



## **Moxa Instructions**

Please moxa the following acupuncture points at home:

Moxa \_\_\_\_\_ time(s) per day, for \_\_\_\_\_ minute(s) on each point.

Before beginning, fill a small glass jar or cup with dry, raw rice. Fill about 3-4 inches. This will be used to extinguish the moxa.

1. Use a candle to light the end of your moxa stick for approximately 1-minute, until white ashes appear (you can also lightly blow on the moxa to check if it has a red-orange glow inside).
2. Place the heated moxa approximately 1-inch away and above the instructed point. Warm the point by doing small (penny size) circular motions for 1-minute or until your skin feels hot. (Never look away during moxa. Do not moxa over an open wound, never touch skin or any other surface with the moxa stick.)
3. Lightly scrape off the ash on the moxa stick after each point with an ashtray or edge of a glass jar.
4. When all the points are done, place the moxa stick in the rice, make sure the lit part is fully buried. Leave the stick in there. Moxa should extinguish after 20-30 seconds.
5. Repeat steps 1-4 for the next round of moxa.
6. When the moxa stick is about 1.5 inches long, it is time for a new stick. Please let us know if you need more moxa sticks.