

# Guidelines for Moxibustion

The mugwort (moxa) plant is used in a condensed form as a source of heat to stimulate acupuncture points. The condensed mugwort (moxa) in the form of a rolled moxa stick is used to ensure easy use.

Before using moxa ensure you have:

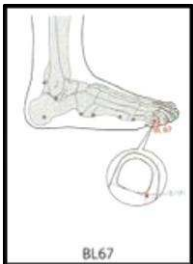
- Lighter, candle or incense for igniting the moxa
- Ceramic or glass dish for ash
- A glass screw-top jar to extinguish moxa when the treatment is finished or a moxa extinguisher

## How to use a Moxa Stick

1. Light one end with your ignition device. (If you are using smokeless moxa it will take several minutes to light so a candle is your better option)
2. Hold the lit end of the stick over the area that is being treated at a distance of at least two (2) to three (3) centimetres to ensure that skin contact does not occur.
3. Begin moving the moxa stick slowly over the area that requires treatment until it feels pleasantly warm.
4. At the end of the treatment place the moxa stick into a glass jar and screw the lid on firmly to ensure that no oxygen is getting into the jar thus extinguishing the stick. The moxa stick can then be re-lit for repeated treatments.



## Important Notes:



- Moxa use for a breech or posterior baby requires the use of the pecking technique for at least 15 minutes at each acupuncture point once daily. The pecking technique requires that you lift the moxa briefly away from BL 67 each time it becomes hot, before returning the moxa to its position 2-3cm's above BL 67.
  - Moxa use on other points is applied for approximately five (5) minutes over each point or until the area feels uncomfortably hot.
- If you believe the moxa is no longer heating hold it about two (2) to three (3) centimetres away from the back of your hand to confirm and re-light if required.
  - Never touch the lighted end of the moxa stick even if it is no longer glowing
  - Ash that forms when using moxa can be gently brushed off using the edge of the small dish, ensuring that the moxa stick remains hot.

**For More Detailed Information with regards to usage of moxa please consult practitioner!!**