Ventosas

Fire-Cupping Mexica Style
Tonantzin Traditional Healing
Rita Navarrete and Tonita Gonzales
Hand Manipulation
Physiological Effects:

- Decrease or relieve pain and inflammation
- Release deep muscular issues
- Release and soften scar tissue
- Lift and stretch soft tissue
- Increased range of movement
- Open chest and lungs
- Improve circulation
- Drain lymph fluid, clear drainage pathways
- Sedate the nervous system
- Open energy flow of the body
Supplies Needed

- Candles
- Cups/Glasses
- Cotton balls soaked in 99% Alcohol
- Hemostats
- Cup with water
- Towel to protect hair
- Spray Bottle with Massage Oil
- Salves
- Sheets
- Paper towels
Traditional Ventosas

Glass Cup

Bamboo Cup

Pottery Cup
Animal Horn was historically the first fire-cupping tools to be used.
Modern cupping to be used without fire