



The Florence and Joseph Appleman Building

TEANECK MIKVAH ASSOCIATION

The Torah dictates a complete and unimpeded immersion and therefore requires careful attention prior to using the mikvah. Additionally, in their excitement to embrace this mitzvah, women over time have been careful about even the slightest form of impediment.

We hope that the following checklist will be helpful to you:

- **Wash entire body paying attention to elbows, knees, spaces between fingers and toes, navel, loose skin**
- **Cut and file nails, removing nail polish**
- **Brush and floss teeth**
- **Clean ears and earring holes**
- **Clean eyes, eyebrows and lashes**
- **Remove makeup**
- **Wash and comb all hair**
- **Use bathroom if needed**
- **Remove all band-aids and check for adhesive**
- **Remove all jewelry, glasses, lenses, false teeth and birth control patch**