skin
- Wash genital areas
- Check entire body
- Use bathroom facilities

### **EVEN IF ALL OF THE ABOVE WAS DONE AT HOME, IN THE MIKVAH ONE MUST:**

- Shower and wash hair
- Comb all hair; remove all fallen hair
- Remove any external objects such as jewelry, contact lenses, eyeglasses, false teeth, etc.

**DO NOT DRY YOURSELF AFTER THE SHOWER, JUST WRAP THE TOWEL AROUND YOURSELF AND PUT ON THE SLIPPERS (SO THAT NOTHING STICKS TO YOUR SOLES) AND LET THE MIKVAH ATTENDANT KNOW THAT YOU ARE READY**