**How to Use A Moxa Stick**

1. Hold the end of the moxa stick over a flame (such as a candle or gas stove) 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 2 inches over the area of the body to be treated. Find a distance and a speed of circular movements 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. Do this for 10-15 minutes over the area being treated or until skin feels warm to touch. You can use this method 2-3 times a week.

3. Every minute or so, as the end of the stick gets thickly coated with ash, gently scrape the end of the moxa stick on the 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. Occasionally touch the skin to check it. It should become warm to the touch and the whole treatment area should become pink to reddish 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 rice leave moxa stick in mug of rice for at least 60 minutes to completely extinguish the moxa. Gently place the moxa stick in the rice cup to prevent breakage.

Materials needed for using Moxibustion:

Coffee mug filled with rice about ½ full to put out moxa

Lighter

Small bowl or ash tray

Moxa Stick