



PAMPER AND PREP CHECKLIST:

During COVID-19 most women will be asked to complete ALL preparations in the comfort of their own homes. Here is a quick, easy and helpful guide for you to prepare, so that you feel ready to immerse with confidence. And don't forget to take this opportunity for much needed relaxation!

Preparation for Immersion is the 4th step in our 5-step process of transformation. And there are 4 steps to the Preparation!

Bathing – a relaxed bath to fully cleanse the body

Rinsing – a quick rinse off in the shower

Combing – the combing to remove knots in all body hair

Checking – a quick once-over of the entire body to ensure that nothing separates us from the waters of the mikvah.

Bathing:

- Wash all body **hair** with warm water and shampoo (this can be done in the shower if she prefers).
- Remove all **makeup** – an oil-free eye makeup remover can be very helpful
- Gently clean **eyes**, removing any discharge from the corners. Take out contact lenses before immersing in the mikvah.
- Brush **teeth**. Floss or use a toothpick to remove anything (including any floss) that could be stuck in between the teeth.
- Cut, File and Clean Toenails and Fingernails
(If this is difficult, speak to your Mikvah Mentor)
- **Ears** – clean gently. Posts of earrings can be used to clean earring holes if no earrings were worn that day.
- **Nose** – remove visible discharge
- Wash the **body** well with body wash and a washcloth or sponge.

Rinsing:

- Rinse off the body well in the shower.

Normally, this would be done at the Mikvah. During COVID-19 this is done at home.

Combing:

- Put on a robe and Comb all body hair while it's still wet. (1 or 2 times around the head is sufficient to ensure there are no knots.)

Checking:

- The entire body should be checked visually or by touch to ensure that there is nothing blocking the body from the waters of the mikvah.
- Now is a good time to use the bathroom as well.



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