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Instructions for Home Moxa Use



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Instructions for home moxibustion use from Morgan Gaskin, L.Ac.

Important: Moxa sticks burn very hot. Do not touch the burning end to your skin or leave it anywhere it could ignite flammable materials. Do not leave it unattended unless you have put it in an extinguisher. Don't leave it out around pets or children.

What is moxa? Check out my web site

www.morgangaskinacupuncture.com/offering/moxibustion to learn all about it!

Home treatment: You should plan to spend about half an hour from start to finish on your home treatment, so take your time. Here's what you'll want to have with you:

- a candle (or a butane torch for faster lighting)
- your moxa extinguisher for ash and for extinguishing the cigar once you're done using it
- a bowl or dish under your extinguisher, as the metal of the extinguisher will be hot after you're done using it and you won't want to pick it up with your hands

Find a comfortable place to sit that has a hard or unmoving heat-resistant surface to set the moxa extinguisher on. Although your moxa stick won't create a lot of smoke, choose a well-ventilated area for your home treatment.

Heat the end of the moxa cigar, turning the stick so it is heated evenly. It will begin to ash and glow orange when it is hot enough to be effective.

The safest parts of the body to moxa are areas that you can position in such a way that the moxa cigar is next to them, rather than directly above them, so that any ash that might accidentally fall will land on an inflammable surface rather than your skin. Do not perform moxa on a part of the body that you have not discussed with me.

Hold the stick with the hot end about an inch above your skin. You'll feel the heat right away. Keep the stick moving so that your skin doesn't get too hot in any one spot. Gently scrape the ash into the extinguisher as it gets thicker around the tip of the stick so that it doesn't fall onto



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your skin. **Caution:** Do not look away from the cigar or allow yourself to become distracted while doing this type of therapy at home.

Typically about 10 minutes per channel or point is sufficient to get some real benefit from this technique. As you gain more experience, you'll be able to tell when you've completed your treatment. If you feel hot, light-headed, or your throat or nose get irritated by the small amount of smoke produced, discontinue treatment and email me at MGGaskinLAc@gmail.com.

When you are finished with your treatment, place the stick—hot end down—into the extinguisher. As mentioned above, extinguisher will remain hot for a while as the moxa stick burns itself out and cools off. Keep it on a heat-proof surface for at least an hour after extinguishing—the enamel top of a stove is a good place.

Cleaning your extinguisher: Ash will collect in the extinguisher each time you use it. You will see that emptying it out every other use or so will help you get the best use out of the tool. Please wait at least an hour and ideally 24 hours before cleaning the extinguisher after use. You can do this with a toothpick or pencil or something pointy. If you wait 24 hours the ash should be completely cool and safe to dispose in your trash.