



EAST BOCA
ACUPUNCTURE

Home Moxibustion Therapy Instructions

Moxibustion is made from the leaves of the mugwort plant (*Artemisia Vulgaris* or *Artemisia Argyi*) and may be used to stimulate or warm certain acupuncture points. It does this by emitting a deep, penetrating heat as it burns.

Before using moxa, you will need to prepare the following:

- A lighter or candle
- Ashtray or a place to discard ash

*For those with long hair: if you don't wash your hair daily, you may want to put your hair in a shower cap or ball cap or do this on days. If you plan to wash your hair because it can leave a smoky smell like a bonfire.

Home Moxibustion – Instructions

- Stimulate only the specific, acupuncture points which have been selected for you by your acupuncturist based on your current condition.
- Do not perform moxibustion if you feel sick or have a fever.
- Exercise caution when performing home-moxibustion as the hot ash has the potential to burn you, pick a safe area preferably over a hard floor, free from carpet.

*Please call East Boca Acupuncture if you have any further questions or concerns about the moxibustion procedure before attempting.

Treatment Frequency

- 2-3 times/week at the beginning of or when restarting a course of treatment, but may be safely used every day if desired
- 1-2 times/week for general strengthening of body systems and longevity effects

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Please be careful not to allow the moxa to touch your skin and/or allow ash to fall on you.

Moxa Stick – Procedure

- 1.) Make sure you do this outside because moxa it's very smoky and smelly and will permeate fabrics and will stay for a while.
- 2.) Ignite moxa stick fully around one end using a lighter or a candle as it may take 20 seconds or so.
- 3.) Blow lightly around the end of the stick to be sure that it is well lit.
- 4.) Hold stick approx. 1 inch above the point to be warmed; you might find it helpful to use your hand to balance against the area to maintain an even distance so that there is never any direct contact with the skin.
- 5.) Direct the stick towards the point until a strong heat is felt – then, slightly circle around the area or move up and down along it, adjusting the speed & distance to maintain a steady, but comfortable warming sensation. Continue for 1-2 minutes for each point. The skin around the area will often become noticeably red.
- 6.) After each point, be sure to tap off any loose ash into the container before proceeding to the next area. If you suspect that there is no longer any heat coming off the moxa stick, check by holding it 1 inch away from the back of your hand. Re-light if there is no radiating warmth. Never touch the lighted end of a moxa stick even if it no longer appears to be glowing.
- 7.) When finished, gently snuff out the moxa stick in the container by burying the tip in the sand or rice. Leave it there for at least 10 minutes to make sure it's completely out. (With shorter sticks, another option is to place it into a glass jar lined with dry rice. When the lid is screwed on firmly, the moxa is deprived of oxygen and cannot continue to burn.) The moxa stick may then be re-lit for repeated treatments according to the instructions your received from your acupuncturist.

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