

# Preparation For The *Mikveh*

## Overview

For the immersion in the *mikveh* to be valid,\_\_\_\_\_.

- a. it is sufficient to immerse the body limb by limb
- b. the entire body must be immersed simultaneously

The following invalidates the immersion:\_\_\_\_\_.

- a. even two hairs unsubmerged
- b. even one hair unsubmerged

Choose which best describes the preparation for immersion, *hafifah*, from a scriptural level.

- a. Parts of the body which are within eyesight are examined visually, the rest is examined with the hands.
- b. It is required to wash and examine the entire body.

## The Process

*Hafifah* using comfortably hot water is necessary ideally\_\_\_\_\_.

- a. only for the hair
- b. for the entire body

When a limited amount of hot water is available for *hafifah*,\_\_\_\_\_.

- a. it should be used firstly for the hair
- b. it should be used firstly for the rest of the body

When a\_\_\_\_\_is not available to use for preparation to immerse, *hafifah*, it is sufficient to use a\_\_\_\_\_.

- a. shower, bathtub
- b. bathtub, shower

## Fingernails

Nails must be trimmed\_\_\_\_\_.

- a. on the fingers
- b. on the fingers and toes as well

Fingernails should be trimmed\_\_\_\_\_.

- a. only by nail clippers, or scissors
- b. also by hand or biting

Should nails be cut below the place where they meet the skin?

- a. yes
- b. no

## Jewelry/Other Items

Choose the correct statement.

- a. Loose jewelry, e.g. a loose bracelet, need not be removed before immersion.
- b. All jewelry should be removed before immersion.

The *mikveh* night has arrived. A piece of jewelry can not be removed. Choose the correct statement.

- a. The wife may immerse if the jewelry is very small.
- b. The wife may immerse if the jewelry is very loose and water can come between it and the skin.

## Hair

It is\_\_\_\_\_to use soaps and shampoos during *hafifah*.

- a. *halachically* preferable
- b. barely acceptable

After using soaps and shampoos it is important\_\_\_\_\_.

- a. to rinse them out
- b. not to rinse them out

Conditioner\_\_\_\_\_be used.

- a. may
- b. may not

## Teeth

### Dental Issues

Self-dissolving stitches in the gums after an operation \_\_\_\_\_adversely affect immersion.

- a. do
- b. do not

Permanent tooth fillings, dentures and crowns are cleaned the same as natural teeth in preparation for immersion.

- a. true
- b. false

The wife can not remove food caught in a cavity due to pain.

- a. She must postpone her immersion until it's removed by a dentist or she can remove it herself.
- b. She should consult with an orthodox Rabbi expert in these laws.

## Skin

The wife has a splinter which is partly exposed.

- a. This must be removed before immersion.
- b. If it is small, it may be left in place.

The wife has a completely buried splinter under her skin.

- a. It need not be removed.
- b. It should be removed, unless this will cause a lot of discomfort.

Corns and calluses\_\_\_\_\_affect immersion

- a. do not adversely
- b. adversely

How are dry scabs treated in preparation for immersion?

- a. They may be left alone.
- b. They should be softened and removed with warm water, unless this causes discomfort.

### **Cuts/Bruises/Blisters**

A subcutaneous bruise\_\_\_\_\_affect immersion.

- a. does
- b. does not

Pus inside a wound\_\_\_\_\_adversely affect immersion.

- a. does
- b. does not

Do whole (not popped) blisters adversely affect immersion?

- a. yes
- b. no

What is the treatment, preparing for immersion, of a popped blister?

- a. It is permissible to leave it alone until it falls off.
- b. It should be softened and removed, unless this causes discomfort.

### **Time**

The advantage of *hafifah* during the day preceding the *mikveh* is that\_\_\_\_\_.

- a. there is sunlight
- b. the wife is not rushed

The advantage of *hafifah* during the night of the *mikveh* is that\_\_\_\_\_.

- a. the wife is not rushed
- b. it is close to the time of the *mikveh*

### **Friday**

When immersion falls on Friday night\_\_\_\_\_.

- a. they should delay immersion until after the meal

b. they should delay the meal until after immersing

If the wife performs the entire *hafifah* in the *mikveh* so that she is not at home at the time of candle lighting\_\_\_\_\_.

a. the husband lights them in her stead, but does not say the blessing

b. the husband lights them in her stead, and says the blessing

### **Motzei Shabbos**

When the night of the *mikveh* falls on *motzei Shabbos*, the wife\_\_\_\_\_.

a. ideally, washes *erev Shabbos*, is cautious on *Shabbos* against sticky substances etc. and does, again, *hafifah* on *motzei Shabbos*

b. does the entire *hafifah* process on *motzei Shabbos*

### **Eating**

Choose the most appropriate answer, to the question: What is permissible to eat, the day of the immersion?

a. meat, oranges, corn

b. bread, potatoes, eggs

The husband and wife are guests at someone's home the day of her immersion. Is she permitted to eat a food, which is otherwise forbidden on this day, in order to keep her immersion a secret from their hosts?

a. yes

b. no