

Moxa for home use

Traditional Chinese Medicine + Moxibustion

www.familywellnesscentre.com.au



What is Moxa?

Moxa, also known as moxibustion, is a traditional Chinese therapy that involves burning a herb called mugwort to promote recovery to injuries.

Moxa can be applied directly to the skin or used indirectly with a moxa stick.

The warmth generated by moxa helps to stimulate circulation, reduce pain, and promote healing, making it particularly effective for sports injuries like foot pain or ankle injuries.

How to Use a Smokeless Moxa Stick for Sports Injuries

Step 1: Prepare Your Moxa Stick

- Light the end of the smokeless moxa stick using a lighter or candle until it glows red and begins to emit heat.
- Hold the lit end away from any flammable materials.

Step 2: Apply Moxa to the Injured Area

- DO NOT TOUCH YOUR SKIN WITH THE STICK. IT WILL BURN YOU, IF USED INCORRECTLY.
- Hold the moxa stick 2-3 centimeters (about 1 inch) away from the skin over the injured area, such as your foot or ankle.
- Move the stick in small, circular motions over the painful area, ensuring consistent warmth without causing discomfort.
- Continue this process for 10-15 minutes.

Step 3: Monitor for Safety

- Be vigilant to avoid burning the skin. The sensation should be warm and soothing, not hot or painful. The closer you get to the skin, the hotter it gets and **IF YOU TOUCH YOUR SKIN, IT WILL CAUSE A BURN.**

Step 4: Extinguish the Moxa Stick Properly

- After your session, extinguish the moxa stick by pressing the lit end firmly into a bowl of sand or just run the tip under running water quickly and rest on the dry sink until it is completely out.
- Once the stick is out, store the stick in a dry, safe, non-flammable area to prevent accidental fires.
- To begin moxa again on the next day, snap the COLD pointed head of the stick off for easy lighting.



Troubleshooting:

- **TOO HOT?** If you feel any discomfort or excessive heat, move the moxa stick further away from your skin.
- **COOLING DOWN?** When the heat starts to lessen, this means the ash has built up. Gently tap the stick into a glass or china bowl to collect the ash. This minimises risk of potential hot ash on your skin.
- **NO HEAT?** If you think there's no heat coming from the moxa stick after lighting it, check by hovering it over the back of your hand. Re-light if there is no radiating warmth. Don't touch the end of a stick after lighting it, even if you think its gone out.
- **CAN'T EXTINGUISH?** Use sand, soil or water to immerse.

Safety Tips

- Always use moxa in a well-ventilated area - keep windows open or use outdoors to avoid smoke.
- Never leave a lit moxa stick unattended.
- If you're new to moxibustion, consider consulting a professional for guidance before trying it at home. You can contact me via www.familywellnesscentre.com.au or email info@familywellnesscentre.com.au