

# Moxibustion Therapy

Kris González Acupuncture



## WHAT YOU'LL NEED

Golden Moxa Sticks  
Handheld Moxa Burner  
Moxa Extinguisher  
Lighter

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## BENEFITS OF MOXA

Amazing ability to penetrate deep warmth through all the channels of the body. It warms, circulates and relieves pain. It expels cold and regulates qi and blood.

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## EXTRA CAUTIONS

Always moxa in a room with lots of ventilation or do it outside. Do not moxa if you have lost your heat sensitivity, i.e. peripheral neuropathy as this may cause burn because you cannot sense heat. Never moxa over sensitive skin areas.  
Always ensure that your moxa is fully extinguished.

This handout contains general information about women's medical conditions and treatments. This information is provided with the best intention to help you pursue your optimal health and well-being. The information provided is not medical advice, diagnosis or treatment and should not be treated as an alternative for such from a professional healthcare provider. It is not a substitute or replacement for any diagnosis, treatment or advice prescribed by a licensed physician and carries no representations or warranties, express or implied. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this document.

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## GUIDELINES FOR USING MOXA

Moxa is an herb, mugwort (*Artemisia argyi* Folium) that is used as a heat source to stimulate acupuncture points. It's botanical name comes from the Greek moon goddess Artemis since this herb is known to be beneficial for many gynecological conditions. The moxa you have been given as part of your treatment is in the form of a moxa stick and has been compressed into a cigar-like roll that makes it ideal for use at home.

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## HOW TO USE THE MOXA STICK

Take off the black protector from your Handheld Moxa Burner. Shake off any ashes from previous use. Ensure that the wire mesh is correctly placed. Set aside. Peel the outer paper of your moxa stick. Simply light one end and make sure to see the red ember. You can blow on it to make sure it's lit. Slide the stick through the metal circle on top so that you can see the stick coming through. Slightly twist, gently, to place the tip of the moxa stick no further than the small holes cut on the circumference. You never want the tip to be too close to the opening or ever touch the wire mesh. Replace the black protector with the wire mesh intact. Test the temperature before applying to your prescribed points. Moxa each point for 5-7 min. If you suspect there is no longer any heat coming off the moxa stick, adjust the stick to align with the holes by placing it a bit closer to the opening little by little. You want to maintain a 2-3 cm distance from the tip of the stick to your skin.

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## HOW TO EXTINGUISH YOUR STICK

Gently pull the stick out from the top and very carefully place it in the moxa extinguisher. **Never** snuff it out firmly. Just simply place it softly into the extinguisher. This will deprive the oxygen and it will not continue to burn. You can reuse the same stick. When it becomes too small to fit in the Handheld Moxa Burner, you can simply use the stick without the burner. Just always use caution not to burn and keep a safe distance.

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## TIPS TO CLEAR OUT SMOKE

Diffuse essential oils, make an essential oil spray with citrus oils. Have bowls of distilled white vinegar around the room to absorb the smoke over time. For a potent way to clear smoke, ventilate the room with open windows and doors, maybe use a fan and then steam the room with boiling distilled white vinegar. Simply boil a pot and then carefully walk around the room with the hot steam white vinegar boil.