



A GUIDE TO USING YOUR MOXA STICK

Moxibustion, or moxa therapy, is one of the oldest therapies in East Asian medicine and has been used for thousands of years. It involves warming specific areas of the body with dried mugwort (*Artemisia argyi* or *Ai Ye*), which is rolled into different shapes—most often a cigar-like stick that is gently hovered over the skin. The warmth from moxa is soft, penetrating, and deeply comforting. Many people enjoy using it to support circulation, ease tension, and cultivate a sense of internal calm.

This guide offers simple instructions for using a moxa stick safely at home. If you are a patient of Tina's, please confirm the exact treatment style and placement of moxa before beginning.

How to Use a Moxa Stick

1. Lighting the moxa: Hold the tip of the moxa stick over a candle or lighter until it glows red. It should look like a small ember, not a flame.
2. Positioning: Hold the glowing end two to three centimetres above the skin. Never touch the skin with the moxa stick. You should feel a warm, pleasant sensation.
3. Ashing while you work: As the stick burns, small pieces of ash will form. Regularly tap the ash onto a heat-proof dish, ceramic bowl, ashtray, or a plate filled with salt or sand. Never ash the stick over your lap, clothing, bedding, or anything flammable.
4. Warming the area: Move the stick slowly in small circles or hold it still and hover it over the point. Warm the area for three to five minutes, or until the skin feels comfortably warm. If the heat becomes too intense, lift the stick slightly higher.

What You'll Need

- Smokeless moxa stick
- Lighter or candle
- Bowl of salt or sand to safely stub out your moxa stick, and/or an ashtray, ceramic bowl, or heat-proof dish to ash onto
- Well-ventilated space
- Comfortable place to sit or lie down

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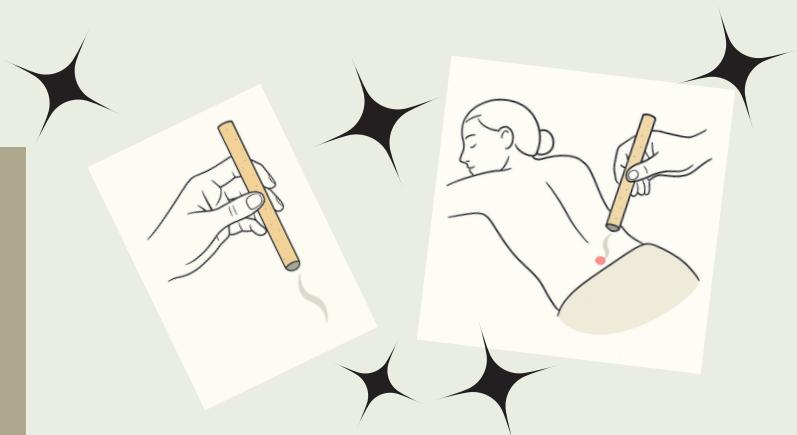
5. Extinguishing: Press the glowing end firmly into a bowl of salt or sand until it is completely out. Do not use water or it will be hard to re-light.
6. Aftercare: Rest for a few minutes. Drink something warm. Allow the body to settle.

Why warmth matters in Chinese medicine

In Chinese medicine, warmth is associated with movement, nourishment, and vitality. Cold is seen as a slowing force — it can cause stagnation, fatigue, and discomfort. Warming therapies like moxa help restore flow, soften tension, and gently awaken the body's internal rhythms. The lower abdomen and soles of the feet are especially important in this tradition. Warming these areas can help settle the nervous system and restore internal rhythm, but always confirm with your practitioner the exact points, duration, and frequency suitable for you before beginning home moxa. Everybody is different, and your treatment plan should be tailored specifically for you.

Safety Notes

- Never use moxa on broken skin, numb areas, or during fever.
- Keep away from children, pets, and flammable materials.
- Always stay present and attentive while using moxa.
- Stop immediately if the heat becomes uncomfortable.
- Do not use moxa while drowsy or lying in bed.



Elements of the Earth is run by practitioner Tina Camilleri. The clinic blends Classical Chinese medicine, Five Element theory, and gentle lifestyle support. For bookings, questions, or personalised guidance go to the website: elementsoftheearthacupuncture.com