

Moxibustion Instructions

What you will need:

moxa stick or stick-on moxa
heat proof jar or clean aluminum can or ash tray
uncooked rice
lighter/matches
candle

What to do:

- Heat one end of moxa stick or stick-on over a lit candle until it glows red and begins to smoke slightly. You may need to coax it along by gently blowing on it.
- If using a stick, hold stick approximately 1-2 inches above the skin; it's helpful to use your pinky finger as a 'stand'. Without touching the stick to your skin, circulate the stick above the point until it feels very warm to you. Move the moxa away, or warm up another point. Repeat as directed.
 - scrape excess ash into a ceramic jar/cleaned aluminum can partially filled with uncooked rice
 - snuff out the stick in the ceramic jar/metal can or run under water to extinguish completely
- If using stick-on moxa, place the base firmly on the desired point. When the point feels very warm, grab the moxa by the cardboard base and remove place into heat-proof jar or can
- DO NOT LEAVE THE MOXA UNATTENDED AT ANY TIME
- DO NOT LEAVE THE MOXA IN REACH OF CHILDREN OR PETS

Acupuncture points/areas:

Reach out if you have any questions or issues - fireandwaterholistichealth@gmail.com

call or text : (540) 384-0580