

Temple Beth-El
3330 Grove Avenue
Richmond, VA 23221

Mikveh Preparation Checklist

Did you remember to . . . ?

- ❖ Remove any jewelry.
- ❖ Remove your contact lenses.
- ❖ Remove any removable retainers.
- ❖ Bathe or shower thoroughly.
- ❖ Shampoo your hair.
- ❖ Clean all crevices.
- ❖ Wash your ears and clean pierced ear holes.
- ❖ Clean the corners of your eyes.
- ❖ Blow your nose.
- ❖ Clean your navel (Q-tip with alcohol helps).
- ❖ Remove dried blood.
- ❖ Wash your face and remove all makeup.
- ❖ Check your knees, elbows, and feet for dry skin.
- ❖ Cut or file your finger and toe nails to remove snags and rough edges.
- ❖ Remove all nail polish and dirt from nails and cuticles.
- ❖ Check your hands for stains (ink, paint, etc).
- ❖ Remove band-aids and remaining adhesive.
- ❖ Comb all hairs free of tangles.
- ❖ Remove any other unattached loose hair and foreign substances from your body.
- ❖ Recheck yourself if your preparations were done at home.

If you have any questions or problems, ask the mikveh lady.