

TEMAZCAL



The Temazcal is a “steam bath” It was known in the Mayan zone as *zumpulcheé*, it has been used for hundreds of years to relax and purify with the warmth and vapors of aromatic herbs, from which one is “REBORN”, thus we are the navel of mother earth. It consists of an activity in which hot stones called “abuelas”, meaning grandmothers, are splashed with water from flowers and herbs which are the medicine for the soul and body, 4 doors are drawn closed, one for each destination

(North, South etc.)It can last anywhere from 40 to 90 min.

It is known today that the Temazcal stimulates the lymphatic system and aids in the removal of toxins. When a temperature of 40 degrees Celsius is reached the skin becomes a third kidney, the high temperature to which our body is exposed to inside a Temazcal causes the body to sweat, the humidity does not allow the sweat to evaporate, this is why our body’s self-regulation system (Sympathetic and parasympathetic system) responds (homeostasis). The circulation speeds up and we sweat even more eliminating a maximum of toxins, the skin turns red indicating that the heat and cold excesses are being expelled, achieving a balance that is required within the body, this way we sweat more than when we perform any type of exercise, being that during and after the Temazcal the body’s metabolism reaches a rhythm similar to running or swimming during a long period of time.

TEMAZCAL A PREHISPANIC RITUAL THAT INVOLVES:

- CLENSING WITH COPAL
- ENTRANCE TO THE TEMAZCAL FOR A STEAM BATH
- BATHING IN THE POOL (15 MIN APROX.)
- REHYDRATING DRINKS AND FRUIT SNACKS