

## How to Use Moxa

Moxa, short for moxibustion, is a method of healing using a burning, compact stick of a spongy herb called mugwort. When heated, it's held over very specific parts of the body to stimulate movement and energy in that area. While moxa may have a distinct smell, it is not toxic or dangerous. Moxa should not hurt or scar; you should only feel heat at the point you're treating. Have questions about your moxa regimen? Let us know!

### Moxa on ST-36: the outside of your leg

1. Light a candle and hold the end of the unwrapped moxa stick in flame until lit. The flame should go out, leaving just a smoking ember burning at the end of the stick.
2. Find ST-36 by measuring four finger-widths below your kneecap. Then, move your bottom finger to the outside of the bone just slightly. This is your point.
3. Hold the moxa stick over ST-36 with the ember just over the skin until heat is felt over the point. Do NOT touch moxa to skin!
4. When the point goes from feeling warm to feeling hot, remove the moxa.
5. Wait a few seconds and repeat step 2 and 3 for 5-10 minutes on each leg, daily.
6. When you're done with the moxa, you'll need to 'suffocate' it in a potted plant or dirt to make sure the ember is out. Running the lit ember under cold water also works, it will just need to dry out completely before lighting again the next day.

### Moxa on Du-20: the vertex of the head

(ONLY if pregnant AND prescribed by practitioner!)

1. Light a candle and hold the end of the unwrapped moxa stick in flame until lit. The flame should go out, leaving just a smoking ember burning at the end of the stick.
2. Make sure your hair is slightly damp and part down the middle of your head.
3. Find your vertex by following the point of the ears up to the top center of your head.
4. Have someone else hold moxa ember over the vertex on top of your head.
5. When the point goes from feeling warm to feeling hot, remove the moxa.
6. Wait a few seconds and repeat. Do this for 5-10 minutes daily.
7. When you're done with the moxa, you'll need to 'suffocate' it in a potted plant or dirt to make sure the ember is out. Running the lit ember under cold water also works, it will just need to dry out completely before lighting again the next day.