

Yom Tov Tvillah Instructions

1. On Erev Yom tov, the woman should do her entire chafifa (her full preparatory cleansing) to be completed as close to candle lighting as comfortable. [If this is difficult, she may bathe earlier in the day and then repeat a thorough shower closer to candle lighting time, paying attention to the folds and orifices (see *** below), re-combing her hair and inspecting her body].
2. She should tie her hair back in a manner that would keep it free of tangles, with a clip etc. that can be easily removed on yom tov (without tearing out any hair).
3. No makeup should be applied.
4. Between the chafifa and her tvillah the next night, (or two nights later), she should be careful to avoid getting a chatzitza (intervening substance) on her body as much as possible.
5. Continue with the bedikas as necessary.
6. On the second night of yom tov after nightfall prior to immersion, she should do the following:

Before Tvillah on the Second Night of YomTov:

1. Clean your mouth and teeth using mouthwash. You may use a Shabbos toothbrush or a dry toothbrush to scrub your teeth. Clean between teeth with plastic picks or pre cut dental floss providing bleeding will not occur. (A woman whose gums usually bleed should consult a rav before yom tov and ask what to do).
2. Hair of the head may not be rinsed. Run your fingers gently through the hair on your head and body, making it smooth.
3. **Inspect your body visually and with hand to ensure there are no intervening substances.**

***Pay attention to the folds (such as under the chin, under breasts, underarms, elbows, knees, between thighs and folds in genital area) and the orifices (mouth, nose, ears, navel, between toes, genitalia).

4. If necessary, you may rinse individual parts of your body using warm water and a cup or kvort. No washcloth, sponge or any other squeezable material is allowed. Diluted liquid soap may be used, if needed.

Special instructions for Friday night following the first or second day yom tov: It is forbidden to turn on the hot water faucets on Shabbos. If warm water is needed, please ask the mikvah attendant who will bring you warm water that was heated before Shabbos.

5. When you are ready, put on a robe and knock on the door to alert the mikvah attendant that you are ready.