Temazcal Tonantzint

Frequently Asked Questions

1. What is a temazcal? A Temazcal is the name in Nauatl for a MesoAmerican sweatlodge. The translation is temaz (heat and sweat), and cal or calli (house).

2. Is this a religious ceremony, and what religion? This is a traditional, indigenous, spiritual ceremony where all are welcomes and accepted. It is used in ceremony, and medicinally. Several plants, teas, and elements are used to symbolically be within the womb of Mother Earth, where we can collectively heal the mind, body and spirit.

3. What if the temazcal is too hot? Our tradition is that since a temazcal is like a womb, and a baby leave the mothers womb when they would like, the decision to leave can be at any time. A reason to leave could be physical, spiritual, or emotion. However our team is trained to work for all three instances. If you need something, or feel uncomfortable for any reason just let us know.

4. What should I eat or drink? In our tradition you should have a light meal about 1.5 hours before coming to the temazcal. In addition, keep hydrated with water and juice of one squeezed lime, the day of and the day after for better healing. In addition, this is a scared ceremony, you can not enter the temazcal if you have had any drugs or alcohol.

5. What do I need to bring?
   a. Clothing: Traditionally, in Mexico people would enter the temazcal nude to be cleanse, Now, here we ask that people wear, any of the following, swimsuit, sarong, t-shirt and shorts, long dress, or skirt and shirt.
   b. Please bring the following towels: One bath towel to dry off when you exit, and a wash cloth to use to exfoliate your body inside.
   c. A plastic water bottle, and a wood or plastic cup for tea.
      i. We are trying to save our planet and not use disposable dishes. Please note for the safety of everyone we can not have glass, or metal (because of the heat)
   d. Sandals or flipflops
   e. Donation: Typically, it is respectful and traditional to give a donation to the temazcalera or temazcalero. Often people have not been familiar with typical donations. So the suggested donation is $30.00. These donations help by the herbs, fruit, maintain the fire, buy equipment, and maintain the temazcal. We appreciate the donations as they help us be able to continue to work in community. Our community organization La Cultura Cura is committed to supporting communities with Mexico and the United States. Since traditional medicine has been about healthy individual, we must have healthy communities.

6. What time should I come? Please try to come to the temazcal at least 10 minutes before the scheduled time of the temazcal. In addition, it is extremely helpful if you would please try to come dressed ready to go into the temazcal, we have two bathrooms, but the lines can get long.