

## **Moxibustion Instructions:**

Light end of moxa stick either in a gas flame or hold over a candle. If using a candle it takes a few minutes for the stick to light. When glowing red, it's ready for use.

Hold the end of the stick a few inches from the area to be heated. You can keep the stick stationary or make circles, or go up and down, or draw the alphabet—whatever feels good to you.

Keep heating the area until it feels warm...either on the skin or if you feel like the area is warm on the inside.

To extinguish the stick, put it in a small cup that has salt in the bottom 2/3. This will prevent the stick from smelling and have it ready for the next use.

Use daily for best results.

For best results, use one hour away from water. This includes showering and drinking fluids. It is more important to use the moxa then follow the drinking rule.