

Your  
MIKVAH  
Experience



# BASIC OVERVIEW

*Note: This must be learnt with a teacher!*

- Wait a minimum of 5 days until your period is over  
(if you don't have your period, it's 5 days of abstaining from intimacy)
- After the 5 days (or more), do a hefsek taharah to determine that your period is over:  
Before Sunset, make an internal examination with a soft white cloth that you have no trace of bleeding anymore
- The same night of your hefsek tahara is generally the same night you will go to the mikvah the following week (e.g.: you do your hefsek tahara on Tuesday before sunset, you will go to the Mikvah the following Tuesday night)
- Continue to abstain from intimate relations until after immersion in the mikvah
- Your 7 day count begins.  
In the morning of day 1 and on the last day (the day of your Mikvah immersion), check with a soft white cloth to determine no bleeding. It is best to check twice a day throughout the seven days, but the bare minimum is the first and last check. Wear white underwear and sleep on white linen.
- On the day of your immersion, you physically prepare for the Mikvah.  
See next page for Mikvah preparations.
- Once you are at the Mikvah, you will be taken to a preparation room. Be sure all preparations have been done (there is a checklist there). Once you are ready to go to the mikvah, call the Mikvah Attendant and she will lead you to the Mikvah ritual bath.
- You will immerse in the Mikvah 3 or 7 times (depending on your family's custom), making sure your entire body is surrounded by water each time.
- Recite this blessing at the Mikvah:  
Baruch atah ado-nai elo-hei-nu melech ha-olam asher kidishanu b'mitzvotav vitzivanu al ha-tevilah
- The gates of Heaven are open! Pray and revel in this holy experience!

# PREPARATIONS FOR MIKVAH IMMERSION

*Note: This must be learnt with a teacher!*

You are cleaning yourself to ensure no separation between you and the water

You can prepare at home or at the Mikvah

- Take your time, relax
- Shower well using a simple soap and shampoo with no moisturizer
- Bathe in warm water
- Remove Makeup, jewelry
- Brush and floss your teeth
- Avoid foods that get stuck between the teeth
- Avoid moisturizers, conditioner, and any product that leaves a 'film' on your skin
- Remove nail polish, makeup, glasses, lenses, jewelry, etc.
- Trim (or carefully clean) your finger and toe nails
- Remove calloused skin
- Remove anything that would act as a barrier between you and the Mikvah waters
- Lastly, take a shower to rinse yourself off
- Comb your hair
- Check that there is no stray hair or the like

# MIKVAH TERMS

*These are common terms associated with Mikvah and all its details. The more familiar you are, the better!*

**NIDDAH** The spiritual status of a woman from the moment of menstruation until she immerses in the Mikvah. A woman also becomes a Niddah from childbirth, virginal blood or uteral bleeding of any sort.

**HEFSEK TAHARA** Literally “pause to initiate purity”. This is the initial internal examination to determine one’s period is over. This initiates the process of exiting the niddah status. *\*This step is required in order for a woman to go to the Mikvah*

**SHIVAH NEKI’IM** Beginning after the Hefsek Tahara, a woman counts 7 clean days until she will go to the Mikvah.

**MOCH DACHUK** This is the final step of the Hefsek Tahara. As an added measure of precaution, it is recommended that after a successful internal check, the woman inserts a cloth and leaves it inside until nightfall. This ensures that the bleeding is over without any doubt.

**BEDIKAH/BEDIKOT** A self-performed internal examination done with a cloth.

**BEDIKAH CLOTH** The 100% cotton cloths we use to internally examine that there is no bleeding.

**HARCHAKOT** Many interactions between married couples have possibly or inherently romantic overtones that can lead to desire for intimacy. Harchakot are the things we avoid doing during the time of Niddah when we are abstaining from intimacy.

**CHAFIFAH** Cleansing in preparation for mikvah immersion.

**CHATZITZAH** A barrier intervening between one’s body and the water that can invalidate mikveh immersion.

**MIKVAH** Ritual bath in which a woman immerses.

**TEVILAH** To immerse in the Mikvah.

**VESES** The time or circumstance when a woman anticipates her cycle.

# RECOMMENDED BOOKS

Total Immersion

By Rivkah Slonim

Joy of Intimacy

By Manis Friedman

The Committed Marriage

By Esther Jungreis

Family Purity

By Fishel Jacobs

*A clear guide to the laws of Mikvah*

Waters of Eden

By Aryeh Kaplan

*Deep, mystical insights into Mikvah*

GPS for a Happier Marriage

By Aaron L Laine

Mikvah Meditations

By Chanah Shloush

Taharah Kahalachah - English Edition

*A comprehensive and detailed guide to the laws of Mikvah*

# CONTACT INFORMATION

Feel free to call, text, or email me with any questions at any time.  
The learning doesn't end here!

Devora Wilhelm

347.451.5420

devorawil@gmail.com

The Jacques and Hanna Schwalbe Mikvah  
on the Upper East Side

419 E 77th Street (between 1st and York aves.)

212.359.2020

[www.uesmikvah.com](http://www.uesmikvah.com)

Rchel Grinberg, Mikvah Attendant cell phone:

612.483.5720

On occasion, a Rabbi may need to be consulted

Rabbi Shlomie Gutnick

347.909.3866

located on the Upper East Side

Mikvah App

My Mikvah Calendar

# MAZEL TOV, MAZEL TOV

*This is a copy of the traditional letter sent by the Lubavitcher Rebbe to Bride and Groom upon the news of their engagement:*

By the grace of G-d,

Brooklyn, New York

Greeting and Blessing:

In reply to your notification of the date of your wedding to take place with G-d's help [on].....

I send you herewith my prayerful wishes that it take place in a happy and auspicious hour, and that you build an everlasting Jewish home based on the foundations of the Torah and Mitzvos, as they are illuminated with the inner light of the Torah, that is the Teachings of Chassidus.

With blessing of Mazal tov Mazal tov,

~Rebbe's Signature~

# SAMPLE MIKVAH CYCLE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<i>Cycle Day 1</i>	<i>Cycle Day 2</i>	<i>Cycle Day 3</i>
<i>Cycle Day 4</i>	<i>Cycle Day 5</i>	Hefsek Tahara	<i>Seven Days Day 1</i>	<i>Seven Days Day 2</i>	<i>Seven Days Day 3</i>	<i>Seven Days Day 4</i>
<i>Seven Days Day 6</i>	<i>Seven Days Day 7</i>	Mikvah				



