

THE CLAIRE KATZENSTEIN
MIKVAH OF PARAMUS

LADIES MIKVAH
201-967-9894

**HOURS OF
OPERATION**

SUMMER

(PESACH TO ROSH HASHANA)
(APRIL TO OCTOBER)

SUNDAY-THURSDAY (approx.) 9-11PM
SATURDAY (approx.) FROM 2 HRS
AFTER CANDLE LIGHTING
REMAINING OPEN FOR 1 1/2 HRS

WINTER

(ROSH HASHANA TO PESACH)
(OCTOBER TO APRIL)

SUNDAY-THURSDAY (approx.) 6:30-8:30PM
SATURDAY (approx.) FROM 2 HRS
AFTER CANDLE LIGHTING
REMAINING OPEN FOR 1 1/2 HRS

PLEASE NOTE:

⇨ **THE MIKVAH IS OPEN BY APPOINTMENT ONLY** ⇨

APPOINTMENTS MUST BE MADE BY 9PM THE
PRECEDING NIGHT. YOU MUST RECEIVE A
CONFIRMATION PHONE CALL PRIOR TO ARRIVAL.

(SHABBOS & YOM TOV APPOINTMENTS ARE ALSO AVAILABLE)

A donation of \$20.00 per visit is requested.
Membership information
is available at the mikvah.

For answers to your questions,
Rabbi Teichman can be reached at
732-267-0255 -or- yist@juno.com

**INSTRUCTIONS PRIOR TO
IMMERSION (TEVILLAH)**

Did you ...

1. Cut all of your finger and toe nails and smooth rough edges with a nail file?
2. Clean your teeth; check for remnants of food left in-between your teeth?
3. Remove false teeth and dentures?
4. Take a bath and wash everywhere (with hot water and soap), including under the arms, in the navel and other crevices?
5. Remove scabs or a least soften those that are difficult to remove? (Keep softening them until the **shomeret** [attendant] is ready for you.)
6. Remove loose hanging skin which is easily removable?
7. Wash with hot water and afterwards, comb carefully all hair (including under arms, etc.), so that it is not knotted or matted together?
8. Clean your ears and remove all cotton from them?
9. Remove all nail polish and clean dirt around nails? (In the summer, special attention must be given to toe nails.)
10. Remove secretions from your eyes? For pierced ears, clean earring holes?
11. Remove all traces of cosmetics - lipstick, eye shadow, etc.?
12. If you have used paint in the last few days - remove all traces of paint?
13. Remove all jewelry (rings, earrings, etc.) **BEFORE** coming to the mikvah, or, if you bring them to the mikvah, **PUT THEM IN A SAFE PLACE.**
14. Remove all Band-Aids, patches, etc., and check for adhesives?
15. Clean your nose? (Clean nose again just prior to immersion.)
16. Bring all special problems (temporary fillings, splinters, scabs, stitches, etc.) to the attention of the **shomeret** (attendant)?
17. Did you shower (again) with warm water (after your bath) at the mikvah?
18. Use the toilet if necessary (and cleanse yourself properly)?

Now... Re-check - (even if coming ready from home) - all parts of your body, especially your face and hands - to make sure that there are no foreign substances adhering to yourself and no loose skin on your face and hands. If you wear contact lenses, check whether you have removed them.

Now you are ready ... call the **shomeret** (attendant) for your **tevillah**.

After immersion ...

1. Please note: In the event that a second immersion should become necessary, it is only valid when done in the presence of the **shomeret**.
2. In order to impress upon us the impact of immersion, Halacha forbids showering at the mikvah after **tevillah**.
3. In case you should have a question do not hesitate to call the **shomeret**.

We are here for your service and satisfaction.
We welcome any suggestions that will make your visit to this mikvah more enjoyable, more efficient and/or less stressful.