

# HOW TO USE A MOXA STICK

1. Hold the end of the moxa stick over a flame (such as a candle or lighter) to get the end completely glowing. You may blow on it to encourage it to burn evenly over the whole end surface.
2. When the moxa stick is well lit, hold the burning end of the moxa stick about 1-2 inches over the area of the body to be treated. Find a distance and a speed of movement that keeps the heat nearly the hottest that can be tolerated. Slowly move the moxa stick around to gradually warm up the whole treatment area. Whenever it gets too hot, quickly move the moxa away for a few moments. *Be careful not to cause a burn!*
3. Every minute or so, as the end of the stick gets thickly coated with ash, gently wipe the end of the moxa stick in a circle around the inside edge of a dish or ashtray to remove the ash. This should be done in such a way as to hone the end to a point, like a pencil. As the glowing end of the stick grows, the stick can be held sideways over the body, to make use of this larger heating area. Keep in mind that after scraping off the ash, the stick will be hotter. Do not rap the stick against something hard to knock off the ash, since this may cause it to crack or weaken.
4. Hold fingers from your other hand near the spot you are warming. Occasionally touch the skin to check it. It should become warm to the touch and the whole treatment area should become pink in color. Usually this takes 10-20 minutes.
5. The best way to put out a moxa stick is to smother the tip in a dish of sand or to use a ready-made moxa snuffer. If this is not available you can use scissors to cut the burning ember off into a cup or water, or under a thin stream from a faucet, using the smallest amount of water necessary to completely extinguish the moxa. Too much water may cause the stick to weaken or crack. If a moxa stick ever develops a large open crack, break that section of the stick off or throw away the whole stick.

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