



# CONGREGATION BETH ISRAEL

## Mikveh Preparation Checklist

- Cutting, shaving or waxing of hair should be done a few days prior to immersion
- Remove make-up and skin lotions.
- Remove all jewelry
- Remove nail polish. Cut, file and clean finger and toe nails.
- Remove contact lenses or eyeglasses.
- Brush teeth
- Shower with warm water. Wash entire body thoroughly. Use soap and washcloth/loofah/sponge
- Wash hair with shampoo, without conditioners.\*
- Comb all hair while still wet. It is helpful to place a towel under the hair so loose hair will not fall on body.
- Do not dry yourself.