

Preparations for Immersion on Yom Tov

If your immersion will take place on the second night of Yom Tov, on a Friday night following a Yom Tov, or on a Yom Tov following Shabbat you will need to make your in-depth preparation on the last available weekday, that is, on Erev Yom Tov, even if this is several days before immersion. On Shabbat or Yom Tov you should be careful not to acquire any new cuts, dirt or other intervening substances which might present an impediment to immersing in the mikva.

Before immersing on the second day of Yom Tov or a Friday night after Yom Tov (when you will be preparing on Yom Tov in order to immerse on Friday night), you should do an abbreviated preparation in the following way:

- Wash your hands with liquid soap in warm water
- Wash your face with liquid soap and warm water and remove any makeup
- Rinse out your mouth. You may brush your teeth either with a dry toothbrush or with liquid toothpaste or mouthwash, provided you do not think this will make your gums bleed
- You may floss your teeth either with pre-cut floss or with a floss pik, provided you do not think this will make your gums bleed
- If you want, you may wash your underarms and genital area with liquid soap and warm water
- Although you may not comb your hair (since you may pull out hair which is not allowed on Shabbat or Yom Tov), unless your hair is very thick or unruly, you may run your fingers through your hair.

Please remember that you may not use warm water on Shabbat.

Please also remember not to squeeze your hair on Shabbat or Yom Tov. You should also pat yourself dry.