

Life Balance Acupuncture Clinic

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Moxibustion Therapy – Instructions for Home Use

Moxibustion is a form of heat therapy which can be used for various symptoms. Examples are sore joints, muscle stiffness, and other pain conditions, common colds, boosting the immune system, female pelvic and digestive disorders, skin problems and more. The heat from the moxa opens the pores to absorb the vital oils from the mugwort. The effect is better blood flow within the treated area which will consequently promote overall a sense of well being.

What you will need:

1. a moxa stick
2. a hot flame lighter

http://www.amazon.com/Prestige-Group-Typhoon-Triple-Lighter/dp/B003V0OSPO/ref=sr_1_1?s=hpc&ie=UTF8&qid=1429806636&sr=1-1&keywords=cigar+lighter

3. a dish for scraping off the ash from the tip but please don't tap the stick on the dish as it can cause cracks within the stick
4. a container with salt or sand to extinguish the glowing endpoint of the stick

Directions:

Take a moxa stick and light it until the end glows. You can also blow on it to enhance the process.

Hold the stick about one inch over the recommended areas. Ask your “patient” about how the temperature feels and encourage them to report immediately when it is getting too hot. Put more distance between stick and skin accordingly. It should feel hot but not to the point it is hurting. Don’t forget to scrape the ash build-up from the stick to avoid falling of hot ashes on the skin.

The treatment should last about a couple minutes per point or area from the point in time the patient reports that he or she feels the warmth.

When you are done immerse the stick into sand or salt. That will extinguish the flame. Leave it there to make sure it really is extinguished.

That’s it. Enjoy! It is a very beneficial way to treat the “patient” or yourself at home!